

FIRESIDE CHAT

March 20, 2024

Message from Mrs. Keppler

Dear Families,

What a winter storm we all experienced with last week's double decker snow days. Hopefully, you were able to carve a bit of "do nothing" time in as a family. Colorado weather sure keeps us on our toes as we're now moving into a warmer spring break ahead.

Beginning the week of April 8th, our grades 3-5 students will start CMAS testing. Please view the schedule [HERE](#). Our goal is to keep this low stress, help students build their skillset with testing strategies, and work through or better said, get comfortable with, that uneasy, anxious, or excited feeling that may accompany test taking.

Here are a list of strategies our counselors and teachers have been reinforcing to support student's social and emotional health and well-being. These are good strategies for all of us to remember, practice, and get better at even within our own .

homes.

Mindful Morning 5,4,3,2,1

Breathing Exercises (Finger Breathing, Smell the Rose/Blow out the candle)

Stretching

Massaging your hand

Positive Self-Talk

Visualizing a favorite place that is calming and relaxing

Trusted adult

On April 2nd, we're also pleased to be hosting a special screening, *This is Not Who We Are*, as well as a panel discussion with two of the Filmmakers. We hope you will consider joining us. All are welcome – parents, caregivers, neighbors. Please visit the [website](#) for more information.

Last, thanks to our amazing STEM crew of volunteers for making this year's STEM Fair such a success, even amidst the rescheduling. We sure are fortunate to have such a supportive community (that includes all the parents who spent weekends coaching students with their projects).

Enjoy your spring break ahead!

PTO News

Dining for Dollars - TODAY!

Calling all pizza lovers! Rosati's is hosting Fireside Dining4\$ on Weds March 20th, all day. Just mention Fireside and 20% of proceeds goes back to the school!

Location: 1067 Courtesy Rd in Louisville

Time: All Day

This is [Not] Who We Are - Film Screening - April 2

Please join us for a special screening and panel discussion with

Please join us for a special screening and panel discussion with two of the filmmakers. The film's run-time is just over 75 minutes, and the panel will follow. We are grateful for the opportunity to share this film and discuss it together as a Fireside community. All are welcome – parents, caregivers, neighbors. Please see the film's website for more information, including suggested discussion guides and other resources:
<https://www.thisisnothowwearefilm.com/>
Babysitters and pizza will be provided.

[RSVP Here!](#)

Date: Tuesday, April 2

Time: 5-7pm

Location: Fireside Amphitheater

Upcoming PTO Meeting

- Wednesday, March 20th: 5:30pm-6:45pm in the library
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More About the Parent Teacher Organization

New to Fireside or ready to get involved? Follow us on [Facebook](#), [Instagram](#), or visit the [PTO website](#) to discover the many ways to support our school.

Spotlight on Specials: Library (by Michelle Mattocks)

We are excited to announce Fireside's participation in the "One Book, One Community" project in combination with other schools in the Louisville area. Five area schools, ranging from elementary to high school, are all reading a version of the incredible story, "Finding Gobi: The True Story of One Little Dog's Big Journey" by Dion Leonard. From reading the book, to a community-wide scavenger hunt, our community is busy preparing for the culminating event where we welcome ultra-runner Dion Leonard, and of course, Gobi, the brave and spirited little dog, to our school in April.

Students learned about the optional scavenger hunt in library this week and all received a copy of [this answer sheet](#). If you would like to purchase a signed copy of one of Gobi's books, please fill out the [order form](#) sent home in Fireside Folder. Order forms are

out the [order form](#) sent home in Friday Folders. Order forms are due Monday, April 8.

If you would like to join in the fun and read the incredible story, please check out [Gobi's website](#) for more information or email Mrs. Mattocks at michelle.mattocks@bvsd.org.

Spotlight on Specials: Art (by Abby Sehnert)

Students are getting ready for Fireside's Art Show, they have been organizing their portfolios, selecting artwork and finishing art pieces that need a few touch-ups. It's been fun to watch them hem and haw, critique their art and even hang their work on the wall then stand back and make a final decision. It's so inspiring!

Save the Date!
Fireside Elementary Art Show
Thursday May 9th, 5:30PM- 6:30PM

Come take a stroll through the hallways and view masterpieces from Fireside's preschool through 5th grade artists.

