Van Arsdale Elementary: Preparing our children for a successful future.

# Van Arsdale Voice

7535 Alkire St. Arvada, CO 80007 (303) 982-1080

http://jeffcoweb.jeffco.k12.co.us/elem/vanarsdale

April 2012

## From the desk of Martha Tate

Dear Families,

I hope all of you have a wonderful Spring Break. This is such a beautiful time of year, and there are many great activities being planned for students and our community. We hope that you can find time in your busy schedules to join us for those events that are most meaningful to your family. Our final Assessment day for the year will be on the 27th. Be looking for information from your child's teacher on schedules for that day.

We will begin work on our school calendar for the **2012-13** school year as soon as final decisions are made around the budget and furlough days.

Thanks to our wonderful PTSA and parents for all the TCAP snacks for our students. They were very much appreciated. In addition we want to thank many of our paraprofessionals who were willing to put in extra hours to help proctor assessments. Shari Dumont also did a wonderful job, working many additional hours on schedules, paperwork, unpacking and packing tests, and much, much more.

Please remember not to park and leave your car in the Hug and Go Zone before school, during kindergarten pick up and drop off at mid-day, or after school. This brings our Hug and Go to a dead stop and causes others unneeded stress and frustration at a busy time.

We are still making decisions about teacher assignments for the fall. As changes are made, we will share that with our community, but here is what we know right now. Jessica Jessen and her family will be relocating to Florida. It is bitter sweet for her since her family lives in Florida, but she is sad to leave her friends at Van Arsdale. Debbie Burke has decided that she is needed at home as wife, mother and grandma! We will miss them both terribly.

Students often bring books from home to read during independent reading time. We trust our parents to monitor the books their children bring to school. Our district provides approved book lists for us so that we are consistent in the literature we provide for our students. If your child wishes to check out a book from school, either from the classroom library or the school library that may not be on the approved list, we just need parent permission. So if your child brings home a permission slip, you will want to review the book to make sure you approve, sign the permission slip, and return it to school.

A huge thank you to all the parents who volunteered this past month. We love our parent volunteers!

Sincerely,

Martha Tate

**Dates to Remember:**

- April 2nd: Comp Day, NO SCHOOL
- April 5th: Growing & Changing Parent Meeting
- April 7th: BW3 Night
- April 11th: Furlough Day, District is closed
- April 16-20 Rock Shop
- April 18th: VAULT / PTSA
- April 20th: Young Writers
- April 25: Early Release Day 1:10
- April 26: Take your child to work day
- April 27th; Assessment Day #4

## Imagination Makers Visit Van Arsdale!

On March 23rd our students had the opportunity to see a play by the Imagination Makers Theater Company.

Is it possible to expose children to the world of Shakespeare in a way that they can understand and enjoy? Aye, it is! Imagination Makers Theater Company's play, "Give It Up", does just that. This version has been rewritten by kids! The students' writing breathes new life into the story while maintaining the original plot and flavor of the language. The play presents one of the classics in a unique and delightful way that will inspire children to do their own writing!

While including lots of humor and fun, "Give It Up" also provides children with a model for making the difficult choice to end the cycle of revenge with a friend. It can be a powerful catalyst for illuminating discussions between parent and child.

We know exposing your child to cultural events can be expensive. This program is brought to Van Arsdale by a grant from the Scientific and Cultural Facilities District (SCFD).

Feel free to visit Imagination Makers Theater Company's website (www.imaginationmakers.org) to see a short clip of the play or to download a free copy of the "Give It Up" Parent Activity and Discussion Guide.

**WE NEED YOUR HELP:**

This is the time of year when classroom supplies may be depleted. Please check with your child or your child's teacher to see if he/she might need some high-use items such as pencils, notebook paper, glue, etc.

Thanks so much!

