

Kirsten McNeill- Principal



# Prairie Ridge Post



## Principals News

### Welcome October!

I cannot believe how fast the school year is already flying by. We have been busy with our routines and rigorous learning. Teachers and students have been working hard in the classroom and you will be able to hear success stories next week at your child's conference. If you have not signed up for a time with your student's teacher, please go to our website at [pres.svvsd.org](http://pres.svvsd.org) and go to the online scheduler link to schedule. The password is Eagles. While you are here at conferences, please visit the book fair in the library!

Speaking of the website, we have a new site and it is easy to navigate and will be updated at the school and district level. [pres.svvsd.org](http://pres.svvsd.org).

We had an awesome Jog a Thon on October 1st. We will have our totals soon. Thank you to all who donated to Prairie Ridge. Thank you to Mrs. Kempf and the wonderful PTO for such an organized event. I am sure it will be our best event yet!

Avid 4 Adventure is in full swing this week! Thank you to parents and PTO for making this possible for our students.

Our PRIME time all school movement has been a great success. Come join us in the bus loop on Fridays from 9:15-9:30.

### Important dates to come:

October 17th-no school

October 22nd-6:00 p.m.-PTO meeting in library

Remember to "LIKE" the Prairie Ridge Elementary Principal Page on Facebook for updates and celebrations! My door is always open for questions, concerns and celebrations.

Have a wonderful October!

Warmly,

Kirsten McNeill, Principal

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Firestone, CO 80504  
Phone: 720-494-3641  
Fax: 303-833-4972  
Email: [stvrain.k12.co.us/pre/](mailto:stvrain.k12.co.us/pre/)

## Important Dates

- 1 October Count Jog-A-Thon
- 6-10 Avid4 Adventure!!!
- 8 Art-to-Remember forms go home
- 13-16 Book Fair!!!
- 14 Special Someone Lunch
- 14-16 Parent/Teacher Conferences
- CEASC auditions (3:45-4:15)
- 15-29 Soaring Singers ButterBraid fundraiser
- 17 NO SCHOOL
- 20 Vision/Hearing Screen
- 30 MESA's Challenger Trip

## Looking Ahead



- 3 Folk Dance Begins
- 5 LATE START
- 7 Picture Retakes
- 13 ButterBraids DELIVERED
- 14 End of Trimester 1
- 17 Start Trimester 2
- 21 Folk Dance Open House
- 24-25 NO SCHOOL
- 26-28 Thanksgiving Break

# LIBRARY NEWS

**COMING SOON!!!**

## The Book Fair

**Oct. 13th-16th**

**from 8:30-4:00!!!**

**Special Someone Lunch**

**Tuesday, Oct. 14th**

**during your**

**student(s)'s lunch.**

Mr. Reardon's

**CASTLE**

Enter the Kingdom of Books!

READ

→ DON'T FORGET!

# Conferences

Parent Teacher Conferences are scheduled for  
Oct. 14th, 15th, & 16th.

Please call the office 720-494-3641 if you have further questions regarding your conference.

## Supplies Needed!

Please help out our Autism classroom by making a donation.

- \* a wee tent
- \* any Leap Frog DVDs
- \* extra playground toys

Thanks for your support!!!



## Supplies Needed!

Please help out our Music classroom

by collecting items

OR

Making manipulatives

- \* Square or rectangular tissue boxes
- \* Store bought milk caps
- \* Cardstock of all colors

Thanks for your support!!!

# PTO News

**NEW website!**

<http://prelpto.weebly.com>

Please note: This is still a work in progress. If you have any suggestions we would love to hear them. Please send us a comment (located at the bottom of our home page).

Our Jog-A-Thon was a *HUGE* success!  
**Way to go Prairie Ridge!!!**

# Music News

Mark your calendars for your respective *grade-level programs*:

- ◆ 5th Grade—Wednesday, 25th
- ◆ 4th Grade—Friday, May 8th
- ◆ 3rd Grade—Tuesday, April 21st
- ◆ 2nd Grade—Tuesday, March 17th
- ◆ 1st Grade—Tuesday, March 17th

Information will be emailed home as each program approaches.

To assist with or volunteer, please contact Mrs. Keller @ [keller\\_catherine@svvsd.org](mailto:keller_catherine@svvsd.org)

# The Music Website!

Mrs. Keller's website is up and running!

Check out the new music website with important information, like when your child/ren's program is scheduled.

\*Listen to your student's class singing.

\*Read poems the students have written.

<https://sites.google.com/a/svvsd.org/prairie-ridge-elementary-music/>

## Art to Remember is here!

What is it?

"We turn students' original art work from classroom lessons into high-quality keepsakes, giving kids a sense of accomplishment while raising money for their school."

