



La Jara Elementary School

October Newsletter

2023

Principal Notes

Dear Parents,

It is spooky that October is already here. Students and teachers worked so hard that the month of September flew by. We started the year off with high expectations. We want the best for our students. Our teachers are dedicated and truly care for their students.

September was a busy month for us. We wrapped up our beginning of the year assessments, took school pictures, and participated in Parent Teacher Conferences. Our attendance at conferences was great. Thanks for attending.

October is Anti-Bullying Prevention Month. During this month, students, schools, and communities all over the world go BLUE together against bullying. At La Jara Elementary, we will have counselor lessons with anti-bullying topics. Classroom teachers will also have lessons and activities related to anti-bullying. We want to ensure that our students are not bullied.

We are doing great at La Jara Elementary. We all enjoy the time we get to spend with your children. We also appreciate the support you give us and the great job you have done in raising your children. We get many comments from visitors to our school about how our students are respectful and have great manners.

It is getting a bit chilly in the mornings; a small jacket would be beneficial for students. Our bus drop off is working well this year. We want to thank you for dropping your children off at the roundabout in the parking lot. We want to keep our students safe and away from the buses.

If you should have any questions, please give us a call at 719-274-5791.

Sincerely,
Ricky Salazar

Messages for Students

If you need to get a message to your student, please call the school **before 3:15 pm** so that we have ample time to relay the message. Things get pretty crazy after three o'clock with last minute preparations. Thanks for your help with this matter.



Upcoming Dates and Events

OCTOBER:

- 9-13 Fire Prevention Week
- 10 PTA Meeting 3 pm
- 17 BOE Meeting @ 6:30 pm
- 19 End of 1st Quarter
- 23 - 26 Red Ribbon Week
- 25 Report Cards sent home
- 31 Halloween Celebrations - 2:30 pm

NOVEMBER

- 3 Professional Development Day
- 5 Daylight Savings Time Ends
- 7 Election Day
- 11 Veterans Day
- 14 PTA Meeting 3 pm
- 14 BOE Meeting @ 6:30 pm
- 20-24 Thanksgiving Break - NO SCHOOL

School Counselor

“Strong people stand up for themselves. But the strongest people stand up for others.” – Unknown

October is National Bullying Prevention Month. Bullying is a serious act and is an issue for all to be concerned about. Bullying can happen anywhere, anytime, and can have devastating consequences.

“When someone does something unintentionally hurtful and they do it once, that is RUDE. When someone does something intentionally hurtful, and they do it once that is MEAN. When someone does something intentionally hurtful and they keep doing it, even after you tell them to stop or tell them you’re upset, that is BULLYING.”

This month we will also be talking about Responsibility. One way to define Responsibility is “taking action and understanding the impact of our choices.” Taking action can mean doing the right thing or completing the tasks you have been assigned. Understanding the impact of our choices means that our actions matter. Positive and responsible actions can help people and irresponsible actions can hurt others.

Students demonstrate the trait of responsibility by taking ownership of their lives and acknowledging their power to choose what they think (including their attitudes and mindsets), say and do, and their accountability for the consequences of their choices.

Responsibility is 1 of 3 traits we will focus on throughout the year that helps students Be Strong.

Throughout the school, students will be developing skills like focusing, organizing, and goal-setting.

Stephanie Shawcroft
Elementary School Counselor

TOYS & ELECTRONICS

No toys, cell phones or electronics are to be brought to La Jara Elementary. Toys should be kept at home. If prizes are awarded at school, they are to be put in their backpack immediately and taken home. The goal of recess is physical activity to get those creative juices flowing. Broken and lost toys have also become a problem so toys are better kept at home safe and sound.



HALLOWEEN CELEBRATIONS

KINDERGARTEN - 2ND GRADE WILL BE TRICK-OR-TREATING DOWN MAIN STREET OF LA JARA WITH TEACHERS ON THE 31ST OF OCTOBER. IF YOU WOULD LIKE TO PARK ON MAIN STREET AND HAND OUT A TREAT TO STUDENTS, YOU ARE WELCOME TO DO SO. WE PLAN ON ABOUT 140 CHILDREN AND WILL BEGIN AT 2:30 PM. 3RD - 5TH GRADE WILL BE PARTICIPATING IN A CARNIVAL IN THE GYM STARTING AT 2:30 PM.



October Nurses Notes:

Last month we completed vision and hearing screenings. We are in the process of doing re-screens. If your child did not pass we will mail a referral letter to their parent/guardian. **Thanks so much to our parent volunteers for helping with screenings.**

October is Children's Health Month. 10 tips for a Healthy Fall:

1. Make sure your student is up to date on ALL their immunizations. The vaccine schedule for school age children can be found at: cdphe.colorado.gov/schoolrequiredvacines.
2. Practice good hygiene. Kids should wash their hands regularly, brush their teeth twice daily, and bathe or shower daily.
3. Find time to rest and relax. Help students relax by setting a routine for them in the evenings.
4. Keep them moving! Children need at least 60 minutes of physical activity every day.
5. Eat the rainbow! Kids need to eat a variety of colorful fruits and vegetables every day.
6. Drink more water, limit sugary drinks. Water makes up half our bodies, without it we will feel sluggish, unfocused, and distracted.
7. Make snacks healthy. Have healthy snacks ready at home and in their lunch boxes.
8. Do things as a family. Spending quality time as a family can alleviate stress and anxiety.
9. Limit additional screen time. Excessive amounts of time on screens (laptops, tablets, or smartphones) can cause fatigue, or put strain on their eyes. Create screen

free zones at home like the kitchen or living room.

10. Prioritize sleep. When students can get enough sleep, they learn quicker, focus better and have better memories. Strive for 9-12 hours of sleep/night.

Berkovsky, R. (2021, October 13). *Celebrating Children's Health Month: 10 tips for a healthy fall*. IDEA Public Schools. Retrieved September 27, 2022, from <https://ideapublicschools.org/blog/celebrating-childrens-health-month-10-tips-for-a-healthy-fall/>

Melissa Caldon RN
North Conejos School District Nurse

PTA NEWS

We had a great September! Parent teacher conference meals were a hit. We had concessions for Jogathon, thanks to all that donated time and items for concessions. We have been granted the opportunity to sell concessions for the CCYF home games. Please come visit us for the next few Saturdays and show your support.

Our next meeting will be held October 10th at 3pm in the conference room. We will be discussing the Halloween carnival, we need parent volunteers and donations. We would like to bring back the trunk or treat, please attend this meeting to give us feedback.

We appreciate all your help; without you we are nothing.

LJE PTA