## Student Council Corner

**April 13: 8:00 am Student Council Meeting**

**April 20: Spirit Day—Super Hero Day**

**May 11: Spirit Day — Hat and Sunglasses Day**

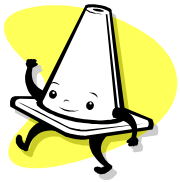
**Van Arsdale Elementary Policy on Bicycles**

***As spring approaches, our students will be riding their bikes to school more often. Please remember our bike policy:***

**Children are permitted to ride to and from school with the consent of their parents. Since bicycle riding on the street requires considerable judgment, we recommend that only children in grades 3-6 be allowed to ride their bicycles to and from school. Students must walk their bikes once they enter the school grounds. Any student who does not follow the safety rules may have his/her riding privileges revoked. Bikes are brought at your own risk. The school has no insurance coverage for lost, stolen, or broken bikes. We recommend that students bring individual locks and lock their bike and helmet together in the designated bike-parking cage. Skateboards, scooters, and roller blades/skates/heelies are not permitted at school. Students who do ride bicycles are expected to follow three basic rules:**

- **Walk bicycles on the school grounds**
- **Park bicycles in the designated area only**
- **Wear a helmet**

## VAN ARSDALE PARKING LOT EXPECTATIONS



PARKING LOT

- Safety is number one. Be patient. Be nice.
- Follow directions of signs, attendants, and crossing guard without question.
- Do not change lanes. Once you enter the Hug and Go lane, stay in it until you exit the lot. Circle around if needed.
- No cell phones while moving in the parking lot.
- The Hug and Go Zone is for quick pick up only.
- No parking in Hug and Go and no loading of instruments in Hug and Go.
- Pick up children in area outside of cafeteria only, NOT in the grassy area by the ball fields.
- Cross over to lot in crosswalks only.
- No pickup or drop off of children in through lane.
- Pick up your child no later than 3:55 pm.

**BUS LOOP:**

- No cars in the Bus Loop between 8:00 and 4:00 and no left turn into the Bus Loop between 8:00 and 4:00.
- No walking through buses in Bus Loop during pickup and drop off.

THANK YOU FOR MODELING RESPECT, RESPONSIBILITY AND SAFETY FOR OUR STUDENTS.
REMEMBER THAT YOU ARE YOUR CHILD'S FIRST AND MOST IMPORTANT TEACHER.

# Attention 5th Grade Parents

We are getting ready for your student to enter the 6th grade which means some immunization

requirements.

All incoming 6th graders will need the Tdap (Tetanus-Diphtheria-Pertussis) booster at registration or shortly after to be compliant with the State of Colorado requirements. This is given to students 10 years old and older. If your student has had this booster, please send a copy to the Clinic or you may have your Dr. fax a copy now. If you have any questions regarding this immunization please feel free to call me. Thanks!

Shari Dumont-Clinic Aide

303-982-1080

303-982-1081 fax

## Hey what's for lunch?

**Remember to check the balance of your child's lunch money account!**

**Student Lunch Meal Prices: $2.50**

# LMC News April 2012

**Our annual Book Fair is coming in May.** This is a fundraiser to purchase materials for our library. The dates are May 7—10. We will be open during school hours and evening conferences this week. Students come in with their classes to browse and make a Wish List on Monday or Tuesday. Books can be purchased **after school** on Tuesday and all day Wednesday and Thursday**.** Be sure to drop in before or after your student led conferences. We encourage parents to come in with their children during the fair. **We need volunteers** to help with setup on Thursday May 3rd from 12:30pm – 3:30pm, and during the week of May 7—10 to assist students with wish lists and purchases. We also need help with tear down on Friday morning May 11th from 10:00am to noon. We greatly appreciate all of our volunteers. The Book Fair would not be successful without you!

**Book Fair hours are:**

| | |
|---|---|
| **Monday, May 7 (preview only)** | **9:00am to 4:00pm** |
| **Tuesday, May 8** | **9:00am to 8:00pm** |
| **Wednesday, May 9** | **8:30am to 8:00pm** |
| **Thursday, May 10** | **8:30am to 8:00pm** |

If you can help with this, please call the school (303-982-1080), email me (dchester@jeffco.k12.co.us) OR fill out the form below and return to the office.

## CCBA Winners for 2012

The winners for the Colorado Children's Book Award are….

