



Serving the Students, Staff and Parents of the Laredo School Community

# The LAREDO Letter

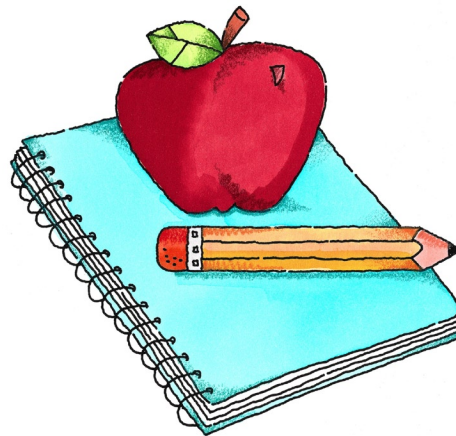
Imagination Makers comes to Laredo Elementary >NEWS PG 7



## Message from the Principal

At back to school night, I shared with Laredo families a vision of “opportunity” and “excellence” for the students of Laredo Health Sciences School. The support and dedication that Laredo teachers, families, and school volunteers have demonstrated at the beginning of this school year is definitely aligned to this vision. I am excited to have the opportunity to come to school here each day and join in the work of providing high quality instructional opportunities to our students. Unfortunately, our scheduled Saturday field trip to a University of Colorado football game for 5th graders and their parents was cancelled. However, we do hope to reschedule and make this an annual event. On the front of our building we have the message that Laredo is “The Gateway to College.” We want all students to know the power in education. I look forward to and enjoy taking every opportunity to meet with Laredo parents and talk about what you envision for your child’s future. Together, there is no limit to what we can accomplish.

Thank you,  
Drew Hoelscher  
Principal  
Laredo Health and  
Sciences School



### School Information

#### Laredo Elementary School

1350 Laredo Street  
Aurora, CO 80011  
303-366-0314

Drew Hoelscher, Principal  
Terri Fugleberg, Secretary  
Andrea McGowan, Clerk  
Becky Miller, Support Teacher  
Jowanna Thomas, Health Office  
Para-Educator

Website:  
[www.laredo.aurora.k12.co.us](http://www.laredo.aurora.k12.co.us)

### Important DATES



- October 3**  
Boy scouts 2:15 -3:30
- October 4**  
ABC Fundraiser goes home
- October 8**  
Dental Van K & 1 8:00- 2:00
- October 9**  
Walk to School Day
- October 10**  
Boy scouts 2:15 -3:30  
Laredo Highline Neighborhood Association Meeting 6:30 – 9 PM
- October 11**  
No School Teacher Workday
- October 14**  
No School Elementary Professional Release Day
- October 15**  
22 Scholastic Book Fair in the Media Center
- October 17**  
Boy scouts 2:15 -3:30  
Fall Conferences 3:30 – 7:30
- October 18**  
Parent Coffee 8:15 – 9:30
- October 22**  
4th Grade Field Trip Bluff Lake (Miss Miller and Mr. Zola)
- October 23**  
4th Grade Field Trip Bluff Lake (Mrs. Ponce and Miss Chavez Murphy)
- October 24**  
Fall Conferences 3:30 – 730  
4th Grade Field Trip to the Denver Museum of Science  
Boy scouts 2:15 -3:30

### Looking Ahead:

- November 5**  
Picture Retake 8:00 – 1:00
- November 7**  
Boy scouts 2:15 -3:30  
Laredo Highline Neighborhood Association Meeting 7 – 9
- November 8**  
Parent Coffee 8:15 – 9:30
- November 12 – 15**  
Chopper Toppers in the Cafeteria for 2nd grade
- November 14**  
Boy scouts 2:15 -3:30
- November 20**  
First Grade Field Trip Bluff Lake
- November 21**  
First Grade Field Trip Bluff Lake



# Helping Your Child with Homework

Kids are more successful in school when parents take an active interest in their homework — it shows kids that what they do is important. Of course, helping with homework shouldn't mean spending hours hunched over a desk. Parents can be supportive by demonstrating study and organization skills, explaining a tricky problem, or just encouraging kids to take a break. And who knows? Parents might even learn a thing or two!

Here are some tips to guide the way:

## **Help your child get organized Set up a homework-friendly area.**

Make sure kids have a well-lit place to complete homework.

