



Johnson Elementary

Thunderbird Times September 2021

Johnson Elementary
4101 Seneca St
Fort Collins, CO 80526

Main Phone Line
970-488-5000

Attendance Line
970-488-5095

Principal

Ms. Georgianna Dawson
970-488-5002
gdawson@psdschools.org

Assistant Principal

Mr. Matt Hughes
970-488-5015
mhughes@psdschools.org

Office Manager

Ms. Tina Crewdson
970-488-5001
tcrewds@psdschools.org

Secretary/Health Tech

Ms. Wrenn Thornton
970-488-5003
wthornto@psdschools.org

School Counselor

Mr. Jason Allen
970-488-5038
jallen@psdschools.org

School Website

<http://joh.pdschools.org>

School Hours for in-person learning:

8:50 a.m.—3:28 p.m.

Principal's Corner

Dear Johnson Families,

Our entire staff is very excited to have the children back to school. Day one was spent acclimating to the new school year, getting to know one another, establishing routines, and saying hello to old and new friends. By day two, students were engaged with academics and showing Thunderbird Pride!

We have several ways you can get news from our school. You can like our school Facebook page @JohnsonTbirds1988, like our JPTO Johnson Community @JohnsonElementaryCommunityPage, go to our website: <https://joh.pdschools.org/> or visit our new Instagram account which can be found on our main website page.

As we begin our new year, we have a few reminders. Please read our School Handbook (posted on our website) for our parking lot etiquette as well as arrival and departure times for our campus. We ask that all families are aware of our arrival procedures and departure procedures. Students can be on campus as early as 8:35 am. We have staff on duty at 8:35 am. If students arrive earlier, we do not have supervision for them, so they should not be on campus unattended. Thank you for your support in keeping all our students safe.

Back to School Night was a great success. We enjoyed seeing all of you and appreciate the support. We will soon have a sign-up for parent-teacher conferences go out electronically. We can do these in-person or virtually to meet your preference.

continued on next page

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connections

Principal's Corner

continued

Another important event this month is the kickoff of our annual fund raiser for our Johnson Parent Teacher Organization. We kick off our RAISE CRAZE September 10th, so please watch for this information from your child. We began this virtual fundraiser last year with great success. Raise Craze is fundraising through kindness. You can find more information at the following link: [Raise Craze: How RC works](#). If you have questions or would like more information, please contact our JPTO. The money raised funds field trips, special speakers, assemblies, capital improvements to our facilities, and much more. This year, we are installing a new play apparatus on our primary playground. We hope it arrives soon!

Finally, I would like to extend an invitation to anyone who is interested in providing leadership through our School Accountability and Advisory Committee (SAAC). We are looking for new membership. Our SAAC advises on school improvement, what direction our school and district takes, how we allocate our funding, and any other needs as they arise. The time commitment is about 2 hours per quarter. Dates can be found on our website at <https://joh.psdschools.org/about-us/school-accountability-and-advisory-committee-saac>. If you are interested in joining us, please email me directly expressing your interest and why you would like to be a part of our SAAC.

Thank you in advance for your support of Johnson Elementary. You are one of the many reasons Johnson is a great place to be!

All my best,

Georgie Dawson

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AP's Angle



September 2021

Thunderbird PRIDE "Around the World"!

Remember the basketball game "Around the World"? I used to play that for hours with my brother (mainly because that's how long it took me to complete the game!). The goal was to make a basket in different spots, and in sequence, around the court. However, and here's what made it take so long, if I got to a certain spot and missed twice, I had to start all over again at the first spot, which was especially frustrating when I only had one or two bank-shots left to make before completing the journey around-the-world. At Johnson, we like to remind the students that Thunderbird PRIDE goes beyond the classroom and extends to different "spots" around the school, like the cafeteria, hallways, and playground to name a few. Some spots require a different type of behavior challenge to be successful, but we do expect students to show Thunderbird PRIDE everywhere.

Our school PBIS team (Positive Behavioral Interventions and Supports) recently made, what we call, a "behavior matrix video" to help students know the expected behavior for each location around the school. When students show Thunderbird PRIDE in these spots as well as the classroom, then everyone is happy, safe, and successful. Thank you for your support in helping your child show what it means to Participate Positively, Respect Everyone, Insist on Safety, Do Your Best, and Enjoy Learning "around-the-world" at Johnson. Go Thunderbirds!

continued on next page

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AP's Angle

continued

Fall Assessments and CMAS Reports

We have completed our Fall MAPs assessments for students in grades 2-5, which will help teachers measure and plan for what students know. For more information on MAPs testing, please visit the [Family Toolkit](#) from the national website.

We have also received the hard copy CMAS reports (for students in grades 3-5) and will be sending those home in Thursday Folders on September 3rd. Please let me know if you have any questions about these reports.

Thank you for all your support over these first few weeks back at school.

Matt Hughes

Articles included in today's issue:

- [Thunderbird Choir](#)
- [Volunteer Opportunities](#)
- [Attendance and Absence Reporting](#)
- [Johnson Representative needed for DAB](#)
- [Donation Requests](#)
- [Ongoing Fundraisers for Johnson](#)
- [News from the PE Department](#)
- [Johnson Calendar of Events](#)

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Thunderbird Choir

CHOIR IS BACK!!! Let's make captivating and beautiful music this year! Choir for 4th and 5th grade students will be starting this fall on the week of October 4th, 2021. In order to follow the school district's COVID rules and guidelines, we will have separate practices for 4th and 5th graders. Mondays from 7:45 a.m. to 8:30 a.m. will be practices for 5th graders. Wednesdays from 7:45 a.m. to 8:30 a.m. will be practices for 4th graders. All practices will be in the music room and students may enter from the outside music door, which is closest to the 2nd grade classrooms. Music teachers are waiting to hear back from the district about performances. In any case, we will at least have virtual performances. Please look out for papers with more information about choir to come home in the beginning of September. I am overjoyed to direct Johnson Thunderbirds again in choir!

