

EWE Need To Know

Health & Wellness School

February 2019
Issue 7



Robert Wedel - Principal
Robin Lowery - Assistant Principal

From the Principal's Desk...

As part of our ongoing efforts to address the health of our students, the Edith Wolford Wellness Team is again planning a fantastic day of health and wellness for Health Jam 8. On Wednesday, February 13, students will spend the day on health and fitness-related activities and lessons, presented by both Wolford Staff and presenters from community organizations. Every year we attempt to bring back presenters, while also offering the opportunity for new learning. This year is no exception. We will kick off the day with an all school jump rope demonstration. New presentations for some grade levels include bicycle safety, vaping, mindfulness and healthy cooking. We will even see the return of former Wolford teachers who love and miss our students so much, they are coming back to share! Please have your children eat a nutritious breakfast, wear comfy clothes and bring a water bottle. Look for a volunteer form to be coming home soon. You're invited to join us for a fun day of health and wellness! If you have questions, contact carolanne.dougherty@asd20.org or kalee.nappo@asd20.org

On the PTO front, our amazing organization has been busy supporting the school community. They are in the beginning stages of putting together plans for our spring event, which includes our famous silent auction and basket giveaway. If you are interested in assisting with these events, please reach out to our PTO at wolfordpto@gmail.com.

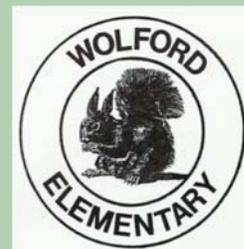
This semester, many of our teachers will beginning using the second part of our social-emotional learning program, RULER. It is called Feeling Words. The goal of the Feeling Words Curriculum is to integrate emotion language (a feelings vocabulary) into existing academic curricula in order to foster the development of students' intellectual, emotional, and social skills. The program incorporates activities such as self-reflection, analysis of academic material and current events, artistic expression, family interactions, classroom discussion, and problem solving. The goal of the program is to help students to improve their academic performance, enhance their well-being, and improve the quality of their relationships both in school and at home.

Finally, don't forget that there will be no school for students on either February 15th or 18th. The 15th is a professional learning day for all staff and the 18th is a school holiday in honor of Presidents' Day.

Warm regards,

Bob Wedel

Principal
robert.wedel@asd20.org



Important School Contact Information

Edith Wolford's main office phone number is 234-4300. Please call 234-4301 to report an absence due to illness or other emergency, or if you would like to report an upcoming absence to the office. The FAX number is 719-234-4399. You may also access Wolford's website through District 20's site: <http://www.asd20.org>.

EWE February Character Trait of the Month: Kindness

Being helpful, thoughtful, caring, considerate, and compassionate. Showing concern about the well-being and feelings of others.

What does it look like?

People who are Kind:

- ◆ Refuse to tease or ridicule others.
- ◆ Show concern when someone is sad.
- ◆ Take care of the environment.
- ◆ Treat everyone fairly.
- ◆ Practice acts that make others happy.

What does it sound like?

People who are kind may say things like:

- ◆ “How can I help?”
- ◆ “Do you want to join us?”
- ◆ “I am sorry that I hurt your feelings.”
- ◆ “Are you okay?”
- ◆ “Let’s pick up the trash.”

February Counselor’s Corner

Happy Heart Month!



Here are a few ways to promote happy hearts at your house:

- H Have time for healthy meals.
- E Enjoy the quiet moments as much as the busy ones!
- A Allow time for mistakes. We all make them.
- R Relax and recharge without devices.
- T Take time to talk face to face.
- S Smile and laugh together.



District 20 will hold **free parent workshops** at the:

D20 Education and Administration Center (EAC)

1110 Chapel Hills Drive

Time: 6 to 7pm

Please register at asd20.org/parentacademy if you would like to attend.

Vaping: What All Parents Need to Know (February 19, 2019) *This session, provided by community experts, is a must for parents to better understand current trends in vaping and its effects on kids.*

Keeping Kids Safe and Healthy (March 12, 2019) *This session will provide parents with practical tips on helping kids to be emotionally and physically healthy.*

Student Council—

Time is flying by! Student Council has been busy getting ready for the second half of the year.