Volunteers needed:
check helpatschool.org for ways to help with the Art Show...many opportunities

Donations needed:
pencils
wet wipes
tissues
thin black sharpies

Counselor Corner (by Molly Kobus)

As we begin to prepare for CMAS testing (starting the week of April 8th), we want to make sure that students and families feel supported. Testing often results in students feeling anxious

around what is to come which can result in lower scores, more mistakes on the test, and overall confusion. Big Life Journal has outlined five strategies to support your child and help them feel more confident and relaxed as they step into this testing. Below are the five strategies Big Life Journal has shared but we encourage you to explore these more in depth [here](#).

1. Put the test into perspective
2. Help them practice
3. Provide useful test taking tips
4. Teach calming strategies
5. Provide encouragement

In addition, last week, students in grades 3 - 5 had a Sources of Strength lesson around physical health. We explored the importance of staying hydrated, eating our “rainbow,” and getting enough sleep. On average, kids in grades 3 - 5 need 10 to 12 hours of sleep. We discussed developing a sleep routine and the importance of sleep. Please make sure your child is having a balanced breakfast, coming with healthy snacks, staying hydrated, and getting enough sleep—especially during testing week.

As always, please reach out if your child is feeling overwhelmed, overly anxious, or struggling. Our SEL team is here to support students and families as they navigate these emotions.

STEM Fair Success

Mother Nature may have tried to stop us, but our budding scientists, technologists, engineers, and math wizards conquered the odds and the Fireside STEM Fair was held on Monday, March 18. It was a great event with wonderful projects in both the non-competitive and competitive divisions. Thank you to all of our participants and volunteers for making the event a success!

Projects of excellence winners:

3rd grade

Is It Safe To Eat Colorado Snow? - Pierce Dailey
Super Sports Drinks - Thomas Brown and Cade Garbow
What is Erosion? - Emmett Vollmer

4th grade

Designing for Aerodynamics - Keller Reynen and Zente Kovari
Influences on Fruit Ripening - Anahita Sathe and Raelynn Pickering
The Cat House - Hazel Fearnow and Martha Geiger

5th grade

Glucose Testing - Parker Clauset and Ellie Siepmann
We Made A Self Watering Pot - Emmanuel Hirbee and Andràs Szentkiralyi

The following students are also recognized for completing the science fair every year since first grade! Ellis Brown, Amelie Garbow, Roxana Vahdani Moghaddam, and Rose Triesch.

If any projects were left behind, please collect them from outside the gym. They are sorted by grade level.

The STEM fair would like to sincerely thank all of the volunteers that made this event possible, especially with the shifting dates. We couldn't have done it without you!

Updated COVID-19 Guidance

In alignment with the March 2024 updates from the CDC and the Colorado Department of Public Health and Environment (CDPHE), we have updated our guidance for students and staff who test positive for COVID-19. Those recommendations treat common viral illnesses such as Flu, RSV and now COVID similarly. Most notable is the removal of the 5 day isolation period for people who test positive for COVID-19.

If someone tests positive for COVID, Flu, RSV, or is experiencing any respiratory illness

- They should stay home until symptoms are improving and for at least 24 hours after fever has resolved without the use of fever-reducing medications
- When going back to normal activities, **take added precautions** over the next five days, such as hand and respiratory hygiene, masks, physical distancing, and/or testing when you will be around other people indoors.

Please remember, regardless of COVID status - stay home when sick

You can find more information on COVID-related illness and other common illnesses and guidelines for school attendance in CDPHE's [How Sick is Too Sick](#) and through your school's health team.

After School Field and Playground Use

At the end of each school day, BVSD School Age Care (SAC) uses our fields and playgrounds from 3:00-6:00 p.m. Parents/guardians of non-SAC students are welcome to stay with their children and use the playground, as long as they maintain direct supervision. This will help the SAC staff better care for their enrolled students and maintain compliance with child care laws and regulations.

P.R.I.D.E Awards

Congratulations to this week's P.R.I.D.E. award winners:

Ophie Andrade, Josie Crowder, Roni Tofach, Sena Anderson, Eva Copeland, George Degnan, Gaia Davis, Gordon Sjodin, & Olivia Kemp.

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