Ms. Breanne Mathias

Johnson Elementary Music Teacher

bmathias@psdschools.org

Volunteer Opportunities

We are welcoming volunteers to help our teachers with clerical projects, shelving library books, outdoor field trips, and other projects. We are not allowed to have volunteers work with students at this time.

Volunteers must be registered with PSD, always wear a mask, maximize physical distancing from others and wash hands frequently. Volunteers **may not** enter a PSD building with any of the following symptoms:

- *New loss of taste or smell, Fever of 100.4 or higher, New or Worsening Cough, Chills, Shortness of breath or difficulty breathing, Muscle or body aches, Sore throat, Headache, Fatigue, Runny nose or congestion, nausea or vomiting, diarrhea.*

Volunteer Online System

- Follow this link to access PSD's online system:
community.psdschools.org
- For guidance and support on registering see the Community Tech Portal at <http://techportal.psdschools.org/>
- First-time users will need to register using a valid email address.
- To support accurate contact tracing efforts, **volunteers must check-in at each PSD location visited.**
- Volunteers can access their account to make modifications throughout each day as needed.

Please reach out to your child's teacher for volunteer opportunities.

Health/Safety Protocols

Visit the [PSD Health and Safety website](#) for the most up to date information regarding district COVID protocols for schools. The district continues to follow guidance and orders from public health officials to meet evolving health and safety requirements and to implement district COVID protocols.

We want to thank our parents/guardians for keeping children home when they are not feeling well. Please screen your child for symptoms prior to sending him/her to school. [Can I go to school symptom check](#)

As always, we ask that you continue monitoring your child and keep them at home if they begin experiencing any symptoms (runny nose, new or worsening cough, fever of 100.4 F or higher and more). PSD strictly adheres to the state's Return to Learn guidelines. If symptoms begin, we encourage you to be tested for COVID-19. Please notify us immediately at (970-488-5000) if any member of your household tests positive.

Attendance and Absence Reporting

If your student is ill, they should not come to school.

If your child will be absent or tardy, please call our school attendance line at 970-488-5095. Be prepared to answer the following questions:

1. Give your students **First and Last Name, Grade and Teacher**
2. **Reason for Absence**
3. If your child is ill, is he/she experiencing any of these COVID-like symptoms:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell, OR
 - Sore throat

Please leave a detailed message about your child's symptoms, information about any possible exposure to a COVID-19 case, and your phone number to receive a call back from our health office staff.

Johnson Representative needed for the District Advisory Board

We would like to have a representative from the Johnson parent community for the PSD District Advisory Board. The District Advisory Board advises the district on a number of issues and is made up of parent representatives from each school and acts as a link between the community and the district.

The DAB gives parents an opportunity to interact and engage with the district. If you are interested in being a DAB representative for your school, please contact your principal.

Please see the [DAB bylaws](#) and [representative responsibilities](#) documents for more information.

Meetings are usually held the first Monday of the month, from 7 to 9 p.m. at the Johannsen Support Services Center, 2407 Laporte Avenue.

PSD needs Substitute Teachers

Are you interested in becoming a substitute in Poudre School District? PSD is recruiting substitute teachers. Here is the link to the PSD Website for more information: [Subbing for PSD](#). On this page is a link to the Colorado Department of Education's website, which includes CDE stipend incentives for those who get licensed to substitute.

Health Office Needs

We could use some clothing items for the school health office. New or gently used items appreciated.

- Underpants – Boys and girls – sizes 3/4-5/6-7/8
- Pants – All sizes, both girls and boys
- Shirts – Large for upper grades, boys and girls

Donations for Tech Room

Mrs. Durkin would appreciate donations of paper towels for her classroom.

School Donations help with learning materials

These donation requests help cover the cost of many learning materials. We appreciate your support in helping supply our students with the materials they need to be successful in school. These donation items are visible in SchoolPay: [Pay Fees/Charges Online](#)

- **Johnson Supplies: Kindergarten - 5th Grade 2021-22**

\$20 to cover all or a portion of the cost of purchasing expendable supplies to be used by all students for literacy, math, social studies, science, and craft activities. Waivers are not applicable; students will have access to the supplies regardless of whether payment is made. **For families with more than one child enrolled at Johnson – we would only ask for one donation of \$20.**

- **Johnson Student Planner: 4th & 5th Grade 2021-22**

\$4 To cover all or a portion of the cost of the planners. Waivers are not applicable; all students will receive a planner regardless of whether payment is made.

Ongoing fundraisers for Johnson Elementary

These passive fundraisers directly benefit Johnson Elementary discretionary fund/classroom budgets:

American Furniture Warehouse Fundraiser

Shop at any AFW location, online or by phone and mention Johnson Elementary at checkout. Our school will receive 2% donation on any purchase, 4% on Beauty Rest mattresses. Invite others to participate. Friends and Family can help too!