**Picture Book Winner**

Shark vs. Train

**Runner-Up**

Rhyming Dust Bunnies

**Junior Novel Winner**

I Survived the Shark Attacks of 1916

**Runner-Up**

Dork Diaries: Tales from A Not-So-Fabulous Life

## Book Fair Volunteer Sign up

Name _____ Phone number _____ **OR**

Email _____ ( for us to confirm your time)

**I can work these days and times (circle any that you can do):**

| | | |
|---|---|---|
| Thursday, May 3 | **Set up Book Fair** 12:30pm—3:30pm | |
| Monday, May 7 | 9:00am-12:00pm | 1:00pm-3:30pm |
| Tuesday, May 8 | 9:00am-12:00pm | 1:00pm-3:30pm |
| | 3:40pm - 5:30pm | 5:30pm-8:00pm |
| Wednesday, May 9 | 8:30am-12:00pm | 1:00pm-3:30pm |
| | 3:40pm—5:30pm | 5:30pm-8:00pm |
| Thursday, May 10 | 8:30am-12:00pm | 1:00pm-3:30pm |
| | 3:40pm-5:30pm | 5:30pm-8:00pm |
| Friday, May 11 | **Tear down Book Fair** 9:30am-12:00pm | |

**I can't work a full shift, but I'm available the following times:**

_____

# Congratulations!

Congratulations are in order to the students who are participating in this year's Jefferson County Elementary Art Show. The show is being held at Red Rocks Community College until April 2nd and includes art work from elementary schools throughout the district.

Our students, whose art work is displayed, are the following:

**Sophie Buchwald "Snowy Day Portrait"**
**Kylee May Reini "Crazy Hair Day"**
**Lawson Dawe "Self-Portrait"**
**Joseph Schneider "Winter Landscape"**
**Madeline Whisler "Stuffed Animal Horse"**
**Adeline Steinwagner "Butterfly Print"**
**Abigail Buchwald "Rain Forest Chimpanzee"**
**Olivia Kelley "Pastel Landscape"**
**Andrea Finger "Renaissance Self-Portrait"**
**Sydney Eye "Renaissance Self-Portrait"**
**Xander Stratton "Illuminated Letter Design"**
**Isabel Horst "Illuminated Letter Design"**
**Emily Andresen "Surrealist Landscape"**
**Faith Barnes "Coil Pot"**
**Mackenzie Winchester "Hot Dog Sculpture"**

The Artist's Reception was held on March 9th and each participant received a certificate for their participation. Great work was done by all!

Thanks for all the great work!
Ms. Germano

## Why Is Sugar Bad For You?

So we've talked about how to cut down on sugar in your everyday diet…. many of you may be thinking "Why?... how bad can it be?" Well, let's talk a little about that. As the consumption of sugar has increased, so have many "civilized" diseases. In 1821, the average sugar intake in America was 10 pounds per person per year; today it is 170 pounds per person. **Herein lies the root cause of the vast increase in degenerative diseases that plague modern America.** Sugar consumption is associated with allergies, obesity, mood disorders & behavioral problems, including hyperactivity, lack of concentration and violent tendencies, and is positively associated with cancer in humans and test animals. Cancer tumors are known to be enormous sugar absorbers. Research indicates that fructose is the most harmful, especially for growing children. Yet the greatest increase in sugar consumption during the last two decades is from high fructose corn syrup used in soft drinks, ketchup & many other fabricated foods aimed at children.

**Vitamin and Mineral Depletion:** In order to use the energy from carbohydrates, our cells require vitamins and minerals. If the food we take in does not contain them, our body actually has to pull from the stores in our bodies. Refined carbs haves been called "empty" calories. "*Negative calories*" is a more appropriate term because eating refined calories depletes the body's reserves. Only during the last century has the human diet included a high percentage of *refined* carbohydrates. In nature, carbohydrates are unrefined, meaning that they are linked together with vitamins, minerals, enzymes, protein, fat and fiber. Eating an unbalanced diet high in refined carbs (including white sugar and high-fructose corn syrup) steals from the body's own store of these precious reserves, leading to illness due to vitamin and mineral depletion and blood sugar overregulation. Taking in sugars without protein, fats, and complex carbs leads to moodiness, problems with attention, learning disorders, and behavioral problems among many other ailments.

**Sugar consumption is the cause of bone loss and dental decay:** Tooth decay and bone loss occur when the precise ratio of calcium to phosphorus in the blood varies from the normal ratio of four parts phosphorus to ten parts calcium. Multiple studies have demonstrated that sugar consumption causes phosphorus levels to drop and calcium to rise. Calcium rises because it is pulled from the teeth and bones in order to digest the "negative" calories from sugar. The drop in phosphorus hinders the absorption of this calcium, making it unusable. Thus, sugar consumption causes tooth decay not because it promotes bacterial growth in the mouth, as commonly believed, but because it imbalances the internal body chemistry.

