

Thursday Thoughts - October 7, 2021

October is here and so is the excitement of Halloween! We are already hearing the buzz about Halloween costumes, and we want to remind everyone of the following guidelines when planning costumes.

- Students WILL be allowed to wear costumes to school. No face painting or hair coloring- it is distracting and ITCHY AND MISERABLE!
- We WILL NOT provide any classroom time to change into costumes. Our kiddos play hard here at Tope. Parents----- please take that into consideration when planning the costume your child will wear to school.
- There will ABSOLUTELY NOT BE ANY GORE, BLOOD, VIOLENCE, WEAPONS, ETC. allowed.
- Do not send any “accessories” that accompany the costume (sunglasses, crowns, gloves, full masks, etc) as they run the risk of being lost and/or broken.

HEALTHY LUNCHES = HEALTHY MINDS= ENGAGED LEARNERS

At STEAM @ Tope, we care about the WHOLE learner

HOW TO SHOP HEALTHY IN THE GROCERY STORE-

Shop the outer aisles of the store first; this is where fresh foods like veggies, fruits, whole grains, dairy and lean meats usually reside. We are noticing a lot of processed foods and pre-packaged lunches. Please provide some balanced options for children.

TEACH YOUR CHILD THE ORDER IN WHICH TO EAT-

First- Protein and something sustaining

Second- Carbohydrates, usually sides

Third- Dessert~ Whole Fruit is the best natural treat and then all others

Fourth- Soda and candy (Better yet, save this for home)

A LITTLE BIT ABOUT LUNCH!

It is IMPERATIVE that you take a moment to fill out the link for Free and Reduced lunch. It is located on the D51 website under “Quick Links”
<https://www.myschoolapps.com/Home/PickDistrict>

Speaking of food.....Here is a message from Kid's Aid



Kids Aid is here to help with extra food over the weekends so our Grand Valley kids can be kids! We serve 70 sites from preschool through college and provide up to 2,000 food bags per week. We give bags to any child, no qualifications necessary. Be sure to ask your school site coordinator, administrator, or teacher to get you signed up! (All requests are anonymous.)

Food bags contain breakfast, lunch/dinner, and snack options to cover weekend meals for one child. We do our best to offer a variety of items based on availability and cost. Families with multiple children can request a bag for each child in the household. Starting in the fall of 2021, Kids Aid will partner with Food Bank of the Rockies to include kid friendly, easy to cook recipes to encourage creative and nutritious meal preparation with items included in our weekly food bags.

**If you have any questions, please visit our website for more information:
www.kidsaidcolorado.org**

**Call or email our office directly at:
admin@kidsaidcolorado.org
(970) 210-8754**

OCTOBER WORD OF THE MONTH - HEROES Tune into our website for our daily Word of the Month lessons and activities - you will find them under the "Principal's Corner". Help support this new skill at home with strategies and activities!

MASKING VISITORS - All visitors and volunteers MUST WEAR A MASK in the building. This includes student observers, parent volunteers, Watch Dog Dads, RSVP volunteers, etc. Please be respectful as Tope staff members have children to educate and we would like to focus our time and attention on them and not on monitoring adult adherence to this guideline.

COVID PROTOCOLS- DO NOT SEND YOUR CHILD TO SCHOOL IF THEY EXHIBIT ANY COVID SYMPTOMS- (runny nose, cough, sore throat, diarrhea, cough, fever, fatigue, body aches, taste and smell loss). We want to STAY HEALTHY and we want to STAY IN SCHOOL. Thank you for keeping us all safe and in school. Please call the school if your child has tested positive for COVID and/or is in a quarantine due to exposure in the home as soon as possible. Thank you!

MASKING STAFF/STUDENTS- As cases continue to rise in Mesa County so might the potential for masking. NO MATTER HOW STAFF MEMBERS MIGHT FEEL ABOUT MASKING -- WE WILL DO IT AND WE WILL DO IT GRATEFULLY AS WE ALL CONTINUE TO CARRY A LITTLE PTSD FROM REMOTE LEARNING -- **WE ARE EXTREMELY GRATEFUL TO BE IN SCHOOL and SERVING OUR LEARNERS.** We anticipate the need for masks to ebb and flow throughout the year. Thank you for supporting your child's ability to remain in school by supporting this requirement. Children not here are children not accessing their learning.

CHECK OUT our D51 STEM WEBSITE

WHAT IS PBL?

Problem Based Learning takes your child on a journey of discovery. Children are presented with a problem in the community. They learn from experts in the field, field experiences and their own personal research. All of this knowledge fuels them to become a mini-expert in the field. They begin to develop solutions to the problem with a collaborative team. The team presents their solutions to a panel of experts in the field. The experts provide feedback and determine the viability of solutions. Next, staff determines which solutions are most viable to move forward.

2ND GRADE PROBLEM ~ Steam at Tope 2nd graders need a way to investigate, preserve and honor our past, celebrate the present and envision our future journey on our path to awesome for our schools 80th birthday celebration.

3RD GRADE PROBLEM ~ How do we prevent White-Nose Syndrome from entering the caves of Colorado to prevent the endangerment and eventual extinction of bats?

4TH GRADE PROBLEM ~ Coming soon.....

5TH GRADE PROBLEM~ Steam @ Tope 5th graders need a way to develop a sense of belonging so that all learners feel important within our school community

JUST A FRIENDLY REMINDER that WE DO NOT HAVE A LOST AND FOUND. Please label your child's jackets, coats, gloves, etc. and it will be returned to them. **THANK YOU!**

Create a beautiful life at home with your child,

Carnie Bollinger

IMPORTANT DATES

12 - PTA 4:15pm

13 - End of 1st Quarter

14 & 15 - NO SCHOOL

"Around here, however, we don't look backwards for very long. **We keep moving forward**, opening up new doors and doing new things, because we're curious ... and curiosity keeps leading us down new paths."

~ Walt Disney