



West Jefferson

Elementary School News

September 2018

Calendar of Events

303.982.2975
Main Phone

303.982.2950
Attendance

[Click](#)



[to visit the](#)
[West Jefferson](#)
[Website](#)

West Jefferson
Elementary School
26501 Barkley Rd.
Conifer, CO 80433

September

3	Labor Day- No School
6	PTA Meeting 4:00 pm
13	Health & Wellness Meeting 4:00 pm
	Watch DOGS Kickoff- 6:00 PM
20	BAM Meeting 4:30pm
	Fall Picture Day
21	No School- Non- Student Contact Day. Teacher Training Work Day
26-10	October Count Period



October

3	Superhero Sprint
4	PTA Meeting 4:00 pm

Peak Academy of Dance

Come Dance With Us!
All Ages • All Disciplines
All Styles • All Levels
Tap, Ballet, Point, Jazz, Aerial,
Poms, Hip-Hop, Lyrical,
Modern & Ballroom.
~ PLUS ~
Choreography, Performances,
Recitals, Competitions,
Adult & Pre-School Classes.

26437 Conifer Road, Conifer, Colorado
www.PeakDance.com
303.838.5556

Sponsor This School

Your Business Here!

contact
(970) 239-1641
info@tsacaschools.com

 **The School Communications Agency**

Safety Reminders

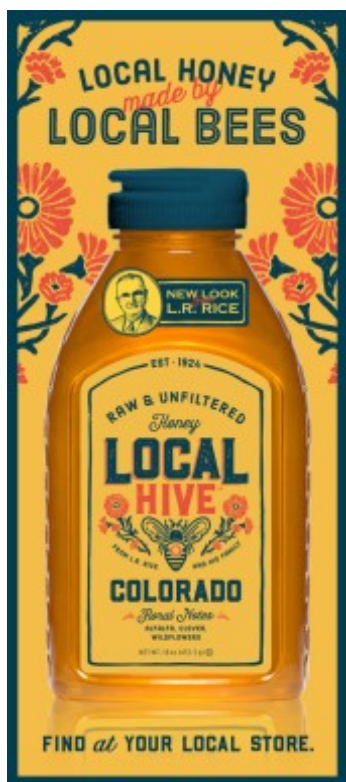
1. Please **drive slowly** in the parking lot. If you need to get out of your car, park in a **designated parking spot** in the center of the lot. The outside curb is for drop off and pick up **ONLY**.
2. ALWAYS sign your child out at the office **if you are picking your child up early**. You must stop in the office first and we will send you with a pass or let the teacher know.
3. ALWAYS **sign in at the office** if you will be here during regular hours 8:45-3:35. You must wear a **visitor's badge** while in the building.
4. Please remember to call our **attendance line** as soon as you know your child will be missing school. The number is **303-982-2967**.
5. **Do NOT drop off students before 8:30 am** unless they are going to **BREAKFAST**. We do not have supervision until 8:30 except in the lunchroom.



the smile generation®

We have Smile Generation®-trusted offices in **Westminster, Arvada, Lakewood, Littleton, Highlands Ranch, Colorado Springs** and many other cities.

We connect you with trusted dentists.
1-800-SmileGen | SmileGeneration.com

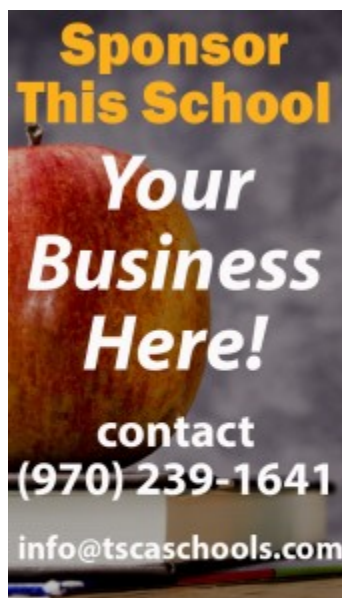


A LA Cart Opt Out Form

As you view the **A LA CARTE OPT OUT FORM**, The West Jeff Elementary Health and Wellness Committee wants to call attention to a few things.

