



WELCHESTER

Elementary School

13000 W 10th Ave, Golden, CO 80401 303.982.7450

June/July 2019

At Welchester Elementary, we inspire innovators and lifelong learners to be successful contributors in a global community.

CLICK IT

Click on the
Ads in this
Newsletter

...to learn more about
these great companies!

Sponsorship space in this newsletter is extremely affordable! Reach parents in your local community & a significant portion of your investment goes back to the school! Want to sponsor this school? Please contact Rob Mangelson at Rob@tscacolorado.com or (720) 878-4107.

Welchester World



Health Room
News & Information

A Vaccination Check-Up

Have you seen the measles scare stories on TV? Well, there is no need to panic, but now is a good time to check your immunizations. With summer trips, the start of school in August, plus the measles news – why not plan a visit with your medical provider and ensure your family is up-to-date on immunizations?

The Jeffco Public Schools Health Services team takes immunizations seriously. The nurses and health aides that work to keep our students healthy are on a mission to prevent the spread of illness in schools as much as possible. Washing hands, covering coughs, and staying home if contagious are all part of their messaging, as are immunizations.

Remember, it is state law that children are vaccinated to attend public schools unless that student has an exemption. For information on requirements, see the [Colorado Department of Public Health and Environment](#) webpage. If you are in need of assistance in securing vaccinations, our [local health department](#) has some excellent resources.

Sponsor This School!

YOUR NAME HERE

Click [HERE](#)
Contact Us
Today!

Rob Mangelson
(720) 878-4107

Rob@tscacolorado.com

The School Communications Agency
Supporting Schools & Local Businesses



**FIRST CLASS FREE
30 DAYS FOR \$30**



FUNCTIONAL FITNESS CLASSES FOR THE WHOLE FAMILY (OR JUST YOU)

catalyst Fitness Co

GOLDEN, CO

Emergency Contacts

Parents, please remember that if there are any changes to your email, phone numbers, address or other emergency contacts, it is essential that they be updated in your child's file through [JeffcoConnect](#).



SCHOLASTIC



Inspire the Joy of Learning

The summer is a crucial time to keep our students engaged and prevent the summer slide. Partner with Scholastic to provide [evidence-based](#) summer learning resources for a new generation of lifelong readers and learners.

Please visit this website for plenty of summer learning programs, websites, videos and book suggestions for kids of all ages! There is a lot of information for parents and teachers as well. Encourage your kids to fall in love with reading this summer!

<http://teacher.scholastic.com/products/summerlearning/>



SAFE SPLASH!
SWIM SCHOOL

**Jump in and
Register TODAY!**

We hope you're enjoying your school year! We cannot stress enough that **NOW** is the time to start swim lessons! Learning to swim doesn't happen overnight. Whether you have a new swimmer, summer league swimmer or competitive swimmer, we can help!

Safe Splash
5101 Kipling St, Arvada 80033
(303) 586-7517
Click [HERE](#) for information!

Free Full-Day Kindergarten Comes to Jeffco Public Schools!



May 21, 2019

Dear Jeffco Families & Staff,

Free Full-Day Kindergarten for all is here! Governor Polis signed free full-day kindergarten into Colorado law today. Jeffco Public Schools will offer free full-day kindergarten at all elementary schools for the 2019-20 school year. If you are a future kindergarten parent, information is below. If you are not, please share this information with families of future kindergarteners you may know.

Here are some key things to know:

If your child is already enrolled for kindergarten in Jeffco Public Schools and you do not want to make any changes, you do not need to do anything until registration time opens in late July. All Jeffco families will receive notification when registration opens in late July. If you enrolled in a full-day program expecting to pay monthly tuition – good news, you do not need to pay tuition!

If your child is enrolled in a half-day kindergarten program in Jeffco next year, you may continue as half-day or change to full-day.

- **Will the half-day program continue?** Yes, every school will offer half-day kindergarten options. Please contact your school if you have questions.
- **May I change to full-day?** Yes. Kindergarten students are guaranteed a full-day kindergarten spot at his/her designated neighborhood school. Choice enrolled kindergarten students may move from half-day to full-day kindergarten, if there is space available.

To make changes to kindergarten enrollment or enroll in Jeffco Public Schools for the first time, go to www.EnrollJeffco.org to enroll or change enrollment (Round 2 choice enrollment). Click on the **Apply Now** button. Indicate you would like the full-day kindergarten program at your assigned neighborhood school (guaranteed) or apply for a different neighborhood, option, or charter school (space available basis).

