### MARK YOUR CALENDAR:

- **Spring Break**: April 4-9, 2016
- **Policy Council Meeting**: April 11, 2016 5:00 PM
- **EC Family Literacy Fair**: April 14th 5-6:30 PM at Conrad Ball Middle School
- **No School**: Monday, April 18th for Teacher PD day & Children’s Day!

### PRINCIPAL’S NEWS:

Dear Parents,

I hope that you have a wonderful Spring Break with your child to do and experience a lot of great things! I was reading about through a journal and came across some great reminders about things we can do to help support literacy. If you find you and your child with some time, here are some ideas that were shared in the article:

- **Read Together Every Day**
  
  Read to your child every day. Make this a warm and loving time when the two of you can cuddle close together. Bedtime is an especially great time for reading together.

- **Give everything a name.**
  
  You can build comprehension skills early, even with the littlest child. Play games that involve naming or pointing to objects. Say things like, "Where's your nose?" and then, "Where's Mommy's nose?" Or point things out and ask, "What's this?" This is a terrific way to build your child’s vocabulary

- **Say how much you enjoy reading together.**
  
  Tell your child how much you enjoy reading with him or her. Look forward to this time you spend together. Talk about "story time" as the favorite part of your day.

- **Read with fun in your voice.**
  
  Read to your child with humor and expression. Use different voices for different characters. Ham it up!
• **Know when to stop.**
  If your child loses interest or has trouble paying attention, just put the book away for a while. Don’t continue reading if your child is not enjoying it.

• **Be interactive.**
  Engage your child so he or she will actively listen to a story. Discuss what’s happening, point out things on the page, and answer your child's questions. Ask questions of your own and listen to your child's responses.

• **Read it again and again and again.**
  Your child will probably want to hear a favorite story over and over. Go ahead and read the same book for the 100th time! Research suggests that repeated readings help children develop language skills.

• **Talk about writing, too.**
  Draw your child's attention to the way writing works. When looking at a book together, point out how we read from left to right and how words are separated by spaces.

• **Point out print everywhere.**
  Talk about the written words you see in the world around you and respond with interest to your child's questions about words. Ask him or her to find a new word every time you go on an outing.

**Early Childhood for 2016-2017.** We are currently accepting applications for our Early Childhood Programs for the 2015-2016 school year. If you know someone who has a child ready for preschool, send them our way! For further information visit our Thompson Integrated Early Childhood web page or call 613-5052 or 613-5761.

**Literacy Night.** I hope that you can join us on our Literacy Night at Conrad Ball Middle School on April 14th! It will be a fun night with great activities for your child and your family!

Have a safe and fun Spring Break!

Sincerely,
Lamb Caro

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Don’t forget about CHILDREN’S DAY!!!
**WHEN:** April 18th 1-4 pm
**WHERE:** Civic Center, Loveland Library, Foote Lagoon, Chilson Center
**WHAT:** Kid's activities, community vehicles, food trucks and more!
Spring can be a great time to get outside, visit the park, take a walk, or go on a bike ride. However, springtime in the Rockies can also mean rain, snow, wind and cold temperatures. For those days when your family is cooped up inside, it is good to have a “Boogie Bag” on hand to get the wiggles out. Put on some music and dance with scarves or ribbons. Jump over the river, made with painter’s tape. Here are some ideas for you to create your own Boogie Bag:

- Scarves
- Favorite music CDs or Ipod
- Blue painter’s tape
- Rolled up socks (to use as bean bags)
- Yarn (to make a maze/web)
- Bubbles
- Number spinner
- Crepe paper streamers
- Balloons
- Flashlight
- Sidewalk chalk
- Nerf ball
- Large dice (dollar store or made from a cardboard box)
- Paper plates
- Cotton balls
- Pom-poms
- Jump rope
- Laminated shapes

Some things that won’t fit in the bag!
- Hula hoops
- Boxes
- Laundry baskets (basketball)
- Beach ball

I’d love to hear your ideas for a Boogie Bag – julie.lindsay@thompsonschools.org
MENTAL HEALTH CORNER:

Did you know that a child’s social and emotional development is critical to their success in school? Here are some things you should know:

⇒ Children with strong social and behavior skills are more likely to succeed in academics. This is true for all children regardless of their cognitive ability or family background. (Raver & Knitzer, 2002).

⇒ “Young children cannot learn to read if they have problems that distract them from educational activities, problems following directions, problems getting along with others and controlling negative emotions, and problems that interfere with relationships with peers, teachers, and parents.
“Learning is a social process” (Zins et al., 2004).”

Social skills that have been identified as essential for academic success include:

😊 getting along with others (parents, teachers, and peers),
😊 following directions,
😊 identifying and regulating one’s emotions and behavior,
😊 thinking of appropriate solutions to conflict,
😊 persisting on task,

Taken from: www.challengingbehavior.org
Mary Bowman, Mental Health Coordinator

Bike Safety

It’s a beautiful day — the sun is shining, the birds are chirping. What could be more perfect than a bike ride? But wait! Before you pull your bike out of the garage, let’s find out how to stay safe on two wheels.

Why Is Bicycle Safety So Important?

Bike riding is a lot of fun, but accidents happen. The safest way to use your bike is for transportation, not play. Every year, about 300,000 kids go to the emergency department because of bike injuries, and at least 10,000 kids have injuries that require a few days in the hospital. Some of these injuries are so serious that children die, usually from head injuries.

A head injury can mean brain injury. That’s why it’s so important to wear your bike helmet. Wearing one doesn’t mean you can be reckless, but a helmet will provide some protection for your face, head, and brain in case you fall down.

A Helmet How-To

Bike helmets are so important that the U.S. government has created safety standards for them. Your helmet should have a sticker that says it meets standards set by the Consumer Product Safety Commission (CPSC). If your helmet doesn’t have a CPSC sticker, ask your mom or dad to get you one that does. Wear a bike helmet EVERY TIME YOU RIDE, even if you are going for a short ride.

Your bike helmet should fit you properly. You don’t want it too small or too big. Never wear a hat under your bike helmet. If you’re unsure if your helmet fits you well, ask someone at a bike store.

www.KidsHealth.org
The most-visited site devoted to children’s health and development
Peanut Butter Banana Chocolate Chip Cookies

Prep time: 1 hour, 30 minutes

What you need:
- 2 cups uncooked regular oats
- ½ cup chocolate chips
- 1 cup chopped walnuts
- ½ cup creamy peanut butter
- ½ teaspoon salt
- 1½ cups mashed banana
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract

What to do:
1. Preheat oven to 350°F (176°C).
2. Combine the first 5 ingredients in a large bowl and stir well.
3. In a separate bowl, combine the banana, oil, and vanilla and stir well.
4. Add the banana mixture to dry ingredients, stirring as you add.
5. Let the mixture sit for 15 minutes.
6. Place rounded tablespoon-size scoops of dough onto ungreased baking sheet.
7. Bake for 15 minutes or until lightly golden.
8. Transfer the cookies to wire racks. Cool completely before serving.

Makes: About a dozen cookies.

Nutrition Facts: Serving size: 1 cookie; Calories 120; Calories from Fat 80; Total Fat 9 g; Cholesterol 0 mg; Sodium 55 mg; Carbohydrates 10 g; Dietary Fiber 2 g; Sugars 4 g; Protein 3 g

Reviewed by: Rupal Christine Gupta, MD
Date reviewed: June 2015

Join us for our “Very Hungry Caterpillar” Fun with Reading Night!

Thursday, April 14th

FREE DINNER and fun activities.

5:00-6:30 PM

Conrad Ball Middle School

2660 N. Monroe Ave.