First and foremost, we want to recognize Mrs. Lisa Hatch, our cafeteria manager, and her dedication to our students. A la carte offerings are part of the district regulations and Mrs. Hatch serves them because it is required due to the revenue produced from this program which supports the free and reduced program and additional help in cafeterias. Furthermore, we realize and appreciate that each child likes to receive an occasional treat. Please note that you can visit the food and nutrition website to see a complete list of these snack cart options, but also know that some of these offerings include Doritos, Flaming Cheetos, ice cream, cookies and brownies.

Our committee feels that a discussion at home about lunches and the difference between a snack and a meal may be a good way to start your child with a foundation for good nutrition. You can see exactly what your child is purchasing through your School Cafe* account and reviewing his/her purchase history. Proper nutrition helps each child focus and learn throughout the school day.



On the following page you will find the Jeffco Food Service Department a la carte opt out form. Students are already limited to purchasing 2 food snacks plus 1 drink each day per student. However, parents/guardians can always opt for healthier restrictions (whole fruits, vegetables and milk are also available a la carte). Unless you opt out, your child is allowed to buy a snack (up to 2 with a drink) every day at lunch, provided there is money in his/her lunch account or they bring money from home. This form can help make the decision that is right for you, your child, and your pocketbook. Thank you!

Sincerely,
WJES Health and Wellness Team



Food and Nutrition Services A La Carte Offerings 2018-19

Jeffco Food and Nutrition Services offers a la carte offerings daily to our students. A la Carte include single items offered in addition to or separate from the reimbursable meal such as: bottled beverages, milk, extra entrees, snack items, etc. Snacks must meet all Federal regulations regarding nutritional standards. These standards include:

Calories	<ul style="list-style-type: none">• Snacks Items: less than or equal to 200 calories• Entrée Items: less than or equal to 350 calories
Sodium	<ul style="list-style-type: none">• Snack Items: less than or equal to 230 mg• Entrée Items: less than or equal to 480 mg
Total Fat	<ul style="list-style-type: none">• <35% Calories from Fat
Saturated Fat	<ul style="list-style-type: none">• <10% Calories from Saturated Fat
Trans Fat	<ul style="list-style-type: none">• Zero grams per serving
Sugar	<ul style="list-style-type: none">• <35% Sugar (by weight)

Snack items must be whole grain or the 1st ingredient must be a fruit, vegetable, dairy or protein food.

We understand and support each family's decision to allow or not allow their child(ren) to purchase additional a la carte items. ***If you choose to limit your child's purchase of a la carte, please let us know your direction below. Do not complete if no a la carte changes are needed.***

Student name (please print) _____

Student ID Number _____ Student School _____

☐ May use his/her student meal account for a la carte purchases with the following limits:

☐ Limit to \$ _____ a day or

☐ Limit to _____ times a week (List Specific Days) _____

☐ Cash only snack purchases

☐ No a la carte allowed (this includes bottled water, single milks)

☐ Other directions (different from the list above, please list below):

Parent or Guardian Signature

Date

Please return to your Cafeteria manager

Bobcats Accountability Meetings**2018-2019 School Year****Meeting Dates/Times and Potential Topics:**

8/23 @4:30- WJES Library- Recap from last year, Goal Setting for Year, Budgeting/Staffing, Annual Focus, EL Education, Facilities Update

9/20 @4:30- WJES Library- Unified Improvement Planning (UIP), EL Education Update, Volunteers and Community Engagement (how to increase this year), Committee Input

10/18 @4:30- WJES Library- Data Growth and Achievement Data, Committee Input

11/15 @4:30- WJES Library- Budgeting Priorities for 2019-2020, Facilities Update, Outreach for Holidays, Committee Input

1/17 @4:30- WJES Library- Mid Year Assessment Results, Committee Input, Volunteer/Community update

2/21 @4:30- WJES Library-Parent Involvement Update, Kindergarten Numbers, Budget and Hiring, Committee Input

4/18 @4:30- WJES Library- End of Year Review on Data, Parent/Community Involvement, Budget, Committee Input

5/16 @4:30- WJES Library- End of Year Review, Planning for Next Year

**No Meetings in December or March*

Our BAM Committee serves as an advisory committee to the principal around the use of resources, calendar events, effectiveness of communication, ideas for improving parent/community involvement, curriculum review and many other topics. This is a time for you to help guide our school's vision and mission and ensure that our school is on the right track toward meeting the needs of all students and families. Please join us for one or all meetings. Come when you can... your ideas are always welcome.

