Dear Families –

I hope that you had a wonderful Spring Break with your child! We hope you had the opportunity to experience some of the great things that Northern Colorado has to offer.

**Head Start Federal Review.** This year, Head Start visited our program. The focus of the visit was to learn about our program through classroom visitations, data talks, and interviews with teachers and staff. They looked at multiple components of our program, such as education and child development services, family and community engagement services, and fiscal infrastructure. We were able to share some of the great things that we do in our program daily and look forward to sharing Head Start’s insights into our program.

**Literacy Night.** I hope that you will be able to attend our Literacy Night at Conrad Ball Middle School on Thursday, April 12th, 2018. We’ll have a lot of great activities for you and your family to participate in! Food and drink will be provided. (See the flyer on page 8 of this newsletter for more information.)

**Early Childhood Applications for 2018-2019.** We are currently accepting applications for our Early Childhood Programs for the 2018-2019 school year.
year. If you and/or someone you know has a child ready for preschool, send them our way!

“I am going to pay attention to the spring.
I am going to look around at all the hectic trees.
I am going to close my eyes and listen.”

-Ann Lamott

Happy Spring,
Lamb Caro
Early Childhood Administrator

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

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.

RETURNING PRESCHOOL STUDENTS – Watch for a re-enrollment packet to come home from your child’s teacher.

Healthy Kids Club 2018 Healthy Kids Run Series & Fit Teen Run Series

Registration is now open for the upcoming run series! We would love to see many Thompson School District families participate. The full list of runs and additional details can be found on the Healthy Kids Club Run Series website.

This year, we’re trying a stream-lined online registration process and encourage families to register by April 15th (the earlier, the better!).

Please use the following links to register:
Healthy Kids Run Series (ages 5–12)
Fit.teen Run Series (ages 13–18)

New this year - adults can join in on the fun! You can register up to 2 adults for the Healthy Kids Run Series and each adult will receive a punch card and can earn a Run Series t-shirt for completing three or more runs with your kids.

Once registered, participants will receive a confirmation e-mail (please check your Junk or Spam folder) that you should keep for your records. We will communicate throughout the spring and summer via e-mail and Healthy Kids Club’s Facebook page (@healthykidsclub) with details about each race in our series.

If you have any questions, contact Kris Ayers at kris.ayers@uchealth.org.
Bicycle 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.

Once you have the right helmet, you need to wear it the right way so it will protect you. It should be worn level and cover your forehead. Don’t tip it back so your forehead is showing. The straps should always be fastened. If the straps are flying, it’s likely to fall off your head when you need it most. Make sure the straps are adjusted so they're snug enough that you can’t pull or twist the helmet around on your head.

Take care of your bike helmet and don’t throw it around. That could damage the helmet and it won’t protect you as well when you really need it.

Super Strawberry Bars

Prep time: 45 minutes

What you need:
1 c. flour
1 c. rolled oats
1/2 c. butter or margarine, softened
1/3 c. light brown sugar
1/4 tsp. baking powder
1/8 tsp. salt
3/4 c. strawberry jam

What to do:
- Preheat oven to 350°.
- In a large bowl, mix everything together except the strawberry jam.
- Measure out 2 cups of this mixture. Leave the rest in the bowl, and set it aside.
- Take the 2 cups of the mixture and press it into the bottom of the pan. You can use your hands or a spoon. Make sure you cover the entire bottom of the pan!
- Using a large spoon, spread the strawberry jam on top of the mixture in the pan. Spread it evenly all over.
- Take the mixture that was left in the bowl, and spread it over the strawberry jam. Press it down lightly.
- Bake for 25 minutes. Remove the pan from the oven, and allow it to cool for at least 15 minutes.
- Cut the bars into 12 squares to eat and share!

Nutritional analysis (per serving):
- 211 calories
- 2g protein
- 9g fat
- 32g carbohydrate
- 1g fiber
- 22mg cholesterol
- 126mg sodium

Serves: 12
Serving size: 1 square

Note: Nutritional analysis may vary depending on ingredient brands used.

