

GALLOPING GOOSE

ISSUE 23, February 8, 2018

PHONE NUMBERS: K-6 882-4688, MS/HS 882-7288, PS 882-7277,
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From the Principal's Office:

Today, our children have access to a huge variety of entertainment options. As an educator and parent, I want to know how much screen time is safe for young children.

There are some good general principles from recent research.

- Little to no screen time is advised for children under the age of two.
- For elementary-aged children, two hours a day or less has shown no negative effect on attention span or academics.
- Three or more hours a day of screen time has shown to have a negative effect on children's attention span, mood, and academic achievement.

Of course, not all screen time is created equal. Like food, some choices are more healthy than others. For young children, slow-paced shows and games like Sesame Street or Mr. Rogers have been shown to have no negative effect. Fast paced shows and games, especially those with violent content, have shown to decrease attention span and increase anxiety in children.

Thankfully, the most beneficial types of activities for children are well known: reading, playing and talking with your children, even for a small amount of time each day, has consistently shown to promote attention span, problem-solving and emotional health.

More information on children and screen time.

[When It Comes To Kids, Is All Screen Time Equal?](#)

[How much screen time is OK for my kid\(s\)?](#)

[Has the Smartphone destroyed a generation?](#)

Dates to Remember:

Feb. 8 - Parent Teacher Conferences - 4:00-8:00

Feb. 9 - NO SCHOOL - Parent Teacher Conferences - 8:00-12:00

Feb. 16 - NO SCHOOL - PLC/Teacher Workday

Feb. 19 - NO SCHOOL - Holiday

Mar. 2 - NO SCHOOL - PLC/Teacher Workday

Mar. 15 - Last Day of Quarter

Mar. 16 - NO SCHOOL/Teacher Workday

Mar. 19-23 - NO SCHOOL/Spring Break

Volleyball - Mrs. Lee:

Dolores Youth Club Volleyball Registration will be Tuesday, February 13th from 5:00-6:30 in the modular building at the elementary (look for signs in front of the elementary). This fun youth volleyball season is for Dolores girls in grades 4th-8th. Practices will be held at the school two evenings a week starting in March and running through April. Local tournaments will be held on Saturdays in April. Transportation to and from practices and tournaments is the parents responsibility. The cost is \$50 per participant. Questions...please contact Stephanie at slee@dolores.k12.co.us

PTA:

Please come see us at the Book Fair tonight and tomorrow.

Dolores Teachers are taking over McDonald's. Come support the school and have the teachers serve you dinner! 100% of cookie sales in the lobby go to the school. 15% off all sales from 5-7 PM go to the school.

Please collect Box Tops for the school. Each one is 10 cents and they really add up. Bring them by Feb 16th. The top-earning class k-2 & 3-6 will earn a free Popcorn party for their classes.

Classroom Capers:

Mrs. Christenson, Mrs. Hill, & Mrs. Tourjee - 1st Grade:

Yay, snow! Keep dancing! We are looking forward to meeting with you and your child at conferences. We sure appreciate all the effort you do at home to ensure your child is the most successful s/he can be. Valentine's Day Party is on Wednesday, February 14th, at 1:30 pm for First Grade. Check with your child's teacher if you would like to bring something to help us celebrate the love we have for our friends, families, and our communities big and small. Please have a Valentine for each of the kids in the class. You may also make Valentines for the teacher helpers and friends in the office that make our learning and our school such a wonderful place. Some of our first-grade friends are doing a service learning project for the Mancos Valley Inn. Please dress nicely on Wednesday. 100th Day is Monday, February 12th. If you need to bring in a small collection of 100 things, it must fit in a gallon size baggy or smaller. Hope you really enjoy your three day weekend.<3

Ms. Hutchins, Mrs. McNeill, Ms. Savage - 2nd Grade:

Next week second grade will be celebrating Valentine's Day. Parties will be held from 1:30-2:30. Check your child's go home folder for a class list and any other party notifications.

Mrs. Lowe, Mrs. Neeley, & Mrs. Russell - 3rd Grade:

We are looking forward to seeing you all at conferences tonight and Friday. If you can not make your conference please contact your child's teacher to try to reschedule. Meeting with parents is so important for your child's progress.