**Highs and Lows of Blood Sugar:** When we consume *refined* sugars and starches without fats, protein and fiber, glucose enters the blood stream in a rush, causing a sudden increase in blood sugar. In response, the body's regulation system kicks into high gear, flooding the bloodstream with insulin and other hormones to bring blood sugar levels down. Repeated cycles of sugar loading eventually disrupt this finely tuned process, causing some elements to remain in a constant state of activity and others to become worn out and inadequate to do the job. Part of the burning out of the glands and organs that regulate blood sugar most likely relates back to the issue discussed above of deficiency in vitamins and minerals because those bodybuilding elements keep the glands and organs in good repair. Eating sugar and white flour may be likened to drawing on a savings account. If continued withdrawals are made faster than new funds are put in, the account will eventually become depleted.

**We hope that you have found this article helpful in explaining the current public health push for Americans to decrease their sugar and other refined carbohydrate intake. It's not just about weight loss, but also about fundamental brain and body health. In other words, nourishing our children.**

## PTSA News and Events

For PTSA news and events, please log onto http://vanarsdaleelementary.digitalpta.com.

# The Rocky Gazette

## Van Arsdale Elementary

## Run With Rocky

## 5K & 1K Run/Walk, Family Fun Event

Van Arsdale Elementary, Arvada, CO 9 a.m. Rain or Shine Sunday, May 20, 2012

# Extra Extra Read All About It!

# Sunday, May 20, 9 a.m.

The Run With Rocky family event is a 5K run/walk through the Arvada West and Ralston Valley neighborhoods and along the Ralston Creek Trail. The 1K children's event runs through Van Arsdale's own backyard. The race starts at Van Arsdale Elementary School and travels south by winding through the Melody Homes neighborhood next to our school and makes it's way through the Ralston Creek Trail from Beech Street to Eldridge. We finish back at Van Arsdale.

## No "pawing" around Mountaineers, register today!

**ONE PARTICIPANT PER FORM:**

5K Run/Walk ___ 5K runners may walk/run the 1K course after their 5K run.
1K Run/Walk ____
Relax with Rocky Donation $_____, I am mailing my check.
No shirt option _____. Please donate my shirt.
All 5K/1K participants receive a T-shirt, while supplies last.
YM YL AS AM AL AXL

**RUN or RELAX WITH ROCKY ENTRY FEES**

Adult (Age 18+) $25 Student $15 Team of 4 – $65**
***Each participant must complete a form, please staple forms together.*
*Email Rosa at rskougl@aol.com for extra forms or* register online at www.active.com

Name _____

Address _____

City_____ State _____ Zip _____

Phone _____

Sex: M F School Grade: K 1 2 3 4 5 6 or_____
Students, name of your current school?:_____

Circle age on race day: 13-15 16-19 20-29 30-39 40-49 50-59 60+

**WAIVER FOR RACE PARTICIPANTS: Please read and sign below.**

I realize that running is a potentially hazardous activity. I should not enter or run unless I am medically able or properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself, and anyone entitled to act on my behalf, waive the release of all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I also understand that photos will be taken during this event. By signing below, I give permission of images of myself to be used to celebrate the event and publicize this event in the future.

_____ Date _____
Signature (Parent or Guardian if under 18)

**RETURN OR MAIL ENTRY FORM AND CHECK FEE BY MAY 16, 2012:**
*Make check payable to Van Arsdale PTSA*
Van Arsdale Elementary PTSA, Attn: Run With Rocky, 7535 Alkire St, Arvada, CO 80005

PACKET PICKUP, SCHOOL LOBBY. MAY 17-18. 8:30 am - 9 am & 3:40 pm - 4:15 pm
PACKET PICKUP, ON RACE DAY. MAY 20. 8 am – 8:45 am

For additional information or questions please contact Rosa Kougl at 303-570-3040.