Caps4Cash – Morning Fresh Dairy Fundraiser

Caps4Cash is a Morning Fresh Dairy program where schools earn cash by collecting caps from Morning Fresh Dairy glass bottles. Each cap will be redeemed for 5 cents. We use this fundraiser to help support our Student Council Program.

Advertising Fundraising for Johnson

Organizations can purchase advertising in individual school newsletters through the [School Communications Agency](#). 60% of revenue from advertising goes back to the school to be used at the principal's discretion. Contact: (970) 239-1641

Fundraisers that directly benefit JPTO

Box Tops Fundraiser

Looking for a quick and easy way to help support our amazing school? Download the free Box Tops App. And register Johnson Elementary as your school and when you go shopping just go into the app and take a picture of your receipt and it will give our school .10 per participating items, just make sure you submit them within 14 days of your purchase.

King Soopers Community Rewards Fundraiser

Johnson has recently been added to the list of nonprofits eligible for funding through their community rewards program. We encourage our families to register your **King SooperCard** and choose Johnson as the designated nonprofit. Go to www.KingSoopers.com

- Scroll all the way down near the bottom of the page where you will see **“Community”** click on it.
- You will then see **“KingSoopers Community Rewards”** click on it.
- In the middle of the page you will see **“enroll now”** click on it.
- Next you will need to add your **email and password**.

(If you’ve never logged in before, but still have a card, you can attach an email and password to your existing number by creating an account)

If you don’t have a card, choose “create an account”.

- A search box will open to select your charity – type **“Johnson PSD”** on the left of the screen. On the right, you can select **“education”** as type. Click on the magnifying glass for the search to work and select your organization.
- There are two Johnson schools listed. The address is with it, so finding ours is easy and at the top. (4101 Seneca Street) Click **“enroll”**

Adding this card will not affect your gas points or other discount benefits you receive through King Soopers.

Amazon – Smile.amazon.com Fundraiser

Amazon has a wonderful giving program called Smile.amazon.com that gives 0.5% of your qualified purchases to a charity of your choice. Here is how you can give to Johnson Elementary. All you have to do is register!

How to enroll:

Go to smile.amazon.com, scroll to the bottom of the page

At the bottom of the page click on **“get started”**

It will take you to a login page. Log in with your **amazon account**

Fundraisers that directly benefit JPTO *continued*

On the task bar you will see **Your Charity**. You can then **select the charity**. Our registered name is **Johnson Parent Teacher Organization**. (It is not listed as Johnson Elementary.)

Know that all funds go to support our school, Johnson Elementary.

Remember you must log in from the smile page at smile.amazon.com **each time you make a purchase for the charitable donation to count.**

Thank you so much for supporting our school!

News from the PE Department

Hi Thunderbird Families,

It's great to be back in school for "live PE" again. We are following COVID protocols and try to be outside whenever possible. PE classes start outside and stay outside for grades 3-5 (no mask required). We sanitize hands between classes (all grades/new environment). 1st and 2nd grade start inside most days (mask required) and then we head outside. Kinder will be inside and they are so good about keeping their masks on.

I look forward to PE opportunities outside the gym, such as Running Club, Walk and Bike to School Day, Schools on the Move Challenge, the 4th and 5th Track Meet and Field Days. We are not sure about having climbing club yet (usually starts in November). We will have a scaled down version of Jump Rope for Heart. Running club starts September 13 with no restrictions. Permission slips will be available soon in the main entry near the office.

Lastly, an encouraging word about PE classes- ***THEY NEED THEIR PE SHOES.*** Safety is the main concern. Flip flops, dress sandals, open-toed shoes, dress shoes either inhibit movement or increase risk of falling or both. Affordable used shoes are at ARC and Goodwill.

Have a Great Year!

Mr. Rumbold – Contact: jrumbold@psdschools.org



- [Johnson Elementary Website](#)
- [PSD Schools Parent Website](#)
- [District News](#)
- [PSD School Calendars & Schedules](#)

Johnson Calendar of Events

September		
6		NO SCHOOL – Labor Day
10		JPTO “Raise Craze” Fundraiser Kick-Off
13	2:15 – 3:15 pm	JPTO Executive Board Meeting, Media Center
17		NO SCHOOL – Teacher Workday
21	9:00 am – 2:00 pm	5 th Grade Field Trip, Colorado Youth Outdoors
22	9:00 am – 2:00 pm 6:00 – 8:00 pm	5 th Grade Field Trip, Lory State Park SAAC Committee Meeting, Media Center
24	9:00 am	Johnson P.R.I.D.E Assembly
27	6:30 – 7:30 pm	JPTO General Membership Meeting, Media Center
29		Individual Student Picture Day
October		
11	2:15 – 3:15 pm 4:00 – 8:00 pm	JPTO Executive Board Meeting, Media Center Parent/Teacher Conferences
12	4:00 – 6:00 pm	Parent/Teacher Conferences
13	4:00 – 8:00 pm	Parent/Teacher Conferences
14 – 15		NO SCHOOL – Elementary Conference Exchange Day
25	6:30 – 7:30 pm	JPTO General Membership Meeting, Media Center
29	Time TBD Time TBD	Johnson P.R.I.D.E. Assembly Class Holiday Parties
November		
3	6:00 – 8:00 pm	SAAC Committee Meeting, Media Center
7		Daylight Savings Time Ends “Fall back 1 hour”
8		NO SCHOOL – Building Work Day
11		Veteran’s Recognition at Johnson
15	2:15 – 3:15 pm	JPTO Executive Board Meeting
22	6:30 – 7:30 pm	JPTO General Membership Meeting
24 – 26		NO SCHOOL – Thanksgiving Break

* PSD Calendar dates beyond this point –

[PSD 2021-22 K-12 Student/Teacher Calendar](#)

*Visit the [Johnson Website](#) for events and activities specific to Johnson.