Mrs. Bellairs, Mrs. Carpenter, & Mrs. Grazda - 4th Grade:

Hello Fourth Grade Families!

We are cruising right along with our fractions unit. Our focus is finding equivalent fractions, and we will begin adding and subtracting fractions next week.

Over the next school week, we will be wrapping up our unit on ecosystems and how living and non-living elements of an ecosystem affect each other.

In reading, we are continuing our exploration of the Hero's Journey structure.

Fourth grade Valentine's Day parties will be on Wednesday, February 14th. Please contact your child's teacher for specific times.

We look forward to seeing you at conferences!

Mr. Vaughn, Mrs. Jones, & Mrs. Lein - 5th Grade:

Greetings from fifth grade:

Whoa! We survived the Trifecta (actually quad-fecta if you include the moons), Super Bowl Sunday, snow flurries, and now we are gearing up for Parent Teacher Conferences all within a window of about a week's time. Bet your wondering, what's next? If you ask some of the students, they might tell you stretch marks hurt and they are probably right. We are stretching our students in both reading for information (knowledge) and becoming stronger writers. As fifth graders, the focus is on reading to learn, pulling important information from a text, and applying it to critical thinking, problem-solving, and real-life application problems. We are teaching the students to follow directions, think about what the question is asking, and then asking the students to solve the problem using strategies they have been taught in class to become independent thinkers. How can they identify and reinforce the information using written expression?

So, this is where the stretch marks hurt part comes into play. This should be a time of productive struggle. Meaning, the work is getting noticeably harder, it is taking longer to finish, and your child may be bringing more unfinished work home as homework. Help remind them that learning takes place during times of productive struggles and the frustrations will lessen as their skills become stronger. If you notice frustration, encourage your son or daughter to slow down

and think about strategies they have learned in class that will help solve the problem(s) as independently as possible. Remember, don't give up! It may take 30 minutes to learn a skill, but it takes a lifetime to practice and make it perfect.

We look forward to seeing you at Parent Teacher Conferences.

Ms. Barry, Mr. LaRose & Mr. Smith - 6th Grade:

Parent-teacher conferences are this Thursday from 4-8 PM and Friday from 8-12. Slips were sent home last week. Please let us know if the time that you were given does not work. We can adjust our schedule as needed. In science students continue to study chemistry. We are testing out of states of matter and will finish our unit with an in-depth study of the periodic table and atomic theory. National History Day is right around the corner. Students are busy preparing for this exciting event in social studies. In STEM class students are finishing up there exploration of the unknown. We met as a 6th-grade team last week for a planning day. We prioritized what students to know for math and made some adjustments to our curriculum. We also planned our Extended Classroom activities for the rest of the year. Information on our Moab trip will be available at conferences. Please let us know if you have any questions or concerns. 6th-grade team.

Montezuma School to Farm

Summer is just around the corner, and the gardens will be full of life! This year, Montezuma School to Farm Project is excited to offer week-long summer sessions in June and July at each elementary school in Montezuma County. Every session, students will enjoy a week of hands-on activities from planting and harvesting to cooking and games.

Led by our dedicated team of Americorps, these weeks will be full of learning, exploring, and enjoying time outside together! Registration will begin February 15th.

Check our website <http://www.montezumaschooltofarm.org> and Facebook page <https://www.facebook.com/MontezumaSchooltoFarm/> for cost, dates, and more information!

Mrs. Bean - Music:

On Valentine's Day, three classes will be visiting The Valley Inn at Mancos to do a Valentine's Day presentation. This will include Mrs. Lein's 5th-grade class, and Mrs. Hill's and Mrs. Tourjee's first-grade classes. Parents of these students are more than welcome to meet us there! We plan on arriving at 9:30 and be done by 10:10.

Mrs. Elder - P.E.:

February 23, at 2:45 the third grade will be performing a 50's themed dance at the monthly character assembly. All parents and family friends are invited to come watch. If you are unable to come but want to see your child's performance, Mrs. Elder will be videotaping the dance and

you can contact her to see it. Dancers need to please wear jeans to roll up, a white t-shirt, tennis shoes, and or something with a 50's flare. Thank You!