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need it. If you do fall down and put your helmet to the test, be sure to get a new one. They don't work as well after a major crash.

Many bike helmets today are lightweight and come in cool colors. If you don't love yours as it is, personalize it with some of your favorite stickers. Reflective stickers are a great choice because they look cool and make you more visible to people driving cars.

**Helmet On, Now What?**

Riding a bike that is the right size for you also helps keeps you safe.

- When you are on your bicycle, stand straddling the top bar of your bike so that both feet are flat on the ground.
- There should be 1 to 3 inches (2.5 to 7.6 centimeters) of space between you and the top bar.

Here's a safety checklist your mom or dad can help you do:

- Make sure your seat, handlebars, and wheels fit tightly.
- Check and oil your chain regularly.
- Check your brakes to be sure they work well and aren't sticking.
- Check your tires to make sure they have enough air and the right amount of tire pressure.

**Be Seen, Be Safe!**

Wearing bright clothes and putting reflectors on your bike also can help you stay safe. It helps other people on the road see you. And if they see you, that means they're less likely to run into you. Daytime riding is the safest so try to avoid riding your bike at dusk and later.

You'll also want to make sure that nothing will get caught in your bike chain, such as loose pant legs, backpack straps, or shoelaces. Wear the right shoes — sneakers — when you bike. Sandals, flip-flops, shoes with heels, and cleats won't help you grip the pedals. And never go riding barefoot! Riding gloves may help you grip the handlebars — and make you look like a professional!

But avoid wearing headphones because the music can distract you from noises around you, such as a car blowing its horn so you can get out of the way.

**Where to Ride**

You need to check with your mom and dad about where you're allowed to ride your bike. You need to know how far you're allowed to go and whether you should ride on the sidewalk or in the street. Kids younger than 10 years should ride on the sidewalk and avoid the street.

No matter where you ride, you need to keep an eye out for cars and trucks. Even if you're just riding on sidewalk, a car may pull out of its driveway into the path of your bike. If you're crossing a busy road, it's best to walk your bike across the street.

A bike path free of cars is a great choice if there's one in your area. Just remember to share the path with the other riders, walkers, and strollers who also might be using it! And if you're going on a long ride, bring some water along with you.

Keep an eye on the road ahead so you can be prepared for big hills and road obstacles. Some common ones that can cause falls include:
• wet leaves
• big puddles
• changes in the road or sidewalk surface
• storm grates
• gravel or rocks
• curbs
• little kids in your way!

Road Rules

If you're allowed to ride on the street, follow these road rules:
• Always ride with your hands on the handlebars.
• Always stop and check for traffic in both directions when leaving your driveway, an alley, or a curb.
• Cross at intersections. When you pull out between parked cars, drivers can't see you coming.
• Walk your bike across busy intersections using the crosswalk and following traffic signals.
• Ride on the right-hand side of the street, so you travel in the same direction as cars do. **Never** ride against traffic.
• Use bike lanes or designated bike routes wherever you can.
• Don't ride too close to parked cars. Doors can open suddenly.
• Stop at all stop signs and obey traffic (red) lights just as cars do.
• Ride single-file on the street with friends.
• When passing other bikers or people on the street, always pass to their left side, and call out "On your left!" so they know that you are coming.

Hand Signals

It will also help to learn some hand signals. These are like turn signals and brake lights for bikers. It helps cars and trucks know what you will do next, so they don't run into you.

![Hand Signals images]

- **Left turn**
- **Stop**
- **Right turn**
- **Right turn (also)**

Now that you've learned those hand signals, we'd like to give you a big thumbs-up for finding out more about bike safety!

Reviewed by: Steven Dowshen, MD
Date reviewed: February 2014

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Christiana Shorten
Health Coordinator
970-613-5063
Tips for Families: Why is it important to keep your home smoke-free?