Rocky Mountain High School Fall 2021 Jr. Lobo Cheer camp for K-8th Grade

Camp Info:

RMHS cheerleaders invite girls and boys to learn cheers, stunts, jumps, and motions with us. All camp participants will have the opportunity to cheer on the sidelines during the 1st half of the game and perform at halftime with the RMHS cheerleaders on September 24th at the Varsity Football Game.

Camp clinic takes place in the RMHS Commons

Camp clinic Schedule is as follows:

Tuesday September 14th from 4:30-6:30pm

Friday September 17th from 4:30-6:30pm

Tuesday September 21st from 4:30-6:30pm

Cost:

\$35 per mini cheerleader; \$28.00 for each additional sibling.

Cost includes cheer camp clinic days, RMHS t-shirt, free entry on September 24th for participants and snacks for everyday and spirit pack.

Game Day Bows are optional and can be purchased for an additional \$5 Registration Fee (cash or check - no credit cards accepted) is due during check-in on September 14th.

Camp Maxes out at 25 Students

Registration closes September 13th or once 25 students have registered

Football game Game Info:

September 24, 2021 at 7pm

Rocky Mountain High School

French Field

1300 W Swallow Road

Fort Collins Co, 80526

Register Here:

<https://forms.gle/HKeAuEfb7wwFUxBy7>

Questions? Contact Lauren Roth at: laurenr@psdschools.org

Please bring attached waiver to check in on September 14th

KEEP KIDS SAFE ON THE INTERNET



Hosted by Fort Collins Police

2021 Dates (Pick One)

Sept 14 • Nov 9

6:30–8:00 p.m.

Fort Collins Police Services
Community Room
2221 S. Timberline Rd.

Please RSVP to: Randine Nelson
970.416.2384, rnelson@fcgov.com

TOPICS

- Sexual predators
- Online enticement and grooming
- Social networking websites
- Cyberbullying
- Email, Instant Messaging (IM), Smartphones and Sexting

FAMILY SESSIONS

Families will be divided into three groups: adults; 8–12 year-olds; and 13–18 year-olds for age appropriate presentations.

Did you know?

- 1 in 5 kids are subjected to unwanted sexual solicitation on the Internet.
- 1 in 5 teens ages 13–19 are taking photos of their intimate parts and sending them to friends.
- 25% of kids sexually solicited on the Internet told a trusted adult.
- 64% of teens report posting personal photos on the Internet and 58% report posting personal information such as where they live.



At Home COVID-19 Symptom Screening Tool For Parents and Staff

Parents and guardians can use these symptom checklists to determine when to keep their child at home. School staff can also use this tool to determine if they need to stay at home. **Any student or staff diagnosed with COVID-19 or who is a close contact of a COVID-19 case should not go to school and should [isolate or quarantine](#) according to public health recommendations regardless of current symptoms.**

This symptom screen refers only to new symptoms or a change in usual symptoms. A student/staff should not be kept home for usual symptoms they experience due to a chronic condition unless they are worse than usual. These guidelines are in addition to your regular school guidance (for example, a child with vomiting should also not attend school based on usual school guidance). Please refer to the [Return to Learn](#) guidance to determine when it is appropriate to return to school.

If your child is/you are experiencing any potentially life-threatening symptoms please call 911.

Symptom Screen:

If any of the following symptoms are present, keep the child at home/stay at home, inform the school of symptoms, and reach out to a health care provider about COVID-19 testing and next steps for treatment.

- Feeling feverish, having chills, or temperature 100.4°F or higher.
- New or unexplained persistent cough.
- Shortness of breath.
- Difficulty breathing.
- Loss of taste or smell.
- Fatigue.
- Muscle aches.
- Headache.
- Sore throat.
- Nausea or vomiting.
- Diarrhea.
- Runny nose or congestion.



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TIME: 9:00 am till done **STAFF: 8:15 am or with class**

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 3 - 8x10 Portraits
 2 - 5x7 Portraits
 2 - 3 1/2 x 5 Portraits
 8 - 2x3 Gift Wallets
 8 - Wallet Exchange
PACK AY - \$ 47.75
 Same as above + download

PACKAGE B - \$ 30.50
 1 - 8x10 Portrait
 4 - 5x7 Portraits
 2 - 3 1/2 x 5 Portraits
 8 - 2x3 Gift Wallets
 8 - Wallet Exchange
PACK BY - \$ 45.50
 Same as above + download

PACKAGE C - \$ 26.25
 1 - 8x10 Portrait
 2 - 5x7 Portraits
 2 - 3 1/2 x 5 Portraits
 4 - 2x3 Gift Wallets
 8 - Wallet Exchange
PACK CY - \$ 41.25
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PACKAGE G - \$ 19.00
 1 - 10x13 Portrait
PACK GY - \$ 34.00
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PACKAGE H - \$ 15.00
 1 - 8x10 Portrait
PACK HY - \$ 30.00
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PACKAGE D - \$ 23.50
 3 - 5x7 Portraits
 2 - 3 1/2 x 5 Portraits
 4 - 2x3 Gift Wallets
 8 - Wallet Exchange
PACK DY - \$ 38.50
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PACKAGE E - \$ 21.00
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 2 - 3 1/2 x 5 Portraits
 4 - 2x3 Gift Wallets
 8 - Wallet Exchange
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 1 - 3 1/2 x 5 Portrait
 6 - 2x3 Gift Wallets
 8 - Wallet Exchange
PACK FY - \$ 34.00
 Same as above + download

