R5 High School

Phoenix Gazette

Hello R5 Community,

The 2026-27 school year is off to a great start here at R5 High School. In great tradition we kicked off the year with our R5 Intensive for the first few days of school this month. During this time, all of our staff and learners engage in unique activities to build relationships, share stories from the summer, and get ready for a year of learning together. A few of the highlights include our trip to Highline Lake, playing games to learn more about the R5 Learner Handbook, and creating feathers with our goals on them for our Phoenix mural within the school.



As we head into the second month of the school year, we are reflecting on how things have started and how we can continue to improve. The updated Personal Electronics policy in alignment with School District 51 Board Policy JICJ is off to another strong start. We have been highly impressed with our learners and their willingness to separate from their devices on a daily basis while at school. As a result, we are once again experiencing increases in attendance rates and social interactions. Our R5 culture continues to grow stronger each day and many are commenting on how wonderful it is to connect in a more human way as we grow together.



We want to extend a personal appreciation and thank you to our community for your support and alignment with us in this policy. It truly takes a village and we couldn't do this without you. We hope you are seeing benefits as well when your children are at home and hearing the positive effects that happen when we limit time on our devices.

September brings some important dates for the school year so please read through this newsletter for additional information. Our first Student Spotlight (the R5 version of Parent-Teacher Conferences) is quickly approaching on September 10th and we invite all of you to join us with your children as they spotlight their progress towards graduation and the incredible work they are doing to build lifelong skills. Student Spotlights are also a great time to connect with teachers and our R5 staff for questions and additional information. Thank you again for your incredible support, please don't hesitate to reach out if you have any questions.

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D51F
SCHOOL DISTRICT 51
FOUNDATION

WHAT IS THE DISTRICT 51 FOUNDATION?

The D51 Foundation (D51F) raises money to support our local schools, prioritizing funding for professional learning, technology and innovation, and staff and student wellness. Our mission is to raise funds for academic growth and achievement while promoting outreach to benefit kids and our community.

WWW.D51FOUNDATION.ORG

R5HS PRINCIPAL ADVISORY MEETING



The R5 High School Principal Advisory Committee (PAC) brings together the school community and school leadership to continue growing and improving R5 High School. Mr. Steinmetz, the principal of R5, invites families of current R5HS learners to join any and all PAC meetings to provide feedback and be involved in school improvement efforts. Please join us in partnership to discuss current successes, challenges, and next steps as we continue to make R5 be the place where all learners can succeed.

Please reach out to RSVP, if you have any questions, or need additional information. We hope you can join us!

SEPTEMBER 17TH @ 11:30
R5 CONFERENCE ROOM

26/27 R5 School Fees

At R5, we believe in keeping things simple and affordable for families. Rather than charging individual fees for each activity your high schooler participates in, we use a single flat fee. This helps cover the cost of supplies, field trips, occasional food events like pizza parties, specialized materials for unique projects, and sometimes entrance fees for special events. It's our way of making sure students can fully engage without parents having to track multiple extra costs.

- $40.00 - Mandatory Activity Fee
- $10.00 - Mandatory Technology Fee
- $25.00 - 25/26 R5 Yearbook
- $10.00 - Any (prior to 25/26) Yearbooks

PARENT TEACHER CONFERENCES

THURSDAY
SEPTEMBER 10TH
@ 3:15 PM - 6:15 PM

Have your parents or guardians join you to celebrate your success!

YOU'RE INVITED

1st Quarter Project Showcases

Wednesday, October 7th
9:45 am - 10:30 am

Harry Butler Board Room @ R5

STRONGER WITH SCHOOL BREAKFAST

School breakfasts play a big role in helping kids get the nutrition they need to learn, grow, and be healthy. The School Nutrition and Meal Cost Study* showed that school breakfast is a big supplier of foods most kids don't eat enough of—whole grains, fruits, and dairy. The study also found that kids who eat school breakfast eat more of these foods than kids who eat breakfast elsewhere.

FRUITS

Fruits at school breakfast provide kids with ≥ 48% of the fruits they need for the entire day.