Children should be in places that are smoke-free, all of the time. Cigarette smoke and e-cigarette smoke contain chemicals, including some that can cause cancer. Smoke can increase the risk of asthma, respiratory infections, cancer and heart disease of all who are exposed to it.

Second-hand and third-hand smoke are triggers for asthma, but you can avoid them. Second-hand smoke is the smoke in the air created by burning of tobacco products. It also includes the smoke exhaled by the smoker. It is the smoke that people breathe in from cigarettes, e-cigarettes or vapes, pipes, and cigars. It contains more than 7,000 chemicals including hundreds that are toxic and 70 of those cause cancer. Second-hand smoke can also cause infections. **Because children are smaller and still growing, second-hand smoke is even more dangerous for them than it is for adults.

Multiunit apartments, public places, vehicles and work sites can all be areas where second-hand smoke is a problem. For example, if an apartment building has 5 units and only one unit has a smoker in it, then the whole building is affected. Smoke can infiltrate through the walls, windows, halls and stairwells throughout the entire building.

What are E-cigarettes or Vapes?

E-cigarettes produce vapor-containing flavored liquids and nicotine. The vapor is harmful and can damage children’s growing lungs. What Is Third-hand Smoke? Third-hand smoke is smoke that stays on surfaces and fabric even after someone finishes smoking.

Things You Can Do to Help Your Child

• The most important thing you can do to help a child with asthma is to have a smoke-free home. Quit smoking if you are not already a nonsmoker.
• Second-hand smoke is never safe. Make your home and vehicle smoke free places.
• Third-hand smoke is never safe. Chemicals from tobacco smoke (third-hand smoke) may stay in the air and on your clothes for days or weeks after a cigarette is put out.
• Only go to restaurants and other public places that are smoke free.

Social Emotional Resources...

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](http://www.challengingbehavior.org)

Mary Bowman
Mental Health/Autism Coordinator
970-613-6179

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**English Language Development...**

**Developing language at ages 3 and 4**

In preschool, children are increasingly learning the power of the written word. Help your child develop as a reader and writer by playing with words and letters, reading together, playing “make believe”, and having conversations about topics that interest him/her. Daily experiences give preschoolers opportunities to learn more about the way things work in the world and how he/she fits in. Use simple, everyday tasks as opportunities to expose your child to new information and experiences. All of this can be done in whatever language is most commonly used in the home.

Here are a few ways to get your child ready to read and write:

- Draw and write alongside your child
- Join your child in pretend play
- Point to words as you read aloud
- Repeat your child’s words the right way (Instead of correcting errors, simply model the proper way to say something)
- Make up rhymes as you go about your day together


Erin Ridge
English Language Development
970-613-6084
Mr. Panda Literacy Night!

Please join us for an evening of food, fun and games!

When: April 12, 2018
4:30-6:00pm

What: Literacy Games, Free Pizza and Prizes

Where: Con Ball Middle School
2660 N. Monroe Ave

Each student will receive a free book!

Please Mr. Panda
Thank You Mr. Panda
I’ll Wait Mr. Panda

Steve Antony

This event is sponsored by Philo, Read Aloud Loveland and the Early Childhood Council of Larimer County.
Preschool Field Day
Friday, April 27, 2018
10:00 am – Noon
Centennial Park
977 W. 1st Street (Taft and 1st)

Bring a blanket to sit on, sunscreen and a water bottle and join us for Thompson Integrated Early Childhood Field Day! We will be celebrating “Every Kid Healthy Week”. All children who attend must be supervised by the adult who brings them, as we will have limited staff at this event. Also, for the safety of all participants, please leave pets at home.

Volunteer Appreciation Week
April 16 – 20

We would like to extend a big thank you to all of our volunteers who help us every day in our classrooms. Volunteer Appreciation Week is April 16 – 20th. Depending on the center, we will celebrate our volunteers that week, either at specific centers or with the elementary school. For more information, you may ask your child’s teacher, or contact Julie Lindsay at 970-613-5053.

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