Help your child pick out a special homework notebook or folder, and make sure your child has homework supplies, such as:

- pencils
- pens
- writing paper
- a dictionary

## **Schedule a regular study time.**

Some kids work best in the afternoon, following a snack and play period; others may prefer to wait until after dinner.

## **Show your child that you think homework is important**

Ask your child about her homework each day, and check to see that it is completed. Tell your child that you are proud of the work she is doing.

## **Keep distractions to a minimum.**

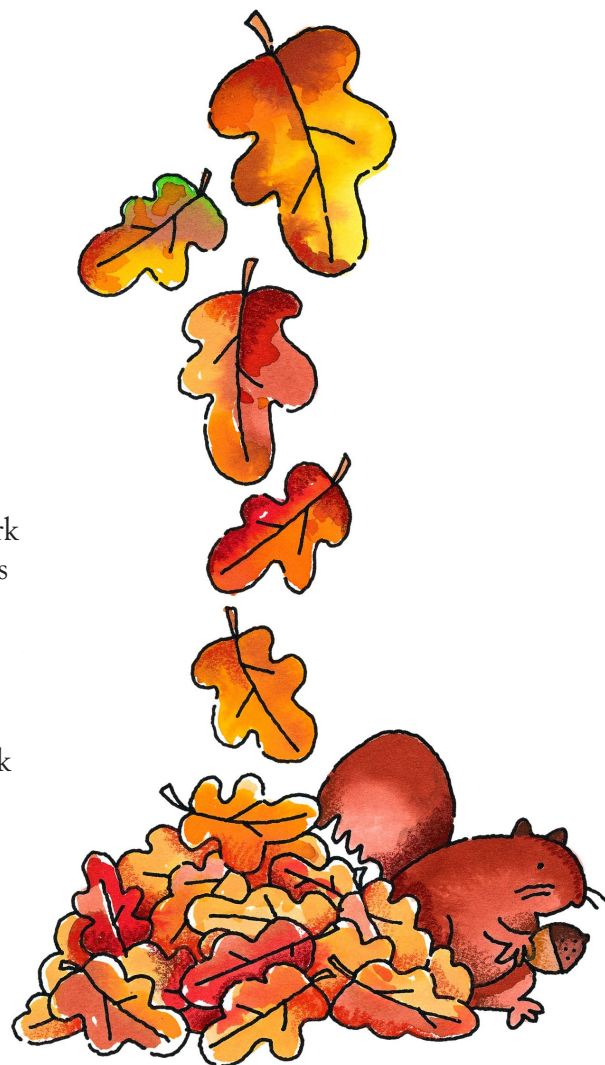
This means no TV, loud music, or phone calls. (Occasionally, though, a phone call to a classmate about an assignment can be helpful.)

## **Help your child without doing the homework**

It's important to answer questions if you can — but remember that homework is supposed to help children learn and that doing your child's homework does not help in the long run.

## **Talk with your child's teacher**

Find out what the teacher's homework rules are. If your child has a problem completing or understanding homework, call or e-mail the teacher to talk about the issue.



## CALLING ALL VOLUNTEERS

Laredo Elementary has many ways for parents to volunteer. We appreciate any and all help. Below are areas that we need help with in a regular basis. Some are daily, weekly and monthly. Put an X in the area you would like to help with. I will contact you. Please return to your child's teacher.

Mayra Duran  
Family Liaison

\_\_\_ **In the Cafeteria** (lunch time) 10:50 a.m. to 12:05 p.m. You can pick a 30 minute shift.

\_\_\_ **On the Playground** (daily) 11:10 a.m. - 12:30 p.m. You can pick a 30 minute shift.

\_\_\_ **Classroom Support Work** in the classroom with small groups of students or 1 on 1, supporting teacher in various ways.

\_\_\_ **Kindergarten Support Work** in the classroom with a small group, help with materials, library day, support on the playground (daily). Any other help the teacher needs.

\_\_\_ **PAC-Parent Accountability Committee** Join the principal and other parents monthly as we share ideas, celebrations and next steps on how to better improve our school.

\_\_\_ **PTO Parent Support Committee** Every month parents join together to come up with ways to raise funds to help support Laredo students and staff.

\_\_\_ **Totes for Hope** we provide food bags to families who need them. The warehouse is open Wednesday and Thursday from 4:30 - 7:30 p.m. someone picks them up and brings them to Laredo the following morning.

\_\_\_ **Book Fair** in October and May Ms. DeWild will need help.