If you have questions/comments, please contact the principal, Wendy Woodland at wwoodlan@jeffco.k12.co.us or 303-982-2975

Weekend Backpack Program

As a student enrolled at West Jefferson Elementary, your child is eligible to participate in the **Weekend Backpack Program**. This program is a partnership between the Rotary Club of Conifer, The Mountain Resource Center and West Jefferson Elementary School and PTA.



The **Backpack Program** will provide a bag of non-perishable food to your child each Friday afternoon to bring home to eat over the weekend. The food will be placed in your child's backpack at the end of the school day and it is not intended to be opened until your child is home. This program will begin a week after your return the permission slip and will continue throughout the school year, ending in May. Your child will NOT be singled out as the delivery of food will take place while students are not in the room or not near the backpacks.

To enroll your child in the program, please fill out the enclosed **Backpack Program Enrollment Form** and return it to Ms. Marianne Hislop in the clinic as soon as possible. You do not need to "qualify" for this program. By turning in the form, you will be automatically enrolled. You can also call Wendy Woodland to request enrollment if this is easier.

If this sounds like something that will benefit your family and your child(ren), we hope you will consider participating in this program! You do NOT need to qualify for the program.

Sincerely,

Wendy Woodland Principal
West Jefferson Elementary 303-982-2975
wwoodlan@jeffco.k12.co.us

Sponsorship space in this newsletter is extremely affordable! Reach parents in your local community and a significant portion of your investment goes back to the school! Businesses that want to sponsor this school, please contact TSCA at info@tscaschools.com or 970-239-1641.

Sponsor This School
Your Business Here!
contact (970) 239-1641
info@tscaschools.com

 The School Communications Agency

Backpack Program Enrollment Form

Name of Child: _____ Age: _____

Teacher: _____ Grade: _____

Print name of parent: _____

Phone: _____

Email (optional) _____

Signature: _____

Please list other children in the house under the age of 18 years:

Name

Age

_____	_____
_____	_____
_____	_____
_____	_____

Food Allergies:

Please return this form to the main office as soon as possible. If you have any questions please call our office at 303-982-2975 or email the principal at

wendy.woodland@jeffco.k12.co.us.

Girls Basketball Camps



GIRLS BASKETBALL CAMPS – Conifer High School
Grades 4 through 8
Saturday, October 6, 2018
Bring Your Basketball



BALL-HANDLING CAMP 10:00 – 12:00

Bring your basketball and energy. Prepare to improve your dribbling, passing, pivoting, and screening skills. During this camp, you practice high intensity dribbling, two-basketball dribbling, piston dribbling, speed dribbling, behind the back dribbling, and more. Additionally, you will learn how to complete a flip pass, step-across bounce pass, pass off the dribble, pass behind the back, pass out of a double-team, and the three-man weave. You will also learn how to complete a rip pivot, a screen and seal, and a ball screen and roll.

LUNCH BREAK 12:00 – 12:30

SHOOTING CAMP 12:30 – 2:30

During the shooting camp, you will learn proper set shooting form, catch-and-shoot footwork, and the jump shot dance. You will also learn how to receive a pass and shoot while cutting over flex and shuffle screens, perform a flare cut, use a ball fake and a shot fake before driving to the basket, complete a floater and a Euro step at the basket. In addition, you will learn the drop step, drop hook, up-and-under post moves. Other shooting skills include free throws, full-speed lay-ups, crow hops, and three-jump jump shots.

Total cost for both camps is \$40. Checks may be made payable to Conifer High School with reference to 2018 Girls Basketball Camp. Email me at jncoder@gmail.com to reserve your spot.