63%	48%	51%
of recommended daily amount for elementary school kids	of recommended daily amount for middle school kids	of recommended daily amount for high school kids

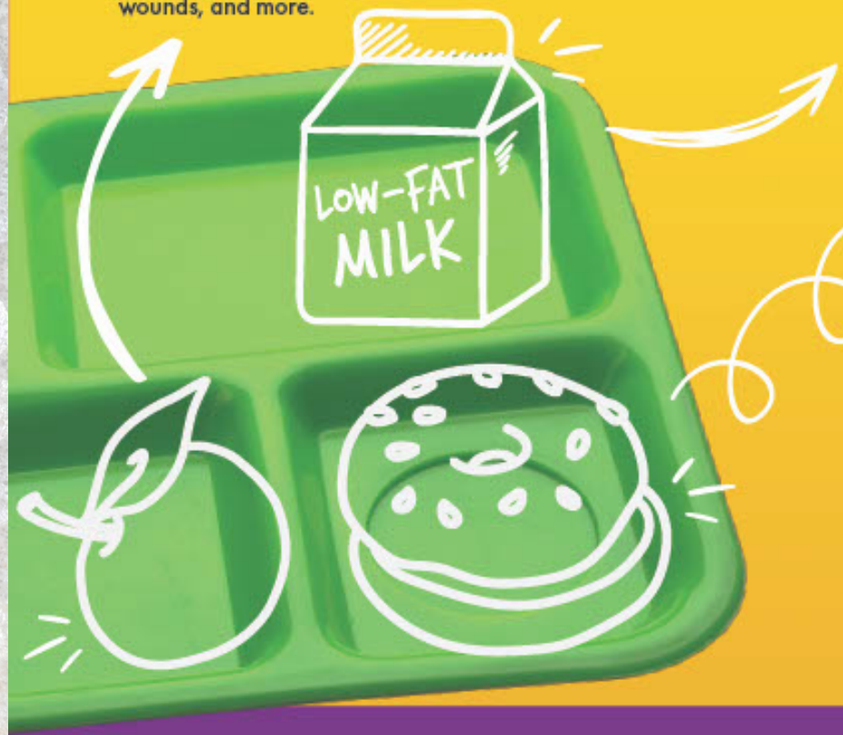
Biting into whole fruits at breakfast boosts kids' intakes of potassium, vitamin C, folate, and dietary fiber. These important nutrients help the body maintain a healthy blood pressure, heal wounds, and more.

DAIRY

Dairy foods at school breakfast provide kids with about 40% of the dairy foods they need for the entire day.

39%	40%	40%
of recommended daily amount for elementary school kids	of recommended daily amount for middle school kids	of recommended daily amount for high school kids

Drinking low-fat or fat-free milk at breakfast helps kids build strong bones, at a time when they are growing quickly. Calcium and vitamin D are just a few of the important nutrients in milk and other dairy foods. Lactose-free and reduced lactose milks also provide these nutrients for kids.



WHOLE GRAINS

School breakfast provides kids with ≥ 30% of the whole grains they need for the entire day.

33%	38%	30%
of recommended daily amount for elementary school kids	of recommended daily amount for middle school kids	of recommended daily amount for high school kids

Starting the day with whole grains gives kids dietary fiber, which helps kids feel full longer. Fiber also helps keep the digestive tract working properly. Whole grains also provide B vitamins and minerals, like selenium and magnesium, for a healthy body.

Kids are learning how to have a healthy eating pattern at school breakfast. These healthy habits can help kids grow into healthy adults that have lower risks of chronic diseases, such as diabetes and heart disease.

Learn more about school breakfast at: TeamNutrition.USDA.gov.



If you need help outside of regular school hours and this is a crisis situation, please use one of the following resources:

- Call 9-1-1 Emergency Line
- Safe2Tell - call 1-877-542-SAFE to submit an anonymous report to law enforcement and school administration
- Suicide Prevention Lifeline @ 988lifeline.org or call 1-800-273-TALK
- Colorado Crisis: 1-844-493-8255 or Text: 38255



2627 R5 STAFF!



If you need assistance with anything at R5, please visit the R5 website or call the main office at 970-254-6880 between the hours of 8:00a.m. - 3:00p.m. M-F

OUR STAFF IS COMMITTED EACH AND EVERY DAY TO THEIR WORK, OUR MISSION:
R5 USES RESTORATIVE PRACTICES AND PROJECT-BASED LEARNING TO SUPPORT LEARNERS IN BECOMING THRIVING CITIZENS. R5 IS COMMITTED TO ENSURING ALL LEARNERS WILL DEVELOP CRITICAL THINKING SKILLS, CULTURAL AND SELF-AWARENESS, AND GLOBAL CITIZENSHIP THROUGH AN INDIVIDUALIZED WHOLE-PERSON APPROACH, COMMANDING HIGH EXPECTATIONS AND PROVIDING MASTERY LEARNING WITH A COMPASSIONATE, RESPONSIVE, AND COLLABORATIVE ENVIRONMENT. . . .
TO GUARANTEE THAT 100% OF OUR GRADUATES WILL BE POST-SECONDARY READY.