\_\_\_ **Materials** take home or do in the Liaison's office

\_\_\_ **Other** \_\_\_\_\_

Parent's Name \_\_\_\_\_ Telephone \_\_\_\_\_

Student's Name \_\_\_\_\_ Teacher \_\_\_\_\_ Grade \_\_\_\_\_



## Come to Laredo Walking Club!



**What:** Walking club begins this Monday, August 19, 2013.

**When:** Every morning at 7:45am until time to line-up.

**Where:** On the Flat 14'er route in the back of our school.

**Why:** It is fun and also good for your brain and body to exercise! Everyone should get 60 minutes or more of heart pumping exercise every day.

**Who:** You! Your family can come and join us, and our Laredo staff.

## From the Music Room – Reminder of Club and Choir Dates

**Laredo Lion Choir** *This group will sing world music and holiday music.*

- 3-5th Graders. Limited to 45 members
- Thursdays 2:30-3:15
- September 5, 19, 26; October 3, 10, 17, 24\*; November 7, 14, 21

**Laredo Primary Choir** *This group will sing, sing, sing!*

- 1-2nd Graders. Limited to 30 members
- Mondays 2:30-3:15
- September 9, 16, 23, 30; October 7, 14, 21; November 4, 11, 18, 25

**Recorder/Xylophone Club** *This group will play instrumental songs, and focus on technique, teamwork and improvisation. Students may bring their own recorder, but it is not required.*

- 4th and 5th Graders. Limited to 16 members
- Fridays 2:30-3:15
- September 6, 13, 27; October 4, 18, 25; November 8, 15, 22

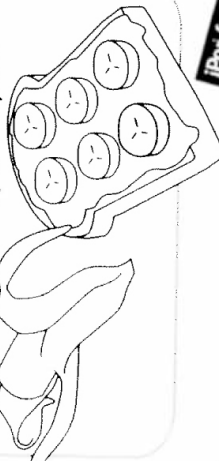
# iPara Jugar Con Energía... Desayuna Cada Día!

El desayuno es una de mis  
comidas favoritas. Me da energías.  
Si estoy apurado, tomo un licuado o  
como sobras de la cena.



## iUna Idea Poderosa!

Come un sandwich de banana y  
mantequilla de cacahuete  
(mani) para un desayuno rápido.



## Licudo de frutas

Oye, ¿qué te parece un licuado  
fácil de hacer para el desayuno  
o para cualquier momento?

- 1/2 taza de fruta cortada  
(bananas, fresas,  
manzanas, etc.)
- 1/2 taza de Yogur  
descremado
- 1/2 taza de leche  
descremada y hielo a gusto

Sirve 2 porciones.

MMMM

El desayuno es una buena  
forma de comenzar tu día!

Para  
reír!

¿Qué le  
ocurre a un huevo si  
le dices un chiste?

## Ensolado de Letras de Power Panther

Ordena las letras para formar  
nombres de alimentos.

Escribe una letra en cada casilla.

AISWCDHN

□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---

EUENSC

□	□	□	□	○	○
---	---	---	---	---	---

RTAFSU

□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---

RYGUO

□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---

UNAEQQUPE

□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---

USEOQ

□	□	□	□	□	□	□	□
---	---	---	---	---	---	---	---

Es tiempo de resolver la palabra oculta. Usa las  
letras de los círculos de cada palabra debajo y  
descubre la palabra oculta.

○	○	○	○	○	○	○	○
---	---	---	---	---	---	---	---

Ajusta bien la tapa y  
mezcla los ingredientes

iPor favor,  
consulta  
con un  
adulto  
antes de  
usar la  
licuadora!

Pon todo en la licuadora...

El desayuno es una buena  
forma de comenzar tu día!

Para  
reír!

¿Qué le  
ocurre a un huevo si  
le dices un chiste?

# Power Up With Breakfast

## Fruit Shake

Hey, how about a cool easy-to-make shake for breakfast or anytime!

1/2 cup cut-up fruit (bananas, strawberries, apples, etc.)  
1/2 cup nonfat yogurt  
1/2 cup nonfat milk  
1/2 cup ice

Toss ingredients in a blender...

Please, check with an adult before using the blender!

Put the lid on tight, and give it a whirl!

Serves 2.

MM MM M M M M

Breakfast is a really great way to start your day!

Breakfast is one of my favorite meals. It gets me going. If I'm in a hurry, I grab a breakfast shake or eat leftovers from dinner.

