

Thursday Thoughts - January 20, 2022

Hello! It felt like we were coming off a long break after the 4 day weekend! I spent some time at Vega snowmobiling and snowshoeing with my husband. I love to snowshoe, but Dan doesn't feel it is necessary since we have snowmobiles-- "Why walk, when you can ride?" is his mantra. Nevertheless, it was great to get away to relax and gain perspective. I hope you and your family had an opportunity to spend time with each other-- especially to relax and gain perspective. This is just a friendly reminder to enjoy the little things and little moments. My little things from this weekend were the simple moments of silence that were allowed without internet service and a cell phone, the sparkling of the snow with the sunrise and sunset and my husband's childlike smile as he sped away on a snowmobile. This coming weekend, find some small moments to enjoy with your family!

PLEASE MAKE SURE THAT YOUR CHILD ARRIVES AS CLOSE TO 8:50 AS POSSIBLE IN THE MORNING. UNFORTUNATELY, WE DO NOT HAVE SUPERVISION PRIOR TO THAT TIME. THANK YOU SO MUCH!



Good to Know!

Here's a fact: healthy kids have better grades in school, have better attendance, and behave better in class. Getting active is an important step to good health! Learn more at heart.org/kids.

HEALTHY KIDS- Jump rope, play tag, ride a bike, or just run—how important is it for your child to get up and get moving? For starters, physical activity helps control weight, reduces blood pressure, raises “good” cholesterol, and reduces the risk of diabetes and some kinds of cancer. It also improves self-confidence and self-esteem, can improve moods, and can help improve sleep. That's all good news! The American Heart Association recommends that all children ages two and older participate in at least 60 minutes of enjoyable, moderate-to vigorous-intensity physical activity every day (that means vigorous activities that are appropriate to their age and stage of physical and emotional development). The benefits go beyond good health: physical

activity can bring a family together, it doesn't have to cost any money, and it's fun! Remember, your child doesn't have to do 60-minute workouts. Shorter periods of physical activity throughout the day will benefit your child too.

School of Choice

The School of Choice application process for the 2022-23 school year will open at 10 a.m. on Monday, Jan. 24, and close at 4 p.m. on Friday, Feb. 4. School of Choice is an application process for families who wish to send their children to a D51 school outside their neighborhood attendance boundaries. The application window is a few weeks earlier this year in order to give schools more time to staff buildings properly based on projected enrollment. **YOU DO NOT HAVE TO REAPPLY IF YOUR CHILD HAS BEEN ACCEPTED AS A SCHOOL OF CHOICE STUDENT IN PREVIOUS YEARS. YOU DO HAVE TO APPLY IF YOUR CHILD IS HERE ON A TRANSFER REQUEST. IF YOU HAVE QUESTIONS ABOUT THIS, PLEASE CONTACT THE OFFICE! :)**

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If you would like to participate in the School of Choice application process, you will need a ParentVUE account. If you do not have one, please contact your school. The application for School of Choice will become available at 10 a.m. on Jan. 24 at d51schools.org/schoolofchoice. Your application will be time-stamped and spots will be awarded based on availability on a first come, first served basis. Principals will notify families whether their application has been accepted or denied starting Feb. 11. Visit d51schools.org or call 970-254-5311 to learn more.

Conferences are coming up next month. We look forward to meeting with you all. As we prepare for this important time, we ask that you~

- Please show up and please show up on time -- Our teachers have back to back conferences and unfortunately, we cannot accommodate late arrivals.
- Please come prepared with any questions and/or concerns.
- Please come as part of the team committed to academic, social and emotional growth for your child.
- Please monitor children during the conference.
- There is limited time, please ensure that all communication is centered and focused around your child

<u>January Upcoming Dates/Events</u>	<u>February Upcoming Dates/Events</u>
<u>24th and 25th - Jump Rope for Heart</u>	<u>4th- Pastries for Parents</u> <u>8th- PTA</u> <u>21st- No School Presidents Day</u> <u>17th, 23rd and 24th Mid-Year Conferences</u>

Please friend us on our STEAM @ Tope Facebook page! We are working to update our page and let you peek inside our walls weekly!

<https://www.facebook.com/STEAM-at-Tope>

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CURRENT PBLs- updates to come!



Create a beautiful life at home with your child,

Carrie 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