

EWE Need To Know

Health & Wellness School

March 2019
Issue 8



Robert Wedel - Principal
Robin Lowery - Assistant Principal

From the Principal's Desk...

Thank you to the parents and other community members who either visited or volunteered at our school wide Health Jam in February. Hopefully your child(ren) came home and shared with you what was learned throughout the day. Along with many of our favorite returning presenters, we had several new presentations, and all were well received. In addition to thanking current and retired D20 staff, I would like to give a special shout out to the following organizations or businesses that donated time and/or materials:

Brother Luck Restaurant
El Paso County Public Health
El Paso/Teller Counties 911
Rocky Mountain Pediatric Dentistry
Safe to Tell
Sodexo
Three Tigers Karate
Tracey Garcia Yoga
UC Health/Integrity Urgent Care

I would like to give special thanks to our school's wellness team for their hard work in preparing this awesome day! Our wellness efforts continue to be a model for elementary schools throughout the district, and across the state.

Mrs. Bonnell, our art teacher, has selected work from the following students to represent our school at the District 20 Art Show, sponsored by Air Academy Federal Credit Union:

Madilyn Chacon, K
Talon Steed, Second Grade
Brook Bolin and Zander King, Third Grade
Logan Mathieu, Fourth Grade
Sophie Kalivas and Alyss Speer, Fifth Grade

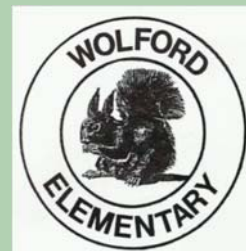
Please join me in congratulating each of them. Art work will be available to view at the D20 Education and Administration Center through March 18, 2019.

Spring parent teacher conferences are almost here. We encourage all of our parents to plan to attend these valuable meetings with your child(ren)'s teachers. At this time, staff will be sharing information regarding achievement and growth, as well as seeking input from you about your child(ren). Conferences will be held Wednesday evening and all day Thursday, March 20th and 21st. Students will not have school on March 21st and 22nd.

The staff joins me in wishing you all an enjoyable, relaxing Spring Break, March 25-29. We look forward to seeing all of our students when we classes resume on Monday, April 1st.

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 March Character Trait of the Month: Perseverance

Following through with a task and not giving up, even when the task is difficult.

What does it look like?

- ◆ Using time wisely
- ◆ Working towards goals while having a busy schedule
- ◆ Try your best to succeed even when success is not guaranteed

What does it sound like?

- ◆ "I can do it"
- ◆ "I will keep on trying"
- ◆ "I did it"

NEVER EVER
EVER
GIVE UP!

**March Counselor's Corner**

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.

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.*

Food for Thought by James Lehman, MSW:

Have Quiet Time before Bedtime - I think as the house winds down before bedtime, there should be quiet time. Any TV or DVDs watched by your child should be screened for mellowness and simplicity. No video games or computer a half hour before bedtime. Ideally, bedtime should be a time of quiet in the house.



Use Soft Lights 30 Minutes Prior to Bedtime - Leave on a soft light in the room for half-an-hour before lights out. For younger kids under eleven, reading is a good way to fall asleep. It clears their mind and is soothing. It also gives them some power of choice. "Would you like to read?" and "What would you like to read?" are all built into this idea.



Take the Electronics out of the Bedroom - Your child should not be allowed to have any electronics in their room at bedtime. You can accomplish this in two ways: you can take the game controls of the video game, their cell phone and the mouse and keyboard out of their room. Or you can simply remove all of the electronic stuff from the room. Your child needs to feel refreshed in the morning, phones should be charged outside of their bedroom so they can get a good night's sleep.



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.

Please mark your calendar for the following tentative testing dates:

3rd Grade:

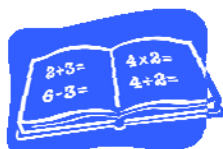
- April 2nd – April 5th (ELA)
- April 8th, 9th and 11th (Math)

4th Grade:

- April 2nd – April 5th (ELA)
- April 12th, 15th and 16th (Math)

5th Grade:

- April 8th, 9th, 11th (Math)
- April 12th, 15th and 16th (ELA)
- April 22nd and 23rd (Science)



Classroom teachers will be communicating specific testing times as we get closer to April.

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



Student Council Happenings for March...

Thank you all for coming to Muffins with Mom that was held on Friday, February 22. We added prepaid tickets and adjusted our set-up. Our final count will be in next month's newsletter.



Hey, 4th graders, are you thinking about running for next year's Student Council? The elections are coming up soon! Look for the dates and details soon through future newsletters and announcements.

There will be no regularly scheduled Student Council meetings in March. Our next regularly scheduled Student Council meeting will be Wednesday, April 10, at 8:00 a.m.