Secondary Family Night with the 7 Mindsets

The We are Connected mindset teaches us that everyone who comes into our lives can help us to achieve and live our dreams. Working with, for, and through others is crucial to realizing our dreams. When you understand this and constantly seek the positives from relationships with others, your performance in every area of your life improves. In the lessons for this mindset, we help students explore synergies with others, embrace diversity, and relish the competition that will allow them to maximize their potential by working with and through others. Your child and I would like to invite you to a night of connecting by playing some We are Connected Bingo, have some pizza and enjoy building a Dream Team for your child's success for happiness.

Thursday the 15th of February at 5:15 pm in the library is where the fun will begin as we dive into the 7 mindsets and building teams through We Are Connected.



SICK CHILD: Home or School?

When is your child too sick for school? The following guidelines were developed to assist parents in making the decision whether or not to send their child to school.

Fever: If a fever accompanies behavior changes or symptoms such as a rash, sore throat, earache, vomiting, etc., keep your child home. An elevated temperature alone is not a reason to exclude from school, however, a child's temperature should be below 100 degrees for 24 hours without a fever reducing medication before they return to school.

Diarrhea: If frequent, loose, watery stools are not caused by diet or medication, then your child should stay home until the stool is normal. If diarrhea occurs the night before or the day of school, keep your child home.

Nausea and vomiting: Children should not return to school until they are able to keep food and liquids down for 12 hours. If vomiting persists, or if there has been a head injury, consult your medical provider.

Cough and Colds: A runny nose, watery eyes, mild cough, and sneezing can be a cold. If there is no fever or discomfort that interferes with learning, your child may go to school. If cold symptoms are severe- thick yellow or green discharge or a frequent cough that would interfere with your child's or others' learning, keep your child home.

Earache: If there is continuous pain or drainage from the child's ear, then keep your child at home, and notify your medical provider. If your child is able to participate in usual activities, and there is no fever, allow your child to come to school.

Pink Eye: The eye is pink or red, watery and painful, and there may be a yellow-green discharge. Your child should be on treatment for 24 hrs before returning to school (if ordered) or a written note from the provider is needed authorizing return to school.

Strept Throat: 24 hours of antibiotic treatment is required, and your child should feel well enough to return to school.

Impetigo: should be treated for 24 hours before returning to school. Draining sores should be covered with a bandaid until healed.

Lice, scabies, and ringworm: Student may return to school after the first treatment.

Please call your child's School Nurse if you have any questions.



DOLORES TEACHERS ARE TAKING OVER MCDONALDS

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**Come to McDonalds in Cortez and have
Dolores Elementary Teachers Serve you
dinner!**

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Thursday, February 15th
5:00PM-7:00PM
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Dolores Elementary receives 15% off all sales from 5:00-7:00 PM and 100% of all cookie sales in the lobby!

All proceeds stay in the school and benefits ALL students.

BOX TOPS DRIVE

It's February! Show Your L♥ve...



by earning cash for our school with Box Tops!

Every clip counts



**BRING
TOPS BY
FEB 16TH**

Classes that collect the most valid box tops will receive a prize, K-2nd grade and 3rd-6th.



