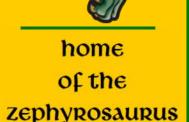
Together We Inspire!

ZACH ELEMENTARY SCHOOL



Zach

Elementary School 3715 Kechter Road Fort Collins, CO 80528

Office Phone 970.488.5100

Attendance Phone 970.488.5105

Fax Number 970.488.5106

Principal Aisha Thomas

Assistant Principal John Berg

PSD Website
Click Here





Dear Zach Families,

I want to wish each of you a happy Friday! Speaking of happy, the staff families dealing with cancer were so happy to receive your generous gifts! Lots of happy tears of gratitude shared!! One of the things I love about Zach is how we stick together through thick and thin. Thank you so much for providing such amazing support to our staff families. If there is piece of wisdom I've learned in the last few years experiencing cancer in my household, it's to hug and kiss on your loved ones every chance you get. Don't take a day for granted.

Let's all take a moment this weekend to let our loved ones know that we treasure them by being present for them. It's a gift that doesn't cost a thing. Cue the J.Lo music, "love don't cost a thing".

Aísha

Today is the last day of the ZEF campaign!

Please support your child's enhanced experience by making your contribution today. You can send cash or a check to school or pay online at www.schoolpay.com
Some parents have had difficulty finding the ZEF contribution item on School Pay. It may be under Hidden Items. Click on the drop-down list in the upper right corner of the page and select Hidden Items. Please reach out to zachpto@gmail.com if you have any questions. Thank you for supporting ZEF!



Click Here to Self-Schedule Your Child's Well Care Visit Today!

Halloween

The Zach Halloween Parade is back! It will be outdoors with identified parent viewing areas. All classes will exit the east doors, go around the north side of the building on the Kechter sidewalk, then come back into the building in the main entrance. Note the map attached. Each teacher will lead their class in the parade. Once students are outside, they can take off their mask. The parade will be friday, October 29 at 2pm.

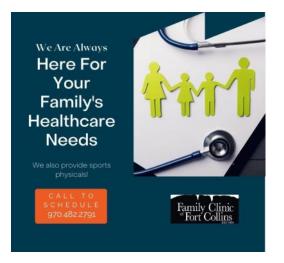
Teachers will schedule class parties but must limit the number of parents/visitors to 5 per homeroom. All snacks provided must be individually wrapped. Specials schedule will be adjusted that day.

Zach Elementary Halloween Parade Route in red

All students exit the east doors, follow route with parents cheering, students enter main entrance



T/office/officeonly/admin/maps/2021-22









Eco-X Comes to 5th Grade

You've heard of the X-Games? 5th Grade is excited to be offering "Eco X" this year! Fifth graders will have an opportunity to experience and explore some of the Eco Week experiences that we all remember pre-Covid!

Students will travel to the YMCA of the Rockies for a full day of outdoor learning in support of their science unit "Energy and Matter in Ecosystems." Students will travel to Estes Park on Friday, October 8, via charter bus, to engage in classes on Fire and Water Ecology, moderate hiking and a beautiful October day in Colorado's spectacular mountains!













Picture Retake Day

Attention Parents and Students:

Studio 5 School Portraits, Inc. has partnered with Zach Elementary School to do Picture Retakes on:

Tuesday, October 19, 2021

Please note:

- Two types of students will participate in Retake Day:
 - a. *Students who were absent for the original picture day.* These students will need to have their picture taken in order to appear in the yearbook. If they choose to order, they may use their original order envelopes, pick up another form the school office or click on the link below. They do not need to purchase anything for their picture to be taken.
 - b. *Students who ordered and were not satisfied with their original picture*. These students need to bring their ENTIRE picture packet to the photographer. The photographer will retake the picture and we will reorder the package that was originally purchased using the retake picture. Please make a note of what you would like changed in the picture (i.e., background color, hair position, etc.)

Helpful hints on looking your best!!

Wear bright and rich colors and be sure your hair is groomed the way you want it.