PACKAGE I - \$ 15.00
 2 - 5x7 Portraits
PACK IY - \$ 30.00
 Same as above + download

BONUS PACKS - MAY ONLY BE ORDERED WITH ONE OF THE ABOVE PACKAGES.
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 1 - 10x13 Wall Portrait
BONUS PACK M - \$ 7.00
 4 - 3 1/2 x 5 Portraits

BONUS PACK K - 7.50
 1 - 8x10 Portrait
BONUS PACK N - \$ 7.00
 8 - 2 1/2 x 3 1/4 Gift Wallets

BONUS PACK L - \$ 7.00
 2 - 5x7 Portraits
BONUS PACK O - \$ 7.00
 16 - Wallet Exchange

BONUS PACKAGE P - \$ 14.00
 1 - Magnetic Dry Erase Message Board with picture
BONUS PACKAGE Q - \$ 14.00
 1 - Fun Pack - Laminated incl. 4 bag tags, 2 book marks, 1 door hanger, 2 key fobs, 1 ruler, all with picture.

A portion of the package price may be paid to, or returned as service items to the school or sponsoring organization in support of its programs.

R - BASIC RETOUCHING - \$ 7.00
 Basic retouching will minimize minor skin problems, will soften major skin problems but will not correct hair and dress or major skin problems or facial discolorations.
S - FULL RETOUCHING - \$ 13.00
 Full retouching is our top of the line studio retouching that should be ordered when major corrections are needed.
U - ADD NAME & YEAR on all 2x3 wallets - \$ 5.00

Your image on CD (with all 12 BG's) or download with BG of choice.
PACKAGE V - \$ 33.00 CD alone with no portrait package ordered.
BONUS PACKAGE W - \$ 19.00 CD with a portrait package ordered.
PACKAGE Y - \$ 29.50 Download of image with secured cloud storage.
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 Click on pre order fall school portraits and have credit card ready.
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Student Name _____
 Grade _____
 Homeroom Teacher _____
 Home Phone # _____
 Zip Code _____

BG# **PACKAGE(S) ORDERED:** _____,
 BG# **Additional Packages Ordered:** _____,
 BG# **BONUS PACKS ORDERED:** _____,
NAME ON 2x3 WALLETS for \$ 5.00(U)\$ _____
Name to Put On Wallets _____

Returned checks are assigned to PFC Check Solutions. \$ 20.00 service charge plus all applicable costs of collection pursuant to C.R.S 13-21-109 will apply. Returned checks may be re-presented electronically for the face amount plus fees.

AMOUNT ENCLOSED:



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HORA- de 9:00 am personal - 8:15 am

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pedidos en línea disponibles (ver más abajo)
para la seguridad de los estudiantes y del personal, se seguirán las precauciones de covid19

PAQUETE A - \$ 32.75 3 - Retratos 8x10 2 - Retratos 5x7 2 - Retratos 3 1/2 x 5 8 - Fotos para cartera 2x3 8 - Cambio de cartera PAQUETE AY - \$ 47.75 Igual que arriba además descargar	PAQUETE B - \$ 30.50 1 - Retrato 8x10 4- Retratos 5x7 2 - Retratos 3 1/2 x 5 8 - Fotos para cartera 2x3 8 - Cambio de cartera PAQUETTE BY - \$ 45.50 Igual que arriba además descargar	PAQUETE C - \$ 26.25 1 - Retrato 8x10 2 - Retratos 5x7 2 - Retratos 3 1/2 x 5 4 - Fotos para cartera 2x3 8 - Cambio de cartera PAQUETTE CY - \$ 41.25 Igual que arriba además descargar	PAQUETE G - \$ 19.00 1 - Retracto 10x13 PAQUETTE GY - \$ 34.00 Igual que arriba además descargar
PAQUETE D - \$ 23.50 3 - Retratos 5x7 2 - Retratos 3 1/2 x 5 4 - Fotos para cartera 2x3 8 - Cambio de cartera PAQUETTE DY - \$ 38.50 Igual que arriba además descargar	PAQUETE E - \$ 21.00 1 - Retrato 5x7 2 - Retratos 3 1/2 x 5 4 - Fotos para cartera 2x3 8 - Cambio de cartera PAQUETTE EY - \$ 36.00 Igual que arriba además descargar	PAQUETE F - \$ 19.00 1 - Retrato 3 1/2 x 5 6 - Fotos para cartera 2x3 8 - Cambio de cartera PAQUETTE FY - \$ 34.00 Igual que arriba además descargar	PAQUETE H - \$ 15.00 1 - Retracto 8x10 PAQUETE HY - \$ 30.00 Igual que arriba además descargar
PAQUETE EXTRAS (BONUS) - Despues de ordenar alguno de los paquetes explicados arriba, usted puede ordenar uno de los siguientes paquetes como bono adicional, pero solo como algo adicional a los paquetes A, B, C, D, E , F, G, H y e I.			PAQUETE I - \$ 15.00 2 - Retractos 5x7 PAQUETE IY - \$ 30.00 Igual que arriba además descargar
PAQUETE BONO J - \$ 9.50 1 - Retrato de Pared 10x13	PAQUETE BONO L - \$ 7.50 1 - Retrato de 8 x 10	PAQUETE BONO M - \$ 7.00 4 - Retratos de 3 1/2 x 5	PAQUETE BONO N - \$ 7.00 8 - Fotos para cartera 2 x 3
PAQUETE BONO K - \$ 7.00 1 - Retrato de 5x7	PAQUETE BONO O - \$ 7.00 16 - Cambio de cartera	PAQUETE BONO L - \$ 7.00 1 - Retratos de 5x7	PAQUETE BONO P - \$ 14.00 1 - Tabla de Mensaje Magnético de Seco/Borra con foto. PAQUETE BONO Q - \$ 14.00 1 - Paquete Especial-laminado. Incl. 4 etiquetas de la bolsa, 2 marcas del libro, 1 gancho de puerta, 2 leontinas de llave, 1 regla, todo con foto.