February

LUNCH



Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			1 Beef Tamales Refried Beans Rice Salad Milk Variety	2 Grilled Cheese Sandwich Chicken & Noodles FRUIT Milk Variety	Cal 583 T Fat 21.88 G S Fat 9.2 G Chol 81.0 Mg Sodium 167.37 Mg Carb 67.39 G Fiber 5.3 G Prot 30.24 G Iron 3.70 Mg
5 Frito Pie Green Beans FRUIT Milk Variety	6 Baked Potato Toppings 3 oz. Oat Wheat Roll FRUIT Milk Variety	7 Chicken Patty/Bun CORN FRUIT Milk Variety	8 Lo Mein Eggroll Fortune Cookie FRUIT Milk Variety	9 NO SCHOOL	Cal 374 T Fat 16.97 G S Fat 5.4 G Chol 45.6 Mg Sodium 645.90 Mg Carb 40.81 G Fiber 4.4 G Prot 16.56 G Iron 3.65 Mg
12 Pizza Sticks Green Beans Applesauce Milk Variety	13 Brunch For Lunch Scrambled Eggs Salsa Hashbrown Patty FRUIT	14 Pasta & Meat Sauce BROCCOLI Garlic Toast FRUIT Milk Variety	15 Turkey Gravy Whipped Potatoes Buttered Peas Oat Wheat Roll FRUIT Milk Variety	16 NO SCHOOL	Cal 589 T Fat 11.41 G S Fat 3.6 G Chol 143.8 Mg Sodium 928.87 Mg Carb 49.96 G Fiber 5.0 G Prot 23.54 G Iron 3.9 16 Mg
19 NO SCHOOL	20 Pulled Pork Sandwich Baked Beans Pickles Peaches Milk Variety	21 Taco Bowl Lettuce & Tomatoes Fruit Juice Milk Variety	22 Sloppy Joe on a Roll Potato Wedge Catsup FRUIT Milk Variety	23 Beef Tamales Refried Beans Rice Salad Milk Variety	Cal 425 T Fat 11.11 G S Fat 4.3 G Chol 35.6 Mg Sodium 723.01 Mg Carb 61.08 G Fiber 6.1 G Prot 22.94 G Iron 3.20 Mg
26 Submarine Sandwich Pickle, Dill Spear Fruit Juice Milk Variety	27 Burrito Salsa Mandarin Oranges CORN Milk Variety	28 CHICKEN ALFREDO Garlic Toast Tossed Salad Apple Milk Variety			Cal 630 T Fat 24.66 G S Fat 13.2 G Chol 80.0 Mg Sodium 2373.65 Mg Carb 76.77 G Fiber 6.9 G Prot 27.79 G Iron 3.91 Mg



February BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
			1 Biscuits and Gravy Hash Brown Patty Fruit Milk Variety	2 Cereal Elf Grahams FRUIT Milk Variety	Cal 369 T Fat 7.5 G S Fat 2.4 G Chol 9.8 Mg Sodium 320.07 Mg Calc 66.62 G Fiber 3.0 G Pith 11.42 G Iron 5.19 Mg
5 Oatmeal Muffin Fruit Juice Milk Variety	6 Scrambled Eggs Bacon Muffin FRUIT Milk Variety	7 Breakfast Power Bar Muffin Craisins Milk Variety	8 Cereal Elf Grahams FRUIT Milk Variety	9 NO SCHOOL	Cal 474 T Fat 12.79 G S Fat 3.0 G Chol 79.4 Mg Sodium 383.57 Mg Calc 75.23 G Fiber 5.5 G Pith 13.73 G Iron 4.11 Mg
12 Combo Bars Hashbrown Patty Catsup Applesauce Milk Variety	13 Breakfast Pizza Apple Milk Variety	14 Pancakes/Stick Syrup Hashbrown Patty Peaches Milk Variety	15 Cereal Elf Grahams FRUIT Milk Variety	16 NO SCHOOL	Cal 339 T Fat 12.90 G S Fat 4.3 G Chol 29.2 Mg Sodium 521.29 Mg Calc 46.50 G Fiber 2.7 G Pith 11.34 G Iron 2.32 Mg
19 NO SCHOOL	20 English Muffin Grilled Egg Patties Craisins Milk Variety	21 Waffle Stix/syrup Sausage link Peaches Milk Variety	22 Breakfast Burrito Muffin Apple Milk Variety	23 Cereal Elf Grahams FRUIT Milk Variety	Cal 392 T Fat 10.33 G S Fat 2.9 G Chol 92.4 Mg Sodium 414.59 Mg Calc 64.96 G Fiber 3.0 G Pith 11.25 G Iron 3.43 Mg
26 Combo Bars Hashbrown Patty Catsup Applesauce Milk Variety	27 Frittata, Ham and Cheese Muffin Applesauce Milk Variety	28 Breakfast Power Bar Muffin Craisins Milk Variety			Cal 474 T Fat 21.93 G S Fat 7.1 G Chol 160.1 Mg Sodium 912.02 Mg Calc 33.33 G Fiber 2.5 G Pith 10.65 G Iron 2.30 Mg