

Thursday Thoughts - December 9, 2021

THANK YOU for approaching staff in a positive manner with your concerns, comments and questions. Also, thank you so much for sharing celebrations and compliments. As a reminder, if you have concerns that go beyond an ability to regulate your emotions -- Please contact me.

Our children's mental health and wellbeing continues to gain spotlight in the news and on social media nationally. Please continue to monitor and consider what your child is exposed to and be conscientious of how to coach and support them through difficult scenarios and emotions.

If your child is struggling, please let us know. You can reach out to our counselor, Laura Ousley or me. We can assist with directing you to a variety of supports that are available at Tope, in the district and in the Valley. You are not alone. We truly believe that it takes a village to raise a child.

One last thing, please reach out to outside help if you are struggling personally. Please do not project your struggles onto your child. They do not deserve a lifetime of emotional trauma and/or damage done by a trusted adult or parent. Here is the Colorado Crisis Line's number and information- 1-844-493-TALK (8255) is a 24/7/365 support line for anyone affected by a mental health, substance use or emotional crisis. All calls are connected to a mental health professional, who will provide immediate support and connections to further resources.

We are ultimately ALL in this together and it is time that we start finding and showing support not only for each other, but for our youth. Who by the way, will be the ones to change this world.

Find ways to give your child a beautiful life, even in the most difficult times.

Carrie Bollinger

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Next week we will be celebrating with a holiday-themed Spirit Week!
Join us any or all of the days!

Monday, Dec 13	Tuesday, Dec 14	Wednesday, Dec 15	Thursday, Dec 16	Friday, Dec 17
Deck the Halls Wear your favorite holiday shirt	Mistle Toes Wear your favorite holiday socks	Mad About Plaid Wear your favorite plaid or flannel	Ugly Sweaters Wear your tackiest holiday sweater	Long Winter's Nap Wear your school appropriate PJ's and/or slippers

We are still looking for volunteers to assist and support in the library! If you are interested, please reach out to Brooke Kyle. THANK YOU!

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>

CURRENT PBLs

2ND GRADE PROBLEM ~ 2nd Grade completed an EXTREMELY SUCCESSFUL panel on November 10th. More info to come regarding which VIABLE SOLUTIONS will be moving forward with spotlighting, preserving and honoring Tope's history!

3RD GRADE PROBLEM ~ 3rd grade completed an EXTREMELY SUCCESSFUL PBL this past week. The children have bright futures as chiropterologists! (I just learned that word!)

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4TH GRADE PROBLEM ~ Steam @ Tope 4th graders need a way to take ownership and action now to protect the sustainability of our recreational spaces in order to preserve our community's culture and heritage.

5TH GRADE PROBLEM~ 5th grade completed an EXTREMELY SUCCESSFUL PBL this past week. There are two viable solutions moving forward with supporting and enhancing a feeling of belongingness for all Tope learners.

Create a beautiful life at home with your child,

Carnie Bollinger

"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

IMPORTANT DATES

DECEMBER ~

9 - 3rd Grade Music Program 6pm

14 - Gingerbread Night

15 - 4th Grade Panel

13 - 16 Holiday Spirit Week