¡Todos LOS RETRATOS ESCOLARES LLEVAN GARANTIZA de REGRESO de DINERO!

Una porcion del precio de paquete se puede pagar a, o devolvido como articulos del servicio a la escuela o a la organizacion que patrocina en la ayuda de sus programas.

R - RETOQUE BASICO - \$7.00
 Con retoques básico de fotos, sea posible a minimizar problemas menores de la piel (como granos), y ablandar condiciones de piel mas seriosos, pero no sea posible a corregir o cambiar pelo ni vestido.

S - RETOQUE TOTAL - \$ 13.00
 Retocar totalmetne es nuestra esfuerzo mayor en que retoca todo. Debe ser ordenada cuando correcciones mayores son necesitadas.

U - Ponga un nombre en los fotos de cartera- \$5.00

La imagen de CD o de la descarga con de autor
PAQUETTE V - 33.00, Solo, sin ordena de un paquete arriba.
PAQUETTE BONO W - \$ 19.00
 además del paquete arriba ordenado.
PAQUETTE Y - 29.50
 descarga de imagen con almacenamiento en la nube

Para hacer su orden en el internet, vaya a www.skillmanphotography.com. Click en "Pre-Order Fall School Portraits" y haga su orden, con su tarjeta de credito listo.
 Codigo de acceso : JOHN2021

CORTA AQUI EL SOBRE Y TRAIGALO AL FOTOGRAFO - SOLAMENTE UNA ORDEN DE ESTUDIANTE POR SOBRE!

¡SATISFACCION
GARANTIZADO !

SOBRE DE PAGO DE LAS FOTOS

Por favor escriba los cheques a nombre de: **SKILLMAN PHOTOGRAPHY**
 ¡RECUERDE POR FAVOR Se requerimos el pago cuando se toman los retratos!

Nombre del Estudiante _____ BG# _____ PAQUETTE(S) ORDENADO _____
 Grado _____ BG # _____ Paquetes adicionales ordenados _____
 Nombre del Maestro _____ BG# _____ Paquetes de bonificacion ordenados _____
 Teléfono de la casa _____ Nombre en las carpetas 2x3 por \$ 5.00 (U) _____
 Nombre de Escuela _____ Numbre para poner en las carteras _____

CANTIDAD ENVIADA: \$

Asignamos los cheques devolvido: desde su banco por fondos insuficientes a la compania de PFC Check Solutions. Una cuenta de \$20.00, además de todos los costos de colección de los fondos permuante a la ley del estado C.R.S. 13-21-109 también aplicará. Es posible que nosotros re-presentaremos los cheques electronicamente a su banco para la cantidad mas los costos aplicables.



Healthy Kids Club
A program of COHealth

Healthy Kids Connection

September 2021

Healthy Kids Connection is a monthly source of news, resources, contests and education to help keep northern Colorado families and schools healthy and connected.

It's back to school time!

Reach out to your kids' teachers. Attending back to school night, parent-teacher conferences or just a friendly phone call, gives you the chance to find out about class activities, expectations for the year and the best way to communicate with the teacher.



Time things right. Stay on top of everyone's school, activity and work schedules with a [free online calendar](#) or smartphone app.

Pack smart. Make sure your child's backpack never weighs more than 10 to 15 percent of his body weight; heavy packs can strain developing muscles and joints ([see article here](#).)

Commit to volunteering. With help from parents like you, your school can offer many more programs and services for your kids. Join your school's PTA/PTO and ask about volunteer opportunities in the school community and your children's classrooms. Does your school have fundraisers? Suggest a walkathon/fun run as a healthy alternative to traditional fundraisers.

Make sure your kids are getting their 5210+ EVERY DAY. Establish healthy at-home routines for school days, such as consistent waking times and getting-ready patterns. Set bedtimes that allow elementary-age kids to get 9-12 hours of sleep per night. Keep plenty of healthy fruits and vegetables in the house, limit recreational screen time and sugary drinks and make sure your family is getting at least 1 hour of physical activity every day!



EVERY DAY!

Food resources in schools

Thanks to an extension of the U.S. Department of Agriculture's school district reimbursement program, schools will once again offer free meals to any enrolled student during the 2021-22 school year.

Even though meals are currently free for all students, the Meal Benefits application is still available and strongly encouraged for ALL families to apply for as it is used to determine other funding such as:

- P-EBT BENEFITS.
- Waived Test Fees.
- Waived Athletic Fees.
- School Funding



[Click here](#) to access the application.