When do I receive information?

Packets with the student artwork will be sent home Wed., Oct. 8th.

When do I return my order & payment?

Orders are due by Wed., Oct. 15th



## Don't get the sore feet blues. Please wear your ACTION SHOES!

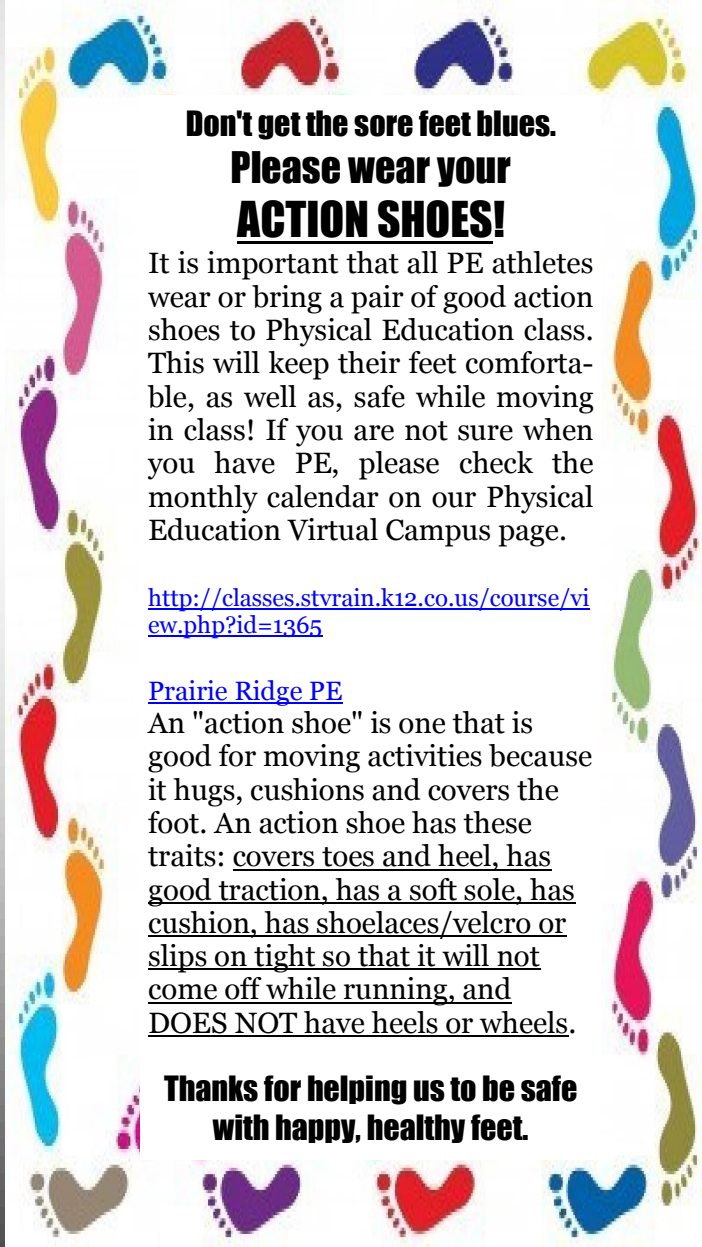
It is important that all PE athletes wear or bring a pair of good action shoes to Physical Education class. This will keep their feet comfortable, as well as, safe while moving in class! If you are not sure when you have PE, please check the monthly calendar on our Physical Education Virtual Campus page.

<http://classes.stvrain.k12.co.us/course/view.php?id=1365>

### Prairie Ridge PE

An "action shoe" is one that is good for moving activities because it hugs, cushions and covers the foot. An action shoe has these traits: covers toes and heel, has good traction, has a soft sole, has cushion, has shoelaces/velcro or slips on tight so that it will not come off while running, and DOES NOT have heels or wheels.

**Thanks for helping us to be safe with happy, healthy feet.**



# From the Health Office

## CLOTHING NEEDED!!!

Our health office is in need of any clothing of any size. Please bring any items to donate to the front office or call

**Ms. Lynn Shaklee at 720-494-3641.**

**We need of smaller sizes...**

- ◆ Underwear
- ◆ (Stretch or sweat) pants
- ◆ Shirts (t-shirt or long-sleeve)

## BUS PARKING LOT

- \* Please refrain from using the Bus lot for pick-up/drop-off or parking.
- \* Students and parents walk on the sidewalks, to and from school not through the bus lot. We want all students & families to remain safe.



## Pets on the Property

Please refrain from bringing pets, particularly dogs, onto school property. This includes especially during drop-off/pickup times.

Thank you for your cooperation!!!