Click on this link to order:

https://Studio5SchoolPortraitsInc.onlinephotocart.com/prepay/29306011?code=ZESFC2021F



Health Office News

Colorado Immunization Website:

Beginning in the 2021-2022 school year (7/1/2021), the process of submitting a nonmedical exemption has changed. Please go to the Colorado Department of Public Health and Education for more information

https://cdphe.colorado.gov/vaccine-exemptions

➤ All immunization exemptions and proof of immunization information needs to be turned in by November 1st, 2021.

COVID Information

<u>At-Home Symptom Screening for Parents and Staff</u> Return to Learn

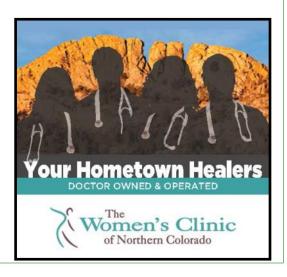
Spirit Day

On Wednesday, October 6, all students and staff should wear their favorite team's jersey to school! It doesn't matter what shirt you wear, just wear it well! College and professional teams' attire are appropriate, as well as elementary, middle school, and high school sports wear. Go, team, go!











CROWTH MINDSET

Growth mindset is the attitude and belief that we can change and learn with effort, perseverance, and practice. A growth mindset builds resiliency and hopefulness in our kids through understanding that mistakes help us learn, and that challenges stretch our brains to help them "grow". When children show perseverance through a challenging assignment, a disagreement with a friend, or experiencing a setback, they grow their resilience, as well as their sense of worth and competency in meeting future challenges. Science shows that this learning creates new and stronger connections within our brain, and that we are capable of change throughout our lives.

How we interact with our children can help them develop a growth mindset! One way to do this is to praise kids' effort and process, not their "smarts" or ability. Here is some feedback to

"You worked hard on that!"

"I'm impressed. You kept at that even when it got difficult." "Are you proud of yourself? That took a lot of effort and you

"That was tough for you. Tell me how you did it."

Try these questions at the dinner table to encourage resiliency and a growth mindset. Have the whole family share, adults too!

"What is a mistake you made today? Great! How can you use that to learn something new?"

"What was a challenge you faced today? That sounds tough. What did you do to work through that?"

More questions to encourage resiliency here: Growth Mindset Questions to Ask at the Dinner Table

SSIM T'40D

More to explore!

Growth Mindset Resources for Families

These resources contain book lists, videos, and an online course for those who would like to explore more about growth mindset

SEL IN THE CLASSROOM

October SEL classroom lessons:

Kinder-5th: Creating a Caring School Community

Kinder: Stop Walk Talk strategy & strategies for calm and focus 1st: Stop Walk Talk strategy & strategies for calm and focus 2nd: Stop Walk Talk strategy & strategies for calm and focus

3rd: SEL student survey & Stop Walk Talk strategy 4th: SEL student survey & Stop Walk Talk strategy 5th: SEL student survey & problem solving skills

We are here for your child's health!

Schedule your school or sport physical today! We have the COVID vaccine for your entire family.



Family Health Centers (303) MYSALUD

1635 BLUE SPRUCE DR | FORT COLLINS, CO

OUR CARE IS DINO-MITE!

MEDICAL = PEDIATRICS = DENTAL = BEHAVIORAL saludclinic.org





Big-Life-Journal-Growth-Mindset

10 GROWTH MINDSET QUESTIONS TO ASK YOUR KIDS AT THE DINNER TABLE

- What did you do today that made you think hard?
- 2. What challenge or problem have you worked on today?
- 3. Can you think of something new you tried today? What was it?
- 4. Was there anything that made you feel stuck today?...
 Great! What other ways might be there to solve this?
- 5. What did you learn today outside of school?
- 6. Can you think of a mistake you made today? ... Great!

 How can you use this mistake to do better next time?
- 7. Is there anything you are struggling with? ... Excellent! What new strategies can you try next?
- 8. Can you think of something you could have done better today?... Great! Who can you seek feedback from to make it better?
- 9. What would you like to become better at?
- 10. Did you do anything today that was easy for you? ...
 How can you make this more challenging for you?