Healthy Kids Club program updates

The 22nd annual Healthy Kids Run Series is wrapping up.



The 22nd annual Healthy Kids Run Series looked a little different this year!

Due to social distancing and health/safety considerations, Healthy Kids Club provided participants with 4

one-mile course maps that they could complete anytime during the designated month (May through August,) on their own.



If you are registered, you should have received regular email updates.



Fit Families Summer Challenge 2021

The Fit Families Summer Challenge was a success. Almost 1200 families registered for the discounted activities and had fun staying active and trying new things. Families that completed 25 or more activities from the Challenge Checklist earned t-shirts and an entry into a prize drawing.

Kids' corner

Fun back to school crafts

Click on the image below to learn how to make apple stress balls.



Click on the image below to make these fun dry erase lunchbox notes.



Celebrate back to school with these ideas and recipes!

Kid-Cure-Rie Boards

Click on the image below to get the recipe



Back to school lunch ideas



Easy dips for fruits and veggies- the perfect after school snack!

Click on the image below to get the recipe



Main Course

- Wings
- Burgers
- Sandwiches
- Leftovers
- Soup
- Baked Potato
- Muffins
- Waffles
- Tacos
- Chili/Chickens
- Pasta
- Quesadilla
- Grilled Chicken
- Pizza
- Rolls + Toss

Fruits & Veggies

- Cucumbers
- Carrots
- Celery
- Bell Peppers
- Hot Peppers
- Snap Peas
- Celery
- Cherry Tomatoes
- Edamame
- Avocado
- Peaches
- Apples
- Chips
- Bananas
- Berries
- Applesauce
- Grapes
- Dried Fruit

Snacks & Treats

- Nuts
- Traff Mix
- Granola Bar
- Fruit Leather
- String Cheese
- Hummus
- Rice crackers
- Cheese Crackers
- Fruit Snacks
- Hard Boiled Egg
- Popsicles
- Yogurt
- Fig Bar
- Rice Cakes
- Chex Mix

Other Ideas to get your 5210+ EVERY DAY.

Click on each image for detailed instructions.

H₂O to go

Use magazine holders to organize water bottles for easy grab and go.



No sew sleeping mask

Make sure to get your Zzzs with these cute sleep masks.



Screen time vs. Lean time

SCREEN TIME VS LEAN TIME

Do you know how much entertainment screen time you get? Take a look at a week's worth of screen time and see how much screen time kids of different ages get and tips for healthier activities.

AGE Group: 0-18, 17-14, 13-18

CHILDREN AGES 8-12 SPEND ABOUT 6 hours a day IN FRONT OF A SCREEN USING ENTERTAINMENT MEDIA.

AND... **4** OF 100 ARE OPEN TO NEW IDEAS.

INSTANT TIPS COULD...

- Play a game of basketball
- Walk the dog
- and... dance to their favorite songs
- and... jump rope
- and... ride their bike

How can parents help?

1. Establish rules for screen time.
2. Encourage kids to be active for 60 minutes per day.
3. Limit screen time to 1-2 hours per day.
4. Encourage kids to get outside and play with friends and family.

CDC

https://epinc.org

Healthy Kids Connection is distributed monthly to Elementary Office Managers, PE teachers and Healthy Kids Club's mailing list. For more information: www.healthkidsclub.org

[Click Here](#) to be added to the Healthy Kids Club Mailing List.

www.healthkidsclub.org

[UCHealth-Healthy Kids Club](#)

[@healthkidsclub](#)



Healthy Kids Club
A program of UHealth

Healthy Kids Connection

septiembre 2021

Healthy Kids Connection es una fuente mensual de noticias, recursos, concursos y educación para ayudar a mantener saludables y conectadas a las familias del Norte de Colorado.

¡ Es hora de regresar a la escuela!

Acérquese a las maestras de sus chicos El asistir a la noche de visitar la escuela, las conferencias de padres y maestros o sólo una amistosa llamada telefónica, le ofrece la oportunidad para enterarse de las actividades de la clase, las expectativas para el año y la mejor manera de comunicarse con la maestra.



Fije el tiempo oportuno Esté al tanto del horario escolar, de las actividades y del trabajo de todos, usando un [calendario online gratis](#) o una app en su smartphone.

Empaque astutamente Asegúrese de que la mochila de su chico no pese más del 10 a 15 por ciento de su propio peso: las mochilas pesadas pueden fatigar los músculos y coyunturas en desarrollo ([vea el artículo aquí.](#))

Comprométase al voluntarismo Con la ayuda de padres como usted, su escuela puede ofrecer muchos más programas y servicios a sus chicos. Unase al PTA/PTO de su escuela, y averigüe sobre las oportunidades para voluntarismo en la comunidad escolar y en los salones de clases de sus niños. ¿Tiene su escuela actividades para recaudar fondos? Sugiera un walkathon/carrera divertida como una alternativa saludable a las recaudaciones tradicionales de fondos.

Asegúrese de que sus chicos obtienen sus 5210+ CADA DÍA Establezca rutinas saludables en casa durante los días de escuela, tales como horas consistentes para despertarse y patrones para estar listos. Fije horas para acostarse y permita que los chicos de edad primaria duerman de 9-12 horas cada noche. Tenga en casa bastantes frutas y verduras saludables, limite el tiempo ante la pantalla recreativa y bebidas endulzadas, y asegúrese de que su familia tiene por lo menos 1 hora de actividad física cada día!