Here are a few upcoming Student Council sponsored events:

Look for Muffins with Mom on Friday, February 22, starting at 7:45. Please remember that there is NO SUPERVISION available so parents will need to stay with their child/children until the bell rings at 8:45. If there are any date changes, check the calendar, and/or we will let you know through notes and/or a 20Alert.

Our next regularly scheduled Student Council meeting will be Wednesday, February 27, at 8:00 a.m.

YOUR WORDS MATTER

	INSTEAD OF...	TRY
	Be quiet.	Can you use a softer voice?
	What a mess!	It looks like you had fun! How can we clean up?
	Do you need help?	I'm here to help if you need me.
	I explained how to do this yesterday.	Maybe I can show you another way.
	Do I need to separate you?	Could you use a break?
	Stop crying.	It's okay to cry.
	Do you have any questions?	What questions do you have?
	You're OK.	How are you feeling?
	It's not that hard.	You can do hard things.
	We don't talk like that.	Please use kind words.

WE ARE TEACHERS



Attention Parents of 3rd, 4th and 5th Grade Students!!!!!!

Colorado implemented a set of common assessments known as the Colorado Measures of Academic Success (CMAS), which are aligned with a series of educational standards known as the Colorado Academic Standards that outline academic objectives for students in every grade across 10 content areas.

At the elementary level, CMAS is the only common measuring tool for Colorado students. Measuring real-world skills like problem-solving and critical thinking, the tests are aligned to classroom work so teachers do not have to “teach to the test.” Instruction based on the standards is the best preparation.

While state assessments are only one measure of student learning, having all Colorado students take this set of assessments provides parents with answers to these important questions:

Did my child meet the state standards on CMAS?

How well is my child doing compared to other students?

Which schools and districts perform best in preparing students for academic success?

Additionally, state assessment results provide:

Data and information districts can use, in combination with other district information, to evaluate programs.

Data and information educators need to help improve instruction.

Data and information regarding districts and schools that have struggling students, so help can be provided.

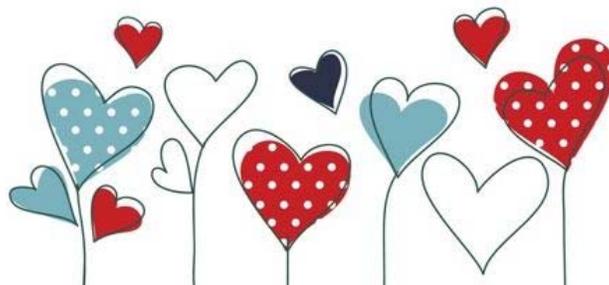


EWES will be conducting the following CMAS tests from:

April 2-April 26

3rd thru 5th grade: Math and English Language Arts

5th grade: Science



Girls on the Run is coming to Edith Wolford!

Register for 2019 Spring Season!

What is Girls on the Run?

Meeting twice a week, Girls on the Run (GOTR) teaches life skills through fun, engaging lessons while training girls to run a 5k (3.1 mile) event. A GOTR team consists of 15-20 girls, led by trained volunteer GOTR Coaches.

The program fee of \$170 and includes 2 weekly lessons, all curriculum materials, entry in the end of season 5k event, a program t-shirt, and finisher medal.

Each girl must have a Running Buddy at the 5k, and we strongly encourage parents/guardians, or adult relatives/family friends to register as the 5k Running Buddy at Girlsontherunoftherockies.org.

Important Dates:

Registration opens: Monday, February 4th, 2019

Registration Deadline: Monday, March 4th, 2019

Start Date: March 4, 2019

Days at EWE: Monday/Wednesday 3:50 - 5:15 pm

End of season 5K – Saturday, May 11th



Please register at <http://girlsontherunrockies.org/our-program/registration/>

Contact Michelle Kiernan if you are having trouble registering your daughter at michelle.kiernan@asd20.org



Garden Club starts for grades K-2 on February 5th and will meet every Tuesday from 3:45-4:30 in room 119. The cost is \$5.00 per child.

Please note: Children must have signed permission slip to attend