Big Life Journal

Free growth mindset printables at biglifejournal.com



Come enjoy a morning of music and running!

Schedule

7:30am - Late Registration & Packet Pick-Up 8:30am - Reverse Parade & Fun Run 9:00am - 5k Run/Walk!

Registration & Fees

5K Run/Walk: \$25, after 9-16-21 \$30

Reverse Parade/Fun Run (ages 10 and under): \$15, after 9-16-21 \$20

Includes Mustang 5K Tech shirt (register by 9-16-21 to receive shirt by race day)

Register online or through your favorite band student

No Refunds



Location

Kinard Core Knowledge Middle School 3002 E. Trilby Road Ft. Collins, CO 80528

Perk:

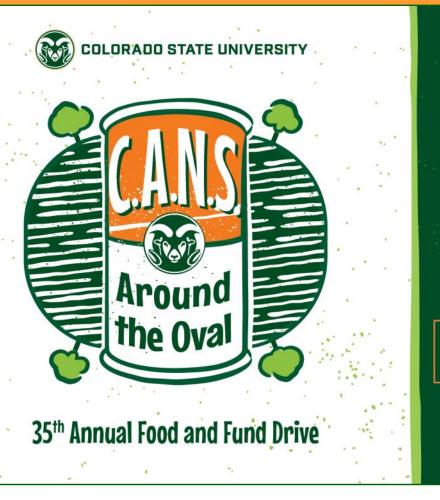
Aid station & live music along the race course!!
Mustang 5K tech shirt guaranteed for all!
Chip timed
Fun and unique prizes for overall winners and by age group

All proceeds benefit the Kinard Middle School Band



To start your team fundraiser for C.A.N.S. Around the Oval, follow this link

Cans Around the Oval



Let's do what we CAN to relieve food insecurity for our fellow Rams and neighbors

KICKOFF SEPT. 17
CAN-STRUCTION OCT. 13
CANS AROUND THE OVAL OCT. 20

CANTRIBUTE
ON-CAMPUS OR VISIT
CANS.COLOSTATE.EDU
TO DONATE & LEARN MORE!







Zach Breakfast Menu

October 2021

Cheese Variety, or Substitute

Assorted Muffins

Assorted Cereal

Milk: fat free, 1%

Assorted Juice

Assortment of Fruit

Zach Elementary

Pancake Sausage Wrap BIC

Assorted Muffins

Assorted Cereal

Milk: fat free, 1%

Assorted Juice

Assortment of Fruit

Breakfast

MONDAY TUESDAY WEDNESDAY **THURSDAY** FRIDAY 1 Pancake Sausage Wrap BIC Assorted Muffins **Assorted Cereal** Assortment of Fruit Milk: fat free, 1% Assorted Juice 4 5 6 7 8 WGR Pumpkin Bread or **Breakfast Round** Whole Grain Cinnamon Cinnamon Toast Crunch Soft Mini Pancakes Seasonal Loaf Bread Assorted Muffins French Toast Filled Bar Cheese Variety, or Substitute Assorted Muffins **Assorted Muffins** Assorted Cereal **Assorted Muffins** Assorted Muffins Assorted Cereal Assortment of Fruit **Assorted Cereal Assorted Cereal Assorted Cereal** Assortment of Fruit Milk: fat free, 1% Assortment of Fruit Assortment of Fruit Assortment of Fruit Milk: fat free, 1% Assorted Juice Milk: fat free, 1% Milk: fat free, 1% Milk: fat free, 1% Assorted Juice Assorted Juice Assorted Juice Assorted Juice 11 12 13 14 15 Mini Cinnamon Rolls Breakfast Sausage Pizza Pancake Sausage Wrap BIC Assorted Muffins Assorted Muffins Assorted Muffins **Assorted Cereal Assorted Cereal Assorted Cereal** Assortment of Fruit Assortment of Fruit Assortment of Fruit School Milk: fat free, 1% Milk: fat free, 1% Milk: fat free, 1% Assorted Juice Assorted Juice Assorted Juice 18 19 20 21 WGR Pumpkin Bread or Whole Grain Cinnamon Breakfast Sausage Pizza **Breakfast Round** Mini Cinnamon Rolls Seasonal Loaf Bread French Toast Assorted Muffins **Assorted Muffins Assorted Muffins Assorted Muffins Assorted Muffins Assorted Cereal Assorted Cereal** Assorted Cereal **Assorted Cereal Assorted Cereal** Assortment of Fruit Milk: fat free, 1% Assorted Juice Assorted Juice Assorted Juice Assorted Juice Assorted Juice 25 26 27 28 29 Mini Pancakes WW Bagel & cream cheese