Recursos alimenticios en las escuelas

Gracias a una extensión del programa del Departamento de Agricultura de los E.U. para reembolsar al distrito escolar, las escuelas podrán una vez más ofrecer comidas gratis a cualquier estudiante matriculado durante el año escolar 2021-22.

Aunque las comidas son actualmente gratis para todos los estudiantes, la solicitud para Meal Benefits está aún disponible, y se alienta enfáticamente a TODAS las familias que la soliciten ya que se usa para determinar otros fondos tales como:



*P-EBT BENEFITS.
Diferir Cuotas para Exámenes.
Diferir Cuotas Atléticoas.
Fondos Escolares.*

Haz [Click aquí](#) para la aplicación.

Actualizaciones al programa de HKC

La 22da serie anual de Healthy Kids Run está por terminar.



¡La 22da serie anual de Healthy Kids Run estuvo un poco diferente este año! Debido al distanciamiento social y a consideraciones por salud/seguridad, Healthy Kids Club proveyó a los participantes 4 mapas de rutas de una milla



que podían completar en cualquier momento por su cuenta, durante el mes designado (mayo hasta agosto).

Si estás inscrito, debes haber recibido actualizaciones por email.



Desafío Veraniego Fit Familias 2021

El Desafío Veraniego Fit Familias fue exitoso. Casi 1200 familias se inscribieron para las actividades con descuento, y se divirtieron estando activos y tratando cosas nuevas. Las familias que completaron 25 o más actividades de la Lista del Desafío ganaron playeras y un boleto para la rifa de premios.

Kids' corner

Manualidades divertidas de regreso a la escuela

Click en la imagen abajo para aprender cómo hacer pelotas de manzana para el estrés.



Click en la imagen abajo para hacer estas notas borrables para loncheras.



¡Celebra el regreso a la escuela con estas recetas!

Click la imagen abajo para la receta.

Kid-Cure-Rie Boards



Dips fáciles para frutas y verduras- ¡la merienda perfecta después de clases!



Ideas para lunch de regreso a la escuela



Main Course

- | | | |
|------------|-----------------|-----------------|
| Wings | Baked Potato | Pasta |
| Bagels | Waffles | Quesadilla |
| Sandwiches | Waffles | Grilled Chicken |
| Leftovers | Tacos | Pizza |
| Soup | Cheese/Crackers | Rojo + Tost |

Fruits & Veggies

- | | | |
|--------------|-----------------|-------------|
| Cucumbers | Coleslaw | Chargers |
| Carrots | Cherry Tomatoes | Bananas |
| Celery | Edamame | Berries |
| Bell Peppers | Arrozado | Applesauce |
| Potatoes | Peaches | Grapes |
| Snac Pasta | Apples | Dried Fruit |

Snacks & Treats

- | | | |
|---------------|-----------------|------------|
| Nuts | Hummus | Piccini |
| Troll Mix | Rice crackers | Yogurt |
| Granola Bar | Cheese Crackers | Fig Bar |
| Fruit Leather | Fruit Snacks | Rice Cakes |
| String Cheese | Hard Rolled Egg | Chex Mix |

Otras Ideas para obtener tus 5210+

Click en cada imagen para instrucciones detalladas...

H₂O para llevar

Usa portadores para revistas al organizar botellas con agua para agarrar y correr.



Mascarillas sin costuras para dormir

Asegúrate de obtener tus Zzzs con estas graciosas mascarillas para dormir.



Tiempo para la Pantalla vs Tiempo para adelgazar

SCREEN TIME VS LEAN TIME

Do you know how much entertainment (screen time) kids get? Time in front of a screen is fun, but it's not active. See how much screen time kids of different ages get and tips for healthier activities.

AGE GROUP: 8-10, 11-14, 15-18

CHILDREN AGES 8-10 SPEND ABOUT 6 hours a day IN FRONT OF A SCREEN USING ENTERTAINMENT MEDIA

More 4 of these are spent watching television.

HEALTHY KIDS DO...

- Play a game of basketball
- AND STILL HAVE TIME TO...
- walk the dog
- and...
- dance to their favorite songs
- and...
- jump rope
- and...
- ride their bike

How can parents help?

- 1 Limit the time spent on screen activity each day.
- 2 Limit kids' total screen time to no more than 1-2 hours per day.
- 3 Turn off TV sets from your child's bedroom.
- 4 Encourage the types of activities that include both physical and mental activities. We provide a guide below to help.

For more information, visit www.cdc.gov/healthykids/parents

Healthy Kids Connection es distribuido mensualmente a los Elementary Office Managers y a la lista de miembros del Healthy Kids Club. Para más información: www.healthkidsclub.org

[Click aquí](#) para recibir por correo los avisos de Healthy Kids Club.

www.healthkidsclub.org

UCHealth-Healthy Kids Club

@healthkidsclub

“The Poudre School District is committed to the policy that no otherwise qualified person shall be denied access to, be excluded from participation in, be denied the benefits of, or be subjected to unlawful discrimination under, any District program or activity on the basis of race, color, religion, national origin, ancestry, sex, sexual orientation, marital status, veteran status, age or disability. District compliance with this policy shall be the responsibility of, and reports and complaints of discrimination based on these protected classifications should be directed to: For District students and community members: Director of Student Services, 1630 South Stover Street, Fort Collins, Colorado 80525, phone: 970-490-3033; For District employees: Executive Director of Human Resources, 2407 La Porte Avenue, Fort Collins, Colorado 80521, phone: 970-490-3620.”