## POWER POINTS

Eat a peanut butter and banana sandwich for a quick breakfast.

## FUNNIES

What happens when you tell an egg a joke?

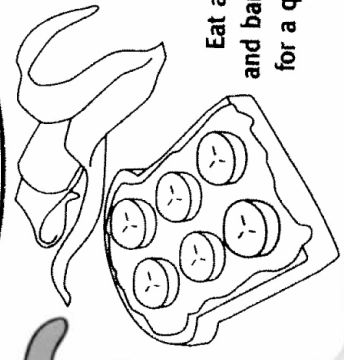
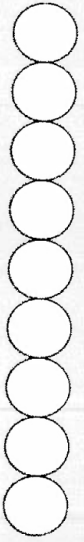


## Power Panther Word Jumble

Unscramble the letters to come up with breakfast foods. Write only one letter to a space.

ALBGE	□	□	□	□
RELACE	□	□	□	□
KHESA	□	□	□	□
TIFRU	□	□	□	□
OSTAT	□	□	□	□

It's time to solve the jumble phrase. Use the letters in the circles in each word to fill the circles below and discover the jumble phrase.



Power Panther says... Eat Smart. Play Hard.

## Imagination Makers comes to Laredo Elementary

### Two performances on October 25<sup>th</sup>

Has your child ever asked you what the purpose of mosquitoes is? One child asked that question in the poem she wrote for the play “Poetrees and Other Verses From Nature” that will soon be performed at our school by Imagination Makers Theater Company. We know exposing your child to cultural events can be expensive, so thanks to funds from **our school** and a grant from the **Arapahoe County Scientific and Cultural Facilities District (SCFD) and the Bowen Family Performing Arts Fund of the Denver Foundation**, this professional theater company is performing at our school at no cost to parents!

Penned by child authors from various cultural backgrounds, this unique musical play dramatizes 26 poems and songs that use imagery from trees and nature to describe what children encounter in the outdoors and in their lives. Your child will likely come home singing “I am a blizzard” or “We are the black masked raccoons.” “Poetrees and Other Verses From Nature” will be performed by three professional actors and one musician and is sure to ignite your child’s love of nature and inspire them to write about their own experiences. You are warmly invited to join us for this performance and watch along with your children as this beautiful “garden of poems” blossoms right here at school.

¿Le ha preguntado alguna vez su hijo (a) cual es la razón porque existen los mosquitos? Una Niña hace esta misma pregunta en un poema que ella escribió para la obra, “Poetrees and Other Verses From Nature” (*Árbolpoeta y Otros versos de la Naturaleza*) la cual será presentada en nuestra escuela por La Compañía de Teatro Imagination Makers (*Creadores de la Imaginación*). Exponer a su hijo (a) a eventos culturales puede ser costoso, pero gracias a los recursos de esta escuela y una donación por Arapahoe County Scientific and Cultural Facilities District (SCFD) y Bowen Family Performing Arts Fund of the Denver Foundation, esta Compañía de Teatro presentará esta obra en nuestra escuela ¡sin ningún costo a usted!

Escrita por niños autores de diferentes raíces culturales, esta obra musical dramatiza 26 poemas y canciones que usan las imágenes de los árboles y la naturaleza para describir lo que los niños ven al aire libre y en sus vidas. Su hijo (a) probablemente regresará a casa cantando “I am a blizzard” (*Soy una tormenta*) ó “We are the black masked raccoons” (*Somos los mapaches enmascarados*). La obra “Poetrees and Other Verses from Nature” será presentada por tres actores profesionales y un músico, y estamos seguros que inspirará a todas las audiencias a ver a la naturaleza con un nuevo sentido de maravilla.

