

CALENDAR OF EVENTS

DECEMBER 19 THRU JANUARY 2	WINTER BREAK-NO SCHOOL FOR STAFF AND STUDENTS
16	Martin Luther King Day—NO SCHOOL FOR STUDENTS AND STAFF
17	Spelling Bee in the gym @ 2:20-3:20 pm

POINTS OF PRIDE

**THANK YOU STUDENTS AND FAMILIES
FOR YOUR GENEROUS DONATIONS TO THE
SALVATION ARMY FOOD BANK**

WE COLLECTED OVER 700 ITEMS
1ST GRADE COLLECTED THE MOST AND WON THE BREAKFAST PARTY
CONGRATULATIONS STUDENT COUNCIL ON ANOTHER GREAT FOOD DRIVE!

SOAR

Excerpt from the book From Bad Grades to a Great Life! Unlocking the Mystery of Achievement for Your Child by Dr. Charles Fay

Your Child Has Gifts

At the Love and Logic Institute, we've developed a four-step strategy for helping children really see that success comes from hard work.

Step one: Catch your child doing something well.

- This may include a math problem, part of a math problem, spelling a word correctly, or just about anything else.

Step two: Describe what they did without praising.

- This may sound like, "Look at problem number six. You did that correctly." It's important to resist the urge to say something like, "That's great" or "Super."

Step three: Ask them why they are successful.

- Most underachieving kids will say things like, "I don't know, or "luck."

Step four: Give them a verbal menu of possibilities.

- Ask them, "Did you work hard? Did you keep trying? Or have you been practicing?"



Each one of these represents a healthy perspective on achievement: It's earned through effort.

Encourage your child to verbalize the option that best represents why they were successful. While the one they choose doesn't matter all that much, the fact that they are saying it with their own lips does.



THE FOLLOWING CHILDREN HAD
ICE CREAM WITH THE PRINCIPAL
ON FRIDAY, DECEMBER 9

ALEX J	DOMINIC C.-S.	CARSON E.	LOLA G.	ALESYA K.
ASHLYN C.	AMANDA J.	EDEN K.	KADEN M.	MADISON E.
AVA L.	TOM J.	DEREK M.	WILL L.	AIDAN M.
ANDREW H.	JAKOB M.	SEOKMIN L.	AARON P.	

STUDENT FOOD AND NUTRITION UPDATE

Change in Orange Juice Offering

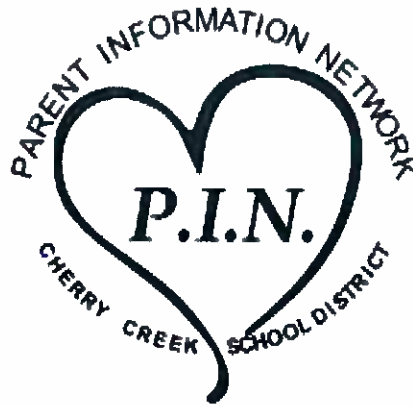
Cherry Creek Food and Nutrition Services is dedicated to offering our students the healthiest choices possible. Each day, we offer a wide variety of fruit and vegetable options, knowing how important these foods are to a healthy diet. Until now, we have offered a 4 oz. cup of orange juice as one of these options each day at both breakfast and lunch. While juice provides some of the same essential nutrients that whole fruits do, it does not offer the fiber that whole fruit does and is more calorie-dense. In the small quantity that 100% fruit juice is offered, it is healthy option; however, we also feel it is important to encourage students to eat a wide variety of whole fruits and vegetables most often to ensure that they are receiving the essential nutrients that these choices offer. To achieve this, we will gradually decrease how often orange juice is offered as a fruit option at lunch. Orange juice will continue to be offered as part of breakfast each day.

In addition to encouraging students to choose and try a wider variety of fruits and vegetables, decreasing how often juice is offered as a fruit option aligns our offerings with the new guidelines outlined in the Healthy, Hunger-Free Kids Act. These guidelines are aimed at ensuring the healthiest school meals possible are offered to students.

We believe this is the best choice for students and would like to make the transition gradually. The following stages will be followed in decreasing juice offerings:

- Starting in January 2012, orange juice will be offered as a fruit option three times per week, during lunch on Monday, Wednesday and Friday. An alternate juice may be available to purchase a la carte as a beverage option.
- In August 2012, orange juice will be offered as a fruit option two times per week, during lunch, on Tuesday and Thursday. An alternate juice may be available to purchase a la carte as a beverage option.
- Starting in January 2013, orange juice will only be offered a la carte as a beverage option.

If a student does not drink milk and takes the juice as a beverage, please know that drinking water is available each day in each cafeteria. In addition as stated above, an alternate juice is available for a la carte purchase if a student or family chooses. Again, orange juice will continue to be offered each day at breakfast. Please feel free to contact Food and Nutrition Services at 720-886-7169 if you have any questions.



**Tuesday, January 3, 2012
9:15 a.m. - 11:15 a.m.**

***Panel discussion by CCSD Students & Graduates:
"Managing Stress and Developing Resiliency"***

Dr. Kathryn Jens, CCSD psychologist, will open the presentation and introduce our panel of current and former students from high schools in the district. The student panel will share their stories about managing stress as they experienced the death of a parent, family financial hardships, divorce, and severe medical issues. Through these tough life-lessons they learned how to keep a positive outlook and move forward with their lives.

These amazing young adults will provide insight about where they received their strength, support, and motivation for staying positive during difficult circumstances. You will walk away from this presentation feeling uplifted after hearing these students' stories of resiliency!

Plan ahead to take a little time out of your day or take a few hours off of work and come to **connect** with other parents, **be informed** by local and national speakers, and **get empowered** to take a proactive approach to parenting. All parents, school administrators and community members are welcome and encouraged to attend Parent Information Network (PIN) presentations.

Presentations are free and are held the first Tuesday of each month
at the **Student Achievement Resource Center (SARC)**.

14188 Briarwood Avenue, Centennial, south of Arapahoe Rd., between Potomac and Jordan Roads
Come at 9:00 a.m. for refreshments and networking

For further information go to: www.PINccsd.org.

MARK YOUR CALENDARS!

February 7th
March 6th
April 3rd

Little Girls Can Be Mean
Family Dynamics: When One Child Requires More Time & Energy
Creating a Peaceful Family Environment

Parent Information Nights at West Middle School

Will your child be attending West Middle School next year? Join us for an informational evening to explain the registration process for next year. Be sure to save the following dates:

5th to 6th Grade

Tuesday, January 17, 2012 or Wednesday, January 25, 2012
6:30 - 7:30 p.m. at West Middle School in the Cafeteria

6th to 7th Grade and 7th to 8th Grade

Wednesday, February 1, 2012
6:30 - 7:30 p.m. at West Middle School in the Cafeteria (7th) & Commons (8th)

Please note these meetings are for parents only. Fifth grade students will be touring West in the spring with their elementary schools. The counselors will begin handing out registration materials at the elementary schools in January.

CAMPUS MIDDLE SCHOOL

invites you to

Fifth Grade Parent Night

Thursday, February 9, 2012

from 6:30 - 7:45 P.M.

Jazz Band will perform at 6:15 p.m.

Please join us for a get-acquainted evening to learn about our programs and activities for your soon-to-be sixth grade student.

We look forward to seeing you!