Dear Parents/Guardians,

There are a lot of things coming up! Wow, it’s been a busy month for the early childhood program. We recently finished up our GOLD marking for our students and we are preparing for a visit from Head Start. During this visit, representatives from Head Start will visit our classrooms, speak with staff from the district, and learn about our program. This visit will occur this month! In addition to the visit, we are also completing the annual self-assessment of our program. We’ll be sharing what we do well and what we need to do to improve our program.

**Early Childhood for 2017-2018.** We are currently accepting applications for our Early Childhood Programs for the 2018-2019 school year. See below for more information.

**Parent Teacher Conferences.** Parent/Teacher Conferences are scheduled for Wednesday, March 7th and Thursday, March 8th. You will be hearing from your child’s teacher soon to schedule your conference. We look forward to seeing you and sharing with you your child’s progress.
**Spring Break.** Mark your calendars! Spring Break is coming up, March 12 – 16. School will not be in session during this time, but enjoy this time with your child!

![#ThoughtfulThursday]

"Each day of our lives we make deposits in the memory banks of our children."
- Charles R. Swindoll

Sincerely,

Lamb Caro
Early Childhood Administrator

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**APPLY NOW! Slots are limited for the 2018-19 School Year**

The Thompson School District Early Childhood Program is now accepting applications for the 2018-19 school year. Our program currently has 13 different sites throughout the District. If your child will be 3 or 4 years old on or before October 1, 2018, they may be eligible for FREE preschool, could participate in the tuition-pay program or may receive special education services in preschool if they qualify.

All applicants will be scheduled for a developmental screening as part of the application process. Call Connie Trimble at 970-613-5052 or Sharon Johnson at 970-613-5761 with questions or for more information or visit our website at: [https://www.thompsonschools.org/preschool](https://www.thompsonschools.org/preschool)

Please share this information with friends, family or neighbors who have children that will be 3 or 4 years old on or before October 1, 2018.

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**RETURNING PRESCHOOL STUDENTS** – Please watch for a re-enrollment packet coming from your child’s teacher in early March. These packets will need to be COMPLETED AND RETURNED TO YOUR TEACHER ON OR BEFORE MARCH 30, 2018.
Kids in the Kitchen

Teaching your children how to cook is one of the best gifts you can give them.
As we get older and cooking becomes second nature, it’s easy to forget all of the skills that it takes to cook: a cook must be creative, understand math fundamentals, science, nature, have excellent hand-eye coordination and be constantly attentive to reading and writing. Getting children involved in preparing their own meals is also a wonderful opportunity to instill the importance of eating nutritious meals. Later on, older kids may need to help out with family food shopping, meal preparation and cleanup. Becoming skilled in the kitchen is more than fun—it is necessary for survival!

How to get started
To begin with, it’s important to consider the nutritional needs of most school-age children. Cooking should center around creative foods that meet their growth needs. Most children need 1800 to 2200 calories per day. This translates into about 6 to 9 servings from the bread and cereal group, 3 to 4 servings from the vegetable group, 2 to 3 servings from fruit, 2 to 3 servings from dairy, and 2 to 3 (about 5 to 6 ounces) servings of meat, poultry, fish, dry beans, eggs and nuts. When choosing recipes, try to select those that span at least one or two of these groups.

Kid-kitchen guidelines

- Choose illustrated children’s cookbooks that show the foods, measurements and steps along the way.
- Ask the child what he or she would like to prepare and try to steer them in the healthy direction.
- Foods and recipes should match the abilities of your child. When dealing with foods a child might prepare alone, prepare them together at least once first.
- Turn the event into a total experience by shopping for the ingredients together.
- Supervise children as they work with knives, the stove and other potentially dangerous equipment.
- Have children help you store the food and leftovers. Use this chance to teach them how to handle food to avoid spoilage and food-borne illnesses.

Blueberry Oatmeal Squares

Note: You can use raisins instead of blueberries to make cinnamon-raisin oatmeal squares.

Prep and cook time: 25 minutes

What you need:

- 1½ cups quick oats
- ½ cup whole-wheat flour
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ cup fresh or frozen blueberries
- 1 egg
- 1 cup skim milk
- 3 tablespoons apple sauce
- ¼ cup brown sugar

What to do:

1. Preheat oven to 350° F.
2. Coat baking pan with cooking spray.
3. Place all of the ingredients into a large bowl and mix until just combined.
4. Pour into prepared 8x8 baking pan and bake for 20 minutes or until a toothpick inserted into the center comes out clean.
5. Allow to cool for 5 minutes and cut into squares.

How much does this recipe make?
9 squares

Reviewed by: Mary L. Gavin, MD

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If you are just getting started, consider using "no cook" recipes that give your child a feel for cooking and the kitchen without the stress of frying or baking.

**A few no-bake ideas:**

**Make banana pops.** Peel a banana, dip it into melted chocolate or low-fat yogurt, roll in crushed nuts and freeze on cookie sheets.

**Fun sandwiches.** Use interesting cookie cutters to cut shapes from whole-grain bread. Spread the shapes with peanut butter or add turkey or cheese to make sandwiches.

**Make yogurt shakes.** Using a plastic blender container, combine yogurt, fruit, ice and milk or juice in the blender and blend until smooth.

**Assemble fun kabobs.** Skewer pieces of fruit or vegetables onto thin pretzels sticks.

Preparing food with kids offers an ideal opportunity to help them explore a wide variety of foods at the same time they learn how to handle and prepare foods in a healthy way. Pull up that kitchen counter seat and start cookin'!