# AURORA PUBLIC SCHOOLS ELEMENTARY & K-8 BREAKFAST AND LUNCH MENU SEPTEMBER/OCTOBER 2013



## National School Lunch Week October 14-18, 2013

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30</b> <b>Breakfast</b> Ultimate Breakfast Round "Ultimate Breakfast Round" Assorted Cheese Stick Surtido de palitos de queso  <b>Lunch</b> Chicken or Cheese Quesadilla Quesadilla o quesadilla con pollo Quesadilla de queso	<b>1</b> <b>Breakfast</b> Cereal Cereal Muffin Square or Bread Mollete o pan  <b>Lunch</b> Calzone Empanada "Calzone"	<b>2</b> <b>Breakfast</b> Cheese & Egg Biscuit Sándwich de huevo y queso en un panecillo  <b>Lunch</b> Hamburger Hamburguesa	<b>3</b> <b>Breakfast</b> Pancakes Panqueques  <b>Lunch</b> BBQ Chicken Pollo con salsa dulce, al estilo barbacoa	<b>4</b> <b>Breakfast</b> Granola & Yogurt Yogur con granola  <b>Lunch</b> Fish Tacos Tacos de Pescado
<b>7</b> <b>Breakfast</b> French Toast Pan tostado al estilo francés  <b>Lunch</b> Orange Chicken Pollo con naranja	<b>8</b> <b>Breakfast</b> Bagel & Cream Cheese Pan tipo "bagel", con queso crema  <b>Lunch</b> Pig in Blanket "Pig in a Blanket"	<b>9</b> <b>Breakfast</b> Breakfast Burrito Burrito de desayuno  <b>Lunch</b> Super Nachos Super nachos	<b>10</b> <b>Breakfast</b> Cereal Cereal Muffin or Bread Mollete o pan  <b>Lunch</b> Ravioli w/ Marinara sauce Ravioles con salsa de tomate estilo "marinara"	<b>11</b> No School- Teacher Workday
<b>14</b> <b>NO SCHOOL - ELEMENTARY PROFESSIONAL RELEASE DATE</b>	<b>15</b> <b>Breakfast</b> Cereal Cereal Muffin or Bread Mollete o pan  <b>Lunch</b> Chicken Tenders Trocitos de pollo	<b>16</b> <b>Breakfast</b> Ultimate Breakfast Round "Ultimate Breakfast Round" Assorted Cheese Stick Surtido de palitos de queso  <b>Lunch</b> Ham & Cheese Sándwich de jamon y queso	<b>17</b> <b>Breakfast</b> Scrambled Egg, Bacon & Biscuit Huevos revueltos, tocino y pan Huevos revueltos, y pan tostado  <b>Lunch</b> Herb Chicken Pollo con hierbas	<b>18</b> <b>Breakfast</b> Smoothie Aspen Bar "Breakfast Smoothie" "Aspen Power Bar"  <b>Lunch</b> Enchiladas "Enchiladas"
<b>21</b> <b>Breakfast</b> Granola & Yogurt Yogur con granola  <b>Lunch</b> Grilled Chicken Sandwich, Sándwich de pollo a la parrilla	<b>22</b> <b>Breakfast</b> Breakfast Pizza Pizza de desayuno  <b>Lunch</b> Spaghetti w/Mt Sauce Espaguetis con salsa de carne Palito de pan integral	<b>23</b> <b>Breakfast</b> Cinnamon Puff Assorted Cheese Stick Cinn Puff Surtido de palitos de queso  <b>Lunch</b> Super Nachos Super nachos	<b>24</b> <b>Breakfast</b> Cereal Cereal Muffin Square or Bread Mollete o pan  <b>Lunch</b> Turkey Wrap Tortilla rellena con pavo	<b>25</b> <b>Breakfast</b> Waffles "Waffles"  <b>Lunch</b> Bean and Cheese Burrito Burrito de frijoles y queso
<b>28</b>	<b>29</b>	<b>30</b> Fall Break October 28 - November 1	<b>31</b>	<b>KEY</b> GO! SLOW! WHOA!

Looking for part-time work while your children are in school? If interested in working for Nutrition Services, apply at 1085 Peoria, Aurora or online <http://www.aurorak12.org> (\$10.40/hr)

USDA is an equal opportunity provider and employer USDA es un proveedor y empleador de oportunidades

Daily Breakfast Selections: Milk/Variety: Skim and 1% Variety of fresh fruit or 100% fruit juice A variety of cereal & bread or protein item are offered daily. Daily Lunch Selections: Variety of fresh, canned, & frozen produce  
 Selección diaria de desayunos Variedad de leche: descremada y 1% Variedad de fruta fresca o jugo 100% de fruta Se ofrece una variedad de cereal y pan o elemento con proteína diariamente.  
 Selección diaria de almuerzos: Variedad de productos frescos, en conserva y congelados **\*\*\*MENU MAY CHANGE WITHOUT NOTICE/MENU PUEDE CAMBIAR SIN AVISO PREVIO\*\*\***

\* Contains Pork/Contiene de cerdo