# Cafeteria News

- ◆ Daily lunch cost: \$2.75.  
Please bring in correct amounts as we cannot make change.
- ◆ Inta Juice on Thursdays for \$1.50!  
Students **MUST HAVE** a note to purchase using his/her account.
- ◆ Adult Lunch (w/o milk): \$3.25 (w/ milk): \$3.50.
- ◆ Free and reduced lunch forms available online:  
<http://www.stvrain.k12.co.us/policies/E/EFG-E.EN.pdf>
- ◆ Lunch Payments available on line at:

[myschoolbucks.com](http://myschoolbucks.com)

# PARKING LOT & LANE GUIDELINES

- \* Available parking spaces for parents are in the main lot as well as the lot west of the playground.
- For pick-up & drop-off follow these guidelines:
- \* **RIGHT LANE:** drop-off/pick-up ONLY along curb in front of school.  
NO PARKING AS THIS IS A FIRE LANE AND YOU MAY BE TICKETED.
  - \* **LEFT LANE:** Thru traffic ONLY.  
NO DROP-OFF/PICK-UP.



# King Soopers Rewards Program

## Prairie Ridge Elementary

### in partnership

## with Prairie Ridge Community School

would like to offer our families and friends an excellent opportunity to give back to Prairie Ridge with no cost to you.

### How does it work?

- \* Fill out a registration form and submit a check payable to PREL in the amount of \$5.00 or more to activate your card, this amount is the dollar amount that you will start out with on your re-loadable King Soopers card and is then registered to Prairie Ridge Elementary.

### **Registration forms available at the front office check the school website.**

- \* If you want load your card with more money, simply take it to the customer service desk prior to shopping or purchasing gasoline.
- \* Start shopping or fill up your tank. Prairie Ridge Elementary will receive 5% back once we reach the \$5,000.00. If we don't reach the \$5,000.00 each month, the balance will rollover to the.

The card will expire if after 90 days no money has been loaded on to the card and a new card will need to be activated.

We will send reminders home to family and friends to make sure they are reloading and using their cards.

If 40 families spend an average of \$300.00 per month, Prairie Ridge will receive \$600.00 directly..... how cool is that? And it's easy!

If you have any questions about the King Soopers Reward program you may contact the Community School office at 720-494-3645.

# PRIME Time

"Physically active students perform better academically; have better attendance, and better behavior."

-Source: letsmoveschools.org

"Exercise is 'Miracle Grow' for the Brain. To keep our brains at peak performance, our bodies need to work hard."

-Source: John J. Ratey M.D.,

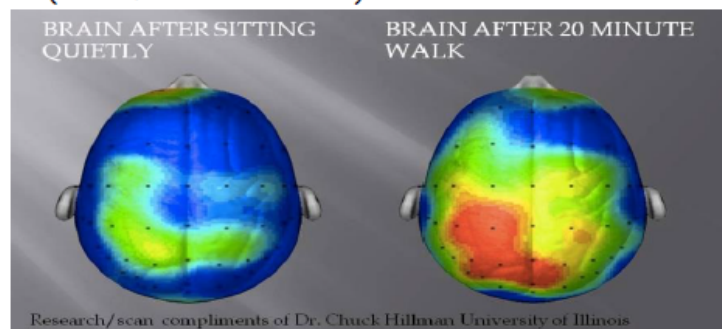
Author of Spark: The Revolutionary new Science of Exercise and the Brain!

Prairie Ridge is starting our learning day with all school movement. Students, teachers and staff are participating in physical activities each and every morning from 9:15-9:30. This part of our day is called PRIME Time, which stands for Prairie Ridge In Motion Everyday.

Movement has become a part of our daily schedule due to the findings of numerous scientific studies. Research has found that there is a significant relationship between physical activity and student learning/academic success.

Physical Activity:

- Prepares the brain for optimal learning.
- Improves coordination and balance which improves attention and focus
- Increases blood flow to the brain aiding overall cognition
- Develops eye fitness in the form of peripheral vision, helping students track words on a page
- Supplies BDNF (a Nerve Growth Factor) AKA Brain Fertilizer



The goal of PRIME time is to prepare our students for a day of learning by engaging in moderate to vigorous physical activity. Grade level classes are on a 6 day movement rotation for PRIME Time activities. Monday through Thursday activities include; Mighty Milers track travel, Classroom activities (classroom kit activities, classroom fitness circuits, and use of technology resources) Indoor power walk track, Outside activities (tag games, jump ropes and fitness circuits). On Fridays our entire school meets outside in the bus loop for all school movement. Come join the fun!

"In the same way that children don't learn well when they don't have adequate nourishment, they learn better when they're more active and more physically fit. If their ability to learn is optimized, their chances of academic, social and personal success are improved."

-Source: Hamilton Spectator - August 14, 2014  
Howard Elliott