Friend and Follow us on Facebook. **RUN with ROCKY 5K and Kids Race**

**This is a Van Arsdale PTSA sponsored event. All proceeds benefit Van Arsdale Elementary School.**

**Mailing Address: Van Arsdale Elementary School. PTSA. Run With Rocky Committee. 7535 Alkire Street. Arvada, CO 80005**
**For more information, contact Rosa Kougl at 303-570-3040, rskougl@aol.com**

Employment Opportunity
Looking for the perfect
part time job?
2 - 6 hours/day
Advancement Opportunity
Call 303.982.6747

# Jeffco Schools
## Food & Nutrition Services
## Elementary Lunch Menu Condensed Menu Version
## April 2012

**Prices:**
**Lunch: Full Price $2.50**
**Reduced Price K - 2 at No Charge**
**Reduced Price 3 - 6 at $0.40**
**Milk Only $.50**
**Adult Meals: $3.50 w/o beverage**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| **April 2**<br><br>**No School**<br><br>**Spring Break** | **3**<br>Bean & Cheese Burrito V Q<br>Spanish Rice<br>or<br>Corn Dog<br>or<br>Turkey & Cheese Sandwich<br>Cookie | **4**<br>Entrée Salad V<br>or<br>Mac & Cheese V Q<br>Green Peas<br>Muffin<br>or<br>Ham & Cheese Wrap | **5**<br>Turkey & Gravy<br>Mashed Potatoes<br>or<br>Galaxy Pizza V<br>or<br>"Back Pack Lunch" V<br>(Seeds, Muffin and Yogurt) | **6**<br>Entrée Salad V<br>or<br>French Toast V w/Sausage<br>Hot Cinnamon Apples<br>or<br>Cheese V or Chicken Quesadilla |
| **9**<br>Entrée Salad V<br>or<br>Crispy Breaded Chicken<br>Roast Potato Wedges<br>or<br>Turkey & Cheese Sandwich | **10**<br>Enchilada Casserole Q<br>Pinto & Cheese<br>Stuffed Bread Sticks V<br>w/ Marinara Sauce<br>"Back Pack Lunch "<br>(yogurt, seeds, &<br>muffin) V<br>Brownie | **11**<br>**No School**<br><br>**Furlough Day** | **12**<br>**Colorado Proud**<br>Beef Stroganoff<br>Corn on the Cobb<br>Sweet Potato Roll<br>or<br>Crispy Chicken Wrap<br>or<br>Sun Butter & Jelly Sandwich V<br>w/ Cheese Stick | **13**<br>Entrée Salad<br>or<br>Cheese V or Pepperoni Pizza<br>Broccoli<br>or<br>Cold Cut Combo<br>Sandwich |
| **16**<br>Entrée Salad V<br>or<br>Cheeseburger/Hamburger<br>Roast Potato Wedges<br>or<br>Cold Cut Combo Sandwich | **17**<br>Bean & Cheese Burrito V Q<br>Spanish Rice<br>or<br>Corn Dog<br>or<br>Turkey & Cheese Sandwich<br>Cookie | **18**<br>Entrée Salad V<br>or<br>Grilled Cheese Sandwich<br>Tomato Soup<br>or<br>Ravioli, Beef or Cheese V | **19**<br>Teriyaki Chicken<br>Oven Fried Rice<br>or<br>Galaxy Pizza<br>or<br>Sun Butter & Jelly Sandwich V<br>w/ Cheese Stick | **20**<br>Entrée Salad V<br>**or**<br>BBQ Pulled Pork on a Bun P<br>or<br>Country Style Steak Strips<br>w/ Mashed Potatoes<br>& Gravy |
| **23**<br>Entrée Salad V<br>or<br>Hot Dog w/Chili<br>Roast Potato Wedges<br>or<br>Cold Cut Combo Sandwich | **24**<br>Ravioli, Beef or Cheese V<br>or<br>Beefy Nachos<br>or<br>Turkey & Cheese<br>Sandwich<br>Sherbet Cup | **25**<br>Sun Butter Sandwich<br>with cheese stick<br><br>Applesauce Cup<br><br>Relish Cup | **26**<br>Crispy Breaded Chicken<br>Mixed Vegetables<br>or<br>Sloppy Joe on Bun<br>or<br>"Back Pack Lunch" V<br>(Seeds, Muffin and Yogurt) | **27**<br>**Modified Contact Day**<br><br>**Students by**<br><br>**Appointment Only** |
| **30**<br>Entrée Salad V<br>or<br>Hamburger/Cheeseburger<br>Roast Potato Wedges<br>or<br>Cold Cut Combo Sandwich | Lunch includes an entrée and a choice of sides. Milk is offered daily at Breakfast & Lunch. Menus are nutritionally balanced with a wide variety of healthy selections including fruits and vegetables. Menu is subject to change without notice due to price and product availability.<br>*Full menu selection is available at the school site or on line at jeffcopublicschools.org*<br>*Look for the menus on the left side and click on Lunch Menus & Food Services .* | | | |