All Jeffco Public Schools students need a [Jeffco Connect](#) account to use the EnrollJeffco system. All students have an assigned neighborhood school, or may apply for a different neighborhood school, option school, or charter school now through early August. If you choice enroll and space is not available, you receive a “waitlist” position.

Want to know more?

See our [webpage about Free Full-Day Kindergarten](#).

Jeffco Public Schools is excited to offer families this new opportunity! We hope to see your kindergarten student on August 14, 2019 in our free full-day program.

Sincerely,

Jeffco Public Schools

[Full-Day Kindergarten Flyer.pdf](#)

6 Reasons Children Need to Play Outside

Claire McCarthy, MD

Faculty Editor, Harvard Health Publishing



Here's something really simple you can do to improve your child's chance of future health and success: make sure he spends plenty of time playing outside.

There are many ways in which this generation's childhood is different from that of the last generation, but one of the most abrupt contrasts is the degree to which it is being spent indoors. There are lots of reasons, including the marked increase in time spent interacting with electronic devices, the emphasis on scheduled activities and achievements, concerns about sun exposure — and, for many families, the lack of safe outdoor places to play. It's not just children; adults are spending less time outdoors as well.

Here are six crucial ways playing outside helps children:

- 1. Sunshine.** Yes, sun exposure — especially sunburns — can increase the risk of skin cancer. But it turns out that [our bodies need sun](#). We need sun exposure to make vitamin D, a vitamin that plays a crucial role in many body processes, from bone development to our immune system. Sun exposure also plays a role our immune system in other ways, as well as in healthy sleep — and in our mood. Our bodies work best when they get some sunshine every day.
- 2. Exercise.** Children should be active for an hour every day, and getting outside to play is one way to be sure that happens. They can certainly exercise indoors, but sending them outdoors — especially with something like a ball or a bike — encourages active play, which is really the best exercise for children.
- 3. Executive function.** These are [the skills that help us plan, prioritize, troubleshoot, negotiate, and multitask](#); they are crucial for our success. Creativity falls in here, too, and using our imagination to problem-solve and entertain ourselves. These are skills that must be learned and practiced — and to do this, children need unstructured time. They need time alone and with other children, and to be allowed (perhaps forced) to make up their own games, figure things out, and amuse themselves. Being outside gives them opportunities to practice these important life skills.
- 4. Taking risks.** Children need to take some risks. As parents, this makes us anxious; we want our children [to be safe](#). But if we keep them in bubbles and never let them take any risks, they won't know what they can do — and they may not have the confidence and bravery to face life's inevitable risks. Yes, you can break an arm from climbing a tree — and yes, you can be humiliated when you try to make a friend and get rejected. But that doesn't mean you shouldn't try; the lessons we learn from failure are just as important as those we learn from success.
- 5. Socialization.** Children need to learn how to work together. They need to learn to make friends, how to share and cooperate, how to treat other people. If they only interact in very structured settings, such as school or sports teams, they won't — they can't — learn everything they need to know.
- 6. Appreciation of nature.** So much of our world is changing, and not for the better. If a child grows up never walking in the woods, digging in soil, seeing animals in their habitat, climbing a mountain, playing in a stream, or staring at the endless horizon of an ocean, they may never really understand what there is to be lost. The future of our planet depends on our children; they need to learn to appreciate it.

So try it. Do what our parents did: send your children outside. Even better, go with them. And do everything you can to be sure that every child can do the same.



Managing Screen Time in the Summer

Stacie Keller

As a child during summer break, my challenge was to get home before dark. We'd be outside for hours exploring the woods nearby and playing in parks, riding bikes, swimming, and hanging out outside with friends...in person...not through a headset. Now that I'm a parent, the challenge is often to get the kids to play outside. They still like to bike, swim, and play with friends, but it's often after negotiating how much screen time they will get after an outdoor activity. So, how do we encourage more outdoor time and stop battling all summer over technology? Delaney Ruston, M.D., and [Screenagers'](#) Filmmaker has some ideas.

1. Summer Projects. Come up with a couple specific things.
2. Set screen time limits and/or encourage more pro-social games.
3. House help. Fix things, paint things, and help with the cooking and household chores.

"The longest longitudinal study of humans ever conducted is called the Harvard Grant Study. It found that professional success in life, which is what we want for our kids, that professional success in life comes from having done chores as a kid, and the earlier you started, the better, that a roll-up-your-sleeves-and-pitch-in mindset, a mindset that says, there's some unpleasant work, someone's got to do it, it might as well be me...I will contribute my effort to the betterment of the whole, that that's what gets you ahead in the workplace." ~ Julie Lythcott Smith, former Stanford University Dean of Freshmen, [TED Talk](#).

