WHAT IS CARES?

Thompson CARES was created in 2015 and is a collaboration of district and community resources for the overall health and well being of all Thompson students and families. The CARES group is a supportive, preventative, and empowering resource for all Thompson Schools.


WERE YOU AWARE...?

Studies show that humor produces both psychological and physiological benefits that help students learn! Laughing regularly can help reduce stress hormones in the brain the cortisol. This can help boost your immune system, increase blood flow, and improve overall health. Not only do you feel more relaxed after you laugh but doing so can increase your brain's ability to recall key facts and information. This can be particularly beneficial when entering stressful situations such as test taking. Something as simple as telling a joke or watching a funny video before a test could result in better performance!

To learn more about how humor and laughter can benefit your life, check out these articles:

ThompsonCARES Updates

Thank you to everyone who took part in Thompson School District’s 3rd Annual Wellness Night on February 22nd. We had a great turnout for the event and all of you helped to make it so successful. We especially appreciate all the students who attended the student sessions. We hope that you all enjoyed the event and we look forward to seeing you next year! Check out our website for photos taken of the evening. If you couldn’t make it to Wellness Night, we hope you can attend next year.

Andrea Walker is a Brain-Based Learning Specialist and has been working in the Thompson School District for the past 5 years. Brain-Based Learning refers to teaching methods, lesson designs, and school programs that are based on the latest scientific research about how the brain learns. Andrea uses this knowledge to teach students, parents, and teachers about how about how the teenage brain develops and provides the appropriate resources. Andrea enjoys working in schools regularly because she is able to form solid relationships with students, parents, and staff while working to bring out the best in them. Andrea loves how amazingly diverse the Thompson School District population is with everyone wanting the very best for our students.
- UPCOMING COMMUNITY CLASSES AND EVENTS -

Please visit the ThompsonCARES website or click on the event name to see additional events, learn more and for registration information. All classes below are FREE unless indicated otherwise.

- Appropriate for TSD Staff    - Appropriate for Community Members    - Appropriate For Youth

St. Baldrick's Team Thompson Community Event
Saturday, March 3rd, 10:00 am - 1:00 pm
Thompson School District Administration Building - 800 S. Taft Ave. Loveland, CO
The St. Baldrick's Foundation, the largest private funder of children's cancer research, will host one of its signature head-shaving events at the Thompson School District Administration Building on March 3, 2018 where people will shave their heads to raise money for lifesaving childhood cancer research. For more information visit: https://www.stbaldricks.org/events/mypage/7737/2018

The Art of Problem Solving Examined at Lifetree Café
Tuesday, March 06, 2018 12:00 pm - 1:00 pm
Lifetree Cafe – 1515 Cascade Ave Loveland, CO
No cost to attend
This program will help people explore different approaches to problem solving. Participants will be able to discover new strategies to solve their current problems. For more information about the event you can contact Adam Bohlmeyer at (970)-292-4340 or abohlmeyer@group.com.

Hearts & Horses Volunteer Orientation
Wednesday, March 07, 2018 5:00 pm - 6:00 pm or
Thursday, March 22, 2018 8:00 am – 9:00 am
Hearts & Horses Therapeutic Riding Center – 163 NCR 29 Loveland, CO
No cost to attend
Join us as we go over the different kinds of volunteer roles, how to get into training, what schedules look like, and wrapping up with a tour of the property! You can register at https://www.heartsandhorses.org/home-page/about-hearts-horses/volunteering/getstarted/.

Healing HeARTs – Creative Self-Care Art Group
Tuesday, March 20, 2018 10:00 am - 12:00 pm
Pathways – 305 Carpenter Road Fort Collins, CO
No cost to attend
This group is for adults grieving or coping with serious illness and would like to create more self-care in their lives. You will learn how to utilize art to increase your confidence with self-care. All skill levels are welcome.

8th Annual A Day of Kindness
Saturday, March 31, 2018, 11:00 - 3:00 pm
1201 Lake Ave, Berthoud, CO
Join in this community event which will include several fun activities, door prizes, a band, food trucks and more! Check out the flyer for more details.

Youth Mental Health First Aid (YMHFA)
No cost, Ages 18+
Youth Mental Health First Aid is an 8-hour evidence-based certification course that teaches participants about common mental health and substance use issues among students.
Look for upcoming dates and registration links: bit.ly/ymhfaTSD

Please note that Thompson School District only endorses events that are presented by or sponsored by the district.