JOHN CODER

TEXT / CELL – 720-635-4735

TWITTER – @JJCORDER

9-YEAR COLLEGE COACH

9-YEAR HIGH SCHOOL COACH

5-YEAR MIDDLE SCHOOL COACH

4-YEAR ELEMENTARY SCHOOL COACH

COACHED #3 REBOUNDER IN
NATION AT SPOON RIVER COLLEGE

2012 COLORADO STATE
TITLE AT FAITH CHRISTIAN

West Jeff Elementary



What is Social Emotional Learning?

Social and emotional learning (SEL) describes a set of competencies and skills that enhances students' capacity to integrate skills, attitudes and behaviors to deal effectively and ethically with daily tasks and challenges.

Back to School – Easing the Transition

How can it be August again? I feel like summer has just gotten started and here we are, Back to School! There certainly are many mixed emotions when this time comes around. Some of you may feel sad to see your kids enter yet another year of school, some of you are counting down the days until school starts, and some fall somewhere in between. I am sure your children are experiencing mixed emotions as well. If your summer is anything like mine, routines have gone out the window, bed times are not reinforced, mornings are slow and casual and meals happen when they happen. As we prepare to enter a new year, it's time to start preparing. Here are some tips to help you get back on track ---

Bedtime – If you have not been strict with bedtimes this summer, it is now time. Make sure you are not adjusting bedtimes the night before the first day of school. Ideally, this should start 2 weeks before school starts, but a week is fine too. Back up bedtime 15 minutes each night until you reach the time you want. Also, wake up your children 15 minutes earlier each morning until you reach their wake up time for school.

Meals – Again, mealtimes probably are not very consistent over the summer, and perhaps there is constant grazing all day long. Try to offer a healthy, filling breakfast, and one snack between meals a week or two before school starts. This will help your child get back on track with eating patterns more consistent with school.

Worries/Anxiety – Going back to school is a stressful time for everyone, children and parents alike. Make sure you start talking to your child before school even starts. Discussing fears in advance will give you both time to talk about it, role-play it, research it, etc. Also, if you are the one who is feeling anxious about summer ending and school starting, try to maintain a positive attitude. Your child will notice your negative feelings, which will cause even more anxiety. Most importantly listen; really listen to your child. Even if it's a worry that seems inconsequential to you, it is very real to them. I have always liked the saying, "listen to the small things now, so they will tell you the big things later." If your child is worried about not having any friends, instead of telling them how many friends they already have, discuss how they can make new friends on the first day. Arm your child with the tools to help them be successful

*One child, one teacher, one book,
one pen can change the world.*

- Malala
Yousafzai

Highlights

Look for more newsletters and other communication throughout the year!



About me:

My name is Liz Wehr and I am the Social Emotional Learning specialist for the Conifer Elementary Schools. I love working and living in the mountains. When I am not working with our amazing students, I love to ski, hike, bike and play in the outdoors with my family. Please feel free to reach out to me should you need anything! You can call West Jeff at 303-982-2975, or email me at elizabeth.wehr@jeffco.k12.co.us!

Here is a short list of books for easing back to school jitters!

1. The Kissing Hand – by Audrey Penn
2. Look out Kindergarten Here I Come – by Nancy L. Carlson
3. Kindergarten is Cool – by Linda Elovitz Marshall
4. School's first day of School – by Adam Rex

5. Pete the Cat – Rockin in My School Shoes – by Eric Litwin
6. The Pout-Pout Fish goes to School – by Deborah Diesen
7. Mouse's First Day of School – by Lauren Thompson

8. Off to First Grade – by Louise Borden
9. Herbie Jones Sails into Second Grade – by Suzy Kline
10. Third Grade Angels – by Jerry Spinelli

Jeffco SELS Mission

Our mission is to create and maintain positive climate and culture that is inclusive and safe for student, families, and staff. While cultivating and empowering the whole child through tiered, evidence-based implementation of social emotional learning programming in order to empower successful, productive citizens and actualize the Jeffco Generations.

I hope you and your children have a fantastic year at West Jeff
Elementary!