JANUARY 2020

Jan. 1, 2, 3  No School
Jan. 3        Teacher Work Day
Jan. 6        School Resumes
Jan 10       SMES tshirt day
Jan. 11     Family Field Trip to Ft Collins Museum of Discovery
Jan. 17     College T-shirt Day
Jan 21-28  Change for Change: Students collect change to help Homeward Alliance
Jan 24      SMES tshirt day
January 31  Dress Like You’re 100 Day

Add adventure to your family road trips.
Visit Pedersen Toyota in Fort Collins
PedersenToyota.com
970•223•3100

http://www.thompsonschools.org/milner
## FEBRUARY 2020

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Feb 4</td>
<td>5th grade field trip to Young Ameritowne</td>
</tr>
<tr>
<td>Feb 6</td>
<td>FACE to FACE Meeting with dinner: 6:00pm</td>
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<tr>
<td>February 14</td>
<td>College T-shirt Day</td>
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<tr>
<td>Feb 17</td>
<td>No School: President’s Day</td>
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<tr>
<td>Feb 20</td>
<td>Class Pictures – PLEASE NOTE THIS DATE CHANGE!</td>
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<tr>
<td>February 21</td>
<td>Dress like your favorite book character Day</td>
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<tr>
<td>Feb 24</td>
<td>Awards Ceremony: 2:35pm</td>
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<tr>
<td>Feb 25</td>
<td>4th grade field trip to TVHS for FACE Vocal Band</td>
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<tr>
<td>Feb 25-27</td>
<td>Parent/Teacher Conferences *Look for notes home!</td>
</tr>
<tr>
<td>Feb 27-28</td>
<td>No School for students</td>
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**Change for Change**

What: Collect loose change to make a change for the homeless in Loveland/Ft. Collins.

Date: January 21-28, 2020

Sponsored by: No Place for Hate Student Council

Every student received an envelope to collect change. Please return them to school by the 28th.

*We have coats, hats, mittens to give away. Please ask.*

**Class photos are now on Thursday, February 20**

**Holiday Thank Yous!**

Thank you for your generosity! Our staff, families, and community members were able to provide presents for 37 of our Sarah Milner children during the holiday season.

A huge thank you to LifeSpring Church! They provided holiday gifts to 22 families (including 53 kids) in our school neighborhood.
Family Field Trip

The Family Field trip to Fort Collins Museum of Discovery was on January 11th. Thanks for a great event! All tickets were given away within the first 24 hours of offering them. WOW!! The next field trip will be Saturday, February 29th to a CSU men’s basketball game. We will be taking a school bus to this event. Please look for information coming soon. Again, space will be extremely limited and all adults will need to have done the TSD background check to be an approved volunteer. Please plan ahead.

Have you been wondering why we have College T-shirt days every month?

Have you heard we do college trivia every day focusing on a different school each month?

Here’s why!

Sarah Milner Elementary School, Walt Clark Middle School, and Thompson Valley High School all participate in the AVID program. AVID, which stands for Advancement Via Individual Determination, is a nonprofit college-readiness program designed to help students develop the skills they need to be successful in college. The program places special emphasis on growing writing, critical thinking, teamwork, organization and reading skills. AVID Elementary is a foundational component of the AVID College Readiness System that supports AVID’s mission and vision. As a school wide approach AVID Elementary focuses on embedding researched based instructional best practices in the areas of instruction, culture, leadership, and systems. AVID Elementary schools work with the teachers, staff, families, and students to build a college and career going culture that increases student success in all content areas.
Complete List of 19-20 Spirit Days

January 17        College T-shirt Day
January 31        Dress Like You’re 100 Day
February 14       College T-shirt Day
February 21       Dress like your favorite book character Day
March 13          College T-shirt Day
March 27          Crazy Hair Day
April 10          College T-shirt Day
April 24          Books and Blankets Day
May 12            College T-shirt Day

Online registration for fall 2020 has started.

What does Open Enrollment mean?

If you want your child to go to a school other than their attendance area school of their PRIMARY household, you need to complete an online Open Enrollment form. This is completely separate from school registration.

PLEASE NOTE: Your SMES student will automatically roll over to the next school year. You do NOT need to do an Open Enrollment form to stay at Sarah Milner.

PLEASE NOTE: Current fifth grade students will automatically roll over to their ATTENDANCE AREA middle school. (It may not be Walt Clark Middle School.) If you want to go to a middle school other than what your primary home address dictates, you will need to fill out an online Open Enrollment form at www.thompsonschools.org. Contact the school you want your child to go to. If you don’t know your middle school, check online at the district website or call the school office.
5210+ Challenge

Students will receive a yellow Student Tracking Log and blue Family Tracking Log for the month of February. Take the Challenge! There is a healthy challenge to complete each day. Students who return their logs by Wednesday, March 4th have a chance to win prizes.

5 = Eat 5 servings of fruit and vegetables
2 = 2 hours or less of screen time
1 = 1 hour or more of physical activity
0 = 0 sugary drinks
+ = 9 or more hours of sleep

PLEASE note the importance of sleep on your child’s health!

From John Hopkins:

Sleep is an essential part of everyone’s routine and an indispensable part of a healthy lifestyle. Studies have shown that kids who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health. Not getting enough sleep can lead to high blood pressure, obesity and even depression.

What is the recommended amount of sleep a child should get? It varies based on age. The American Academy of Pediatrics recommends:

Infants under 1 year: 12-16 hours
Children 1-2 years old: 11-14 hours
Children 3-5 years old: 10-13 hours
Children 6-12 years old: 9-12 hours
Teenagers 13-18 years old: 8-10 hours

Information found at: https://www.hopkinsallchildrens.org/ACH-News/General-News/The-importance-of-sleep-for-kids

CSU SUMMER 2020
K-12 PROGRAMS
EXPLORE. The arts.
Academic and sport summer programs for kindergarten through high school.
COLORADO STATE UNIVERSITY
ATTENDANCE: Please call 613-6790

If your child is going to be absent from school, please call the attendance line at 970-613-6790. You will receive an automated phone call at 8:40am if your child was marked absent.

Requirement for Volunteering/Chaperoning at Sarah Milner

If you would like to volunteer at school or chaperone a field trip, you MUST complete the online volunteer registration found at www.thompsonschools.org > Community > Get Involved > Volunteer

If the temperature is above 15 degrees, we will be OUTSIDE. Please dress appropriately.

NON-DISCRIMINATION STATEMENT FOR THE THOMPSON SCHOOL DISTRICT

Thompson School District is an equal opportunity educational institution and will not discriminate on the basis of religion, veteran status, marital status, race, color, national origin, gender, sex, sexual orientation, age, or disability in its activities, programs or employment practices. The prohibition against sexual harassment includes a prohibition against harassment based on religion, race, color, natural origin, age, sex, disability, sexual orientation, veteran status or marital status. For information regarding civil rights or grievance procedures, contact the Executive Director of Human Resources, 800 S. Taft, Loveland, CO 80537 (physical address) or 2890 N. Monroe, Loveland, CO 80538 (mailing address), (970) 613-5000 or the Office of Civil Rights, U.S. Department of Education, Region VIII, Federal Office Building, 1244 North Speer Blvd, Suite 310, Denver, CO 80204 (303) 844-5695.