Article taken from www.allrecipes.com

Christiana Shorten
Health Coordinator
970-613-5063

### Social Emotional Resources...

**How do you feel?**

Did you know that it is important to teach your child about feelings? Children need to learn what we call “Emotional Literacy”. To be able to identify complex feelings, children first need to learn a wide vocabulary of feeling words. Consider teaching your child about words such as “frustrated”, “disappointed”, “embarrassed”, “proud”, or “excited”.

Talk with your child about situations where they might have these different feelings. This vocabulary will give your child a tool to better explain how they feel. Having others understand us makes us all feel good. Once a child understands their own feelings, they can better understand other people’s feelings and this leads to becoming a caring and empathetic friend.

Mary Bowman
Mental Health/Autism Coordinator
970-613-6179
Can you believe it is March already?!? This month brings with it some crazy weather in Colorado. I never understood when people would say…

“It is Colorado, just wait 10 minutes. The weather will change!” How very true that is! Please send your children with coats and hats this month, just in case.

I hope that you are able to take some time to enjoy the beautiful weather this month with your preschooler. You can take a “listening walk” and practice listening to what is around you. Ask questions like, “Do you hear that bird?” “What is that far away sound?” “What else do you hear?” Preschoolers are filled with wonder and curiosity. Take advantage of this and make the most of your precious time with them!

Mark your calendars for our Program Literacy Night next month on April 12th at Con Ball Middle School from 4:30-6:00 p.m. This is a fun night filled with games and prizes, pizza and lots of ideas for teaching Literacy at home. Our theme this year will be the Mr. Panda books by Steve Antony. Hope to see you there!

Amy Gerhard
Education Coordinator
970-613-5078

IMPORTANT INFORMATION FOR PRESCHOOLERS GOING TO KINDERGARTEN FOR THE 2018-2019 SCHOOL YEAR – The Thompson School District Annual Family Update link for the 2018-2019 school year is now available on the Parent Portal. Parents of preschool students should have received an email from the Thompson School District letting them know that the Annual Family Update link is open on the Parent Portal. The system generates a Portal account for parents. Follow this link to see the emailed instructions: Annual Family Update information. This yearly update is required for every student enrolled in Thompson School District for the 2018-2019 school year. Parents/guardians in the student’s primary household need to complete the application by reviewing and updating household, emergency contact, student health information and permissions via the link. This information is used in the day-to-day operations of your child’s school and it is imperative that it’s accurate.

Accessing the Annual Family Update Link:

1. If you have other children already enrolled in the Thompson School District, log in to your Parent Portal account at:

   https://campus.thompsonschools.org/campus/portal/thompson.jsp
If you do not have other children already enrolled in the Thompson School District OR you are unable to access your Portal account, you will need to follow these instructions: please send an e-mail to portal@thompsonschools.org to request username and/or password. Please include your name and your student’s name in the email.

Note: The Annual Family Update Link is not available on the Mobile Portal App.

2. Click on the "Annual Family Update" link located on the bottom left side of the Portal Home page.

3. Click on "Begin Registration."

Thank you,
Thompson School District

**English Language Development...**

**THE VALUE OF ORAL TRADITION**

Oral Traditions can provide children with examples of rich vocabulary and a variety of complex language structures. These foundations will support children to develop into proficient readers and writers. Oral traditions may be carried out through rhymes, poems, songs, and/or oral stories. The purpose of oral traditions are wide ranging and include teaching values, morals and beliefs, to transmit and preserve family history and cultural traditions, or simply to entertain the listeners. Mexican American U.S. poet laureate, Juan Felipe Herrera explained “[growing up] the storytelling, sayings, songs, riddles, and proverbs was like ‘living in literature every day.’”

When you interact with your child at home, in the car, or on a walk, think about using oral traditions from your childhood or create new oral traditions in your family. Try one of the ideas below.

- Teach your child a rhyme or poem from your childhood
- Sing a song you know
- Tell a story (either from memory or make up a new one)
- Interact with a riddle or joke
- Teach a proverb or legend
- Entertain your child with a fable or a “tall tale”
- Tell an exaggerated story to make your child laugh or ask questions

Erin Ridge
English Language Development
970-613-6084
Family Engagement...

In March, we are participating in two family events at the Loveland Public Library (300 N. Adams).

Children’s Day

Friday, March 9th, 11:00 am – 3:00 pm

- Loveland Public Library (300 N. Adams Ave.) Storytime, face painting, arts and crafts. Check out the Thompson School District booth at the Library!

The following activities will be going on on that same day and times throughout the community:

- Public Works Building (2525 W. First St.) ‘Touch a Truck,’ Puppet show, pollution-prevention demos, flood information and rain gauges, sweeper truck demos, tours of the building.

- Chilson Recreation Center (700 E. Fourth St.) Free youth day pass with paying adult, SNAG golf, athletics and fishing demos at the lagoon, pottery, cooking and LEGO demos.

- Fire Station no.1 (410 E. Fifth St.) – ‘Touch a Truck,’ police and fire safety, ID kits for kids, kettle corn.

- Traffic Operations Center (105 W. Fifth St.) ‘Touch a Truck,’ walk through to see the traffic-control ‘Big screen,’ bike safety activities.

- Loveland Museum (503 N. Lincoln Ave.) History and art activities throughout the Museum for Children’s day, afterhours (3-6 p.m. ONLY).

Be Ready Preschool Fair

Saturday, March 24th from 9:00 am – noon at Loveland Public Library

- Fun preschool activities, free breakfast burritos, “touch a truck” community vehicles, plus a resource and preschool fair.

- Be Ready is a Larimer County-wide initiative to engage families and community members to ensure all children are ready to be successful when they enter school. Check out the website at: http://bereadylarimercounty.org/events/

Check out our own Thompson Integrated Early Childhood booth at both of these events!

Julie Lindsay
Family & Community Partnership Coordinator
970-613-5053