4. Creative technology projects like create your own music or movie or learn how to program.
5. Read! Check out the [Screenagers' website](#) for a list of pre-teen and teen books.

And, so how do we get our kids to try out these ideas? Dr. Delaney suggests we start the conversation with these questions:

- What are 2 things you would like to accomplish this summer?
- Is there a new skill, like video editing or creating music or coding that you might be interested in learning more about?
- How much time do you think is reasonable per day this summer for you to spend doing things like playing video games or scrolling social media?
- What "house help" projects can you come up with that would teach you a skill you are interested in—or at least mildly interested in? Or at least not completely dreading?

Visit [Screenagers](#) to read the full text and find more ideas on [How To Manage Screen Time This Summer](#).

The Action Center Back to School Supplies

August 5th – 10th

Hours: 10 a.m. – 3 p.m.

Stevens Elementary • 7101 W 38th Ave • Wheat Ridge, CO 80333

*Due to the Wheat Ridge parade on August 10th, please use 44th Ave. to access the school.

School Supplies for children ages Pre-K through Grade 12!

Come only on your designated pick-up day. (See the list below)

1. You can receive school supplies for your children, if you:

- live in Jefferson County,
- your student attends school in Jefferson County, OR
- are experiencing homelessness.

2. On your designated pick-up day, you **MUST BRING WITH YOU:**

- Your Photo ID
- Proof of Address or proof your student attends school in Jefferson County
- ONE of the following documents for EACH child, to show their age:
 - o Copy of birth certificate OR
 - o Medical record with birthdate OR
 - o School record/report card that shows the grade they're enrolled in this year

(You can use parent portal on your phone) OR

- o Blue/purple birth certificate card issued by The Action Center

Come to School Supply Distribution **ONLY** on the day that matches your Last Name!

If you come before your assigned day, you will be asked to return on an Open Day.

Parent's Last Name Pick-up Day

E, F, G, H, I, J, K, L Monday, Aug. 5th

M, N, O, P, Q, R Tuesday, Aug. 6th

S, T, U, V, W, X, Y, Z Wednesday, Aug. 7th

A, B, C, D Thursday, Aug. 8th

Open to All Letters Friday, Aug. 9th

Open to All Letters Saturday, Aug. 10th

For More Information, please call 303.237.7704

Does your family have other needs?

The Action Center can help! Services include: clothing area, self-select grocery, household items, personal care, ID and Birth Certificate vouchers, and rent and utility assistance. **ALL SERVICES REQUIRE AN APPOINTMENT.** CALL 720.215.4850 to schedule.



Supply List for 2019-2020

WELCHESTER ELEMENTARY STUDENT SUPPLY LIST 2019-2020

(To be replenished Second Semester)

Kindergarten

Please do not label supplies (except the backpack)

- 12- yellow wooden pencils
- 2- packages of thick washable markers
- 3- large boxes of Kleenex
- 4- Glue sticks
- 12- Expo Dry Erase markers (all black)
- 1- package of white blank note cards
- 1- set of 8 Crayola watercolors
- 2- primary composition notebook with wide lines
- *(called **Primary Journals** at Staples or on Amazon)
- 2- boxes of 24 Crayola crayons
- 2- yellow 2-pocket folder
- 2- red 2-pocket folder
- 1- backpack (labeled with child's name)

Girls-

- 1- gallon sized bags

Boys-

- 1- quart- sized bags

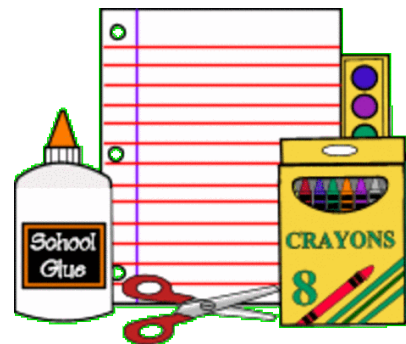
Optional Donations

- Hand Sanitizer
- Clorox Wipes
- Book Tape
- Small dixie cups
- extra primary journals

First Grade

Please do not label supplies (except the backpack)

- 1-boxes of Crayola Crayons.
- 36-48 # 2 Ticonderoga pencils-Sharpended
- 1-Large Boxes Tissues
- 1-Pair scissors (can be from last year)
- 1-Containers Disinfectant Wipes
- 3- Elmer's Glue Sticks
- 2-packs Expo black Dry erase markers 4 ct.
- 1 supply box/bag
- 2 spiral notebook-wide ruled
- 1 box 10 Crayola Washable Markers



continued...

