



## Principal Notes

Dear Parents,

We appreciate your attendance at our Christmas Program in December. *A Series of Fortunate Events* was a hit! Thanks for the support that you give to our school.

Fourth and Fifth grades completed NWEA and STAR testing on the week of December 10th. These assessments will give us reading, language, and math data to show how our students are progressing. Our K-3 classes also completed their STAR and Dibels testing the week of December 10<sup>th</sup>. These assessments will give us similar data.

In order to prepare our students for the future, our teachers continue to provide standards-based lessons to our students. We want to make sure that we are teaching our students the skills they will need to be successful.

Report cards for the 2<sup>nd</sup> nine weeks will be sent home on January 9<sup>th</sup>. Our PTA is providing us with an assembly on January 29<sup>th</sup>. Chinese Acrobats will be performing for all of our students.

Please continue to drop off and pick up your children at the roundabout in the parking lot. For student safety, we want to keep students away from the bus drop off near the playground.

La Jara Elementary is excited about the year 2019. We look forward to providing our students with an excellent education. If you should have any questions, please give us a call at 719-274-5791.

Sincerely,

Ricky Salazar



## Upcoming Dates and Events



### JANUARY 2019

- 7 School Back in Session - All Students
- 9 Report Cards Go Home
- 10 PTA Meeting 8 am
- 15 Board of Education Meeting 6:30 pm
- 29 Chinese Acrobats Assembly

### FEBRUARY 2019

- 7 PTA Meeting 8 am
- 11 LJE PTC - 4:00 - 7:00 pm
- 13 LJE PTC - 4:00 - 6:30 pm
- 14 Valentines Day Celebrations-2:30 pm
- 19 Board of Education Meeting 6:30 pm
- 21 Class Picture 8 am -10 am in the gym

### MARCH 2019

- 7 End of 3<sup>rd</sup> Quarter
- 10 Daylight Savings Time Begins
- 13 Report Cards Go Home
- 17 St. Patrick's Day
- 18 - 24 NO SCHOOL - DISTRICT WIDE  
Spring Break (Classes resume Mar 25)

Please Mark Your  
Calendars!



### **PE News!**

With winter and cold weather upon us, boots are the thing to wear. While boots are great for snow and warmth, they are not so great for PE class. **Please help remind your children to put tennis shoes in his/her backpack the night before PE days** so they don't forget them. Snow boots and exercise do not go together!

### **January Nurse's Notes:**

Why is water important in a child's diet?

Water has many important functions in the body including, regulating body temperature, digesting food and excreting waste. It is important to replace the water you have lost to prevent yourself from becoming dehydrated. Children are at a greater risk of dehydration than adults.

The recommended daily amount of fluids is:

- 5 glasses for 5-8 year olds.
- 7 glasses for 9-12 year olds.
- 8-10 glasses for 13+ years.

Tricks to get your child to drink more water:

1. Buy fun cups.
2. Make drinking water into a game. Challenge your child to drink to a certain level of the cup.
3. Freeze some cool shapes and put in their glass of water.
4. Stick a slice of fruit in their glass of water.
5. Suck water from a silly straw.
6. Teach your child to serve herself.
7. Be a water role model.



### **From our School Counselor**

One of the most important things children/people need in life are boundaries. Setting boundaries with your child at an early age will help them, now, and in their future. Boundaries help children to know right from wrong and to learn what is safe/unsafe behavior. Thinking of what is best for our children and not always what is easiest will help to develop necessary boundaries. It is also important that boundaries and their related consequences are consistent. If someone gets angry at you for setting a boundary that is a great indicator that it was probably necessary. Teaching your child this skill also allows them to learn to set boundaries of their own for what they will, and will not, accept as treatment from others.

Thank you,  
Jamie Thomas



### **La Jara Elementary PTA Notes...**

I hope everyone had a safe, happy and healthy holiday season. I would like to thank everyone for their help and support with the La Jara Elementary PTA in 2018. It's a new year filled with exciting upcoming events! This spring we will have our Valentine's Day Val-O-Grams and some exciting assemblies coming to our school.

I know that many of you busy parents had a full schedule this past fall, so you may not have been able to join the PTA or participate in some of our events. I want to take this opportunity to let you know that it's not too late to become involved with the PTA. I would like to encourage all parents and guardians to consider volunteering to help with our PTA. Even a few minutes of your time will make a difference.

Our next PTA meetings will be held on Thursday, January 10<sup>th</sup> at 8:00 and Thursday, February 7<sup>th</sup> at 8:00.

La Jara Elementary PTA