Supply List for 2019-2020, *continued...*

Second Grade

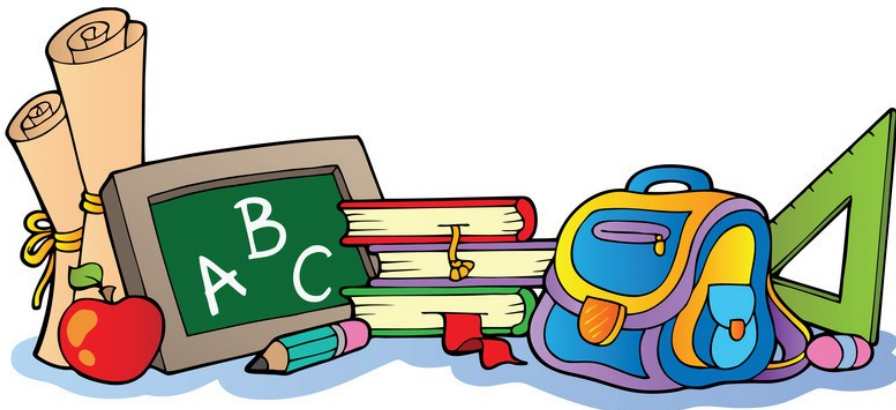
Please do not label supplies (except the backpack)

- 8 dry erase markers
- 48 #2 pencils sharpened
- 2 red ballpoint pens
- 4 large glue sticks
- 1 pack 3x3 sticky notes-yellow
- Scissors
- One pack Markers
- One box Crayons
- Pencil box
- 2 blue two pocket folder
- 1 green two pocket folder
- 2 large boxes of tissue
- 1 box sandwich Ziploc baggies-boys only
- 1 box gallon Ziploc baggies-girls only
- 2 containers antibiotic wipes

Third Grade

- Composition Notebook
- 1 yellow, 1 blue, 1 green, 1 red
- Plastic folders with prongs: 1 yellow, 1 blue, 1 green, 1 red,
- 1 purple
- Supply bag (Please no boxes, they do not fit in the desks)
- Headphones/earbuds
- 4- pads of post it notes
- 2- glue sticks
- 1- pack of multi-color highlighters 48- # 2 SHARPENED pencils
- 2- packs of dry erase markers
- 1- colored pencils 12-24
- 1- pack of sharpies-black
- 1- pair of scissors
- 2- large boxes of tissue
- 1- box of zip-lock baggies gallon & sandwich
- 1-container of antibacterial wipes
- 1-bottle hand sanitizer (no travel size) unscented

continued...



Supply List for 2019-2020, *continued...*

Fourth Grade

Please do not label supplies (except the backpack)

- 2- 1 inch binders
- 1 - pack of colored dividers (must include red, yellow, green and blue.)
- 4 - Spiral Notebooks, wide ruled
- 4 - packs of wide-lined notebook paper
- 2 - packs #2 pencils (sharpened, plain yellow (Preferred brand: Ticonderoga)
- 1- Box of colored pencils (12-24 count)
- 1 - Headphones or earbuds (simple and easy to use for computers; small enough to fit inside desk)
- 2 - glue sticks (no bottled glue, please)
- 1 - pack highlighters, different colors
- 1 - 5 pack of dry erase markers
- 1 - pencil bag (Optional)
- 2 - pack of clorox wipes
- 2 - pack of at least 4 thick expo markers

LAST NAMES A-L:

- 1 - Box of 8 thick markers, colored
- 1 - Package of index cards
- 1 - extra pack of dry erase markers
- 1 - 1 box of tissues

LAST NAMES M-Z:

- 1 - Box of 8 thick markers, colored
- 1 -Multi-pack (at least 3) of 3-inch x 3-inch sticky notes
- 1 - extra pack of dry erase markers
- 1 - pair scissors

PLEASE, NO PENCIL SHARPENERS!

Fifth Grade

- 6-Spiral Notebooks
- 1 - 1 inch binder
- 1-package of tab dividers
- 4-Folders
- 1- supply bag or box
- Headphones or earbuds (simple and easy to use for computers)
- 4- glue sticks
- 48- #2 pencils
- 8- Dry erase markers
- 2- Boxes of tissue
- 4-pads (or more) of sticky notes
- 1-containers of disinfecting wipes
- 1- pack index cards
- 1- pack markers (washable, permanent, or Mr. Sketch smelly markers)

Optional

- 1- pair scissors
- 1- non electric pencil sharpener
- 1- pack highlighters
- 1- bottle hand sanitizer