Breakfast Round

Assorted Muffins

Assorted Cereal

Milk: fat free, 1%

Assorted Juice

Assortment of Fruit

Assorted Muffins

Assorted Cereal

Milk: fat free, 1%

Assorted Juice

Assortment of Fruit

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Cinnamon Toast Crunch Soft .

Filled Bar

Assorted Muffins

Assorted Cereal

Milk: fat free, 1%

Assorted Juice

Assortment of Fruit

Zach Lunch Menu

October 2021

Zach Elementary

Lunch

MONDAY TUESDAY WEDNESDAY **THURSDAY** FRIDAY 1 Pepperoni Pizza Cold Deli Yogurt with Granola PB&J Sandwich with Pretzels or Goldfish Fresh Cherry Tomatoes or Substitute Whole Fruit, or Substitute Fresh Plum or Substitute Milk: fat free, 1% **Assorted Condiments** 5 6 8 Hamburger & Cheeseburger . Mac & Cheese Chicken Patty Sandwich Beef & Bean Burrito Cheese Pizza Cold Deli Yogurt with Granola • Turkey & Cheese Sandwich Turkey & Cheese Sandwich Pb&J Sandwich Chef Salad with Goldfish Cold Deli Yogurt with Granola Pb&J Sandwich Pb&J Sandwich Crackers Pb&J Sandwich Fresh Snap Peas, or Fresh Carrots Pb&J Sandwich Fresh Cherry Tomatoes or Fresh Cucumber Slice or Substitute Whole Fruit, or Substitute Salad with dressing Substitute Substitute Whole Fruit, or Substitute Whole Fruit, or Substitute Applesauce or Fruit Cup or Whole Fruit, or Substitute Whole Fruit, or Substitute Grapes, or Substitute Substitute Fresh Strawberries, or Watermelon or Substitute Fresh Peaches, or Substitute Milk: fat free, 1% Milk: fat free, 1% Substitute Milk: fat free, 1% Milk: fat free, 1% Assorted Condiments Assorted Condiments Milk: fat free, 1% **Assorted Condiments Assorted Condiments Assorted Condiments** 11 12 13 14 15 Chicken Drumstick with Cheese Calzone & Marinara Orange Meatball & Rice Goldfish Ham & Cheese Sandwich Cold Deli Yogurt with Granola Cold Deli Yogurt with Granola . PB&J Sandwich with Pretzels PB&J Sandwich with Pretzels . PB&J Sandwich with Pretzels or Goldfish or Goldfish or Goldfish Bell Peppers, or Substitute Fresh Cucumber Slice or School Fresh Celery Sticks, or Whole Fruit, or Substitute Substitute Substitute Orange Wedges Whole Fruit, or Substitute Whole Fruit, or Substitute Milk: fat free, 1% Fresh Kiwi, or Substitute Fresh Blueberries, or Assorted Condiments Milk: fat free, 1% Substitute **Assorted Condiments** Milk: fat free, 1% **Assorted Condiments** 18 19 20 21

- Chicken Nuggets
- Cold Deli Yogurt with Granola
- Pb&J Sandwich
- Fresh Snap Peas, or Substitute
- Whole Fruit, or Substitute
- Grapes, or Substitute
- Milk: fat free, 1%
- **Assorted Condiments**
- Cheese Ravioli & Goldfish Crackers
- Turkey & Cheese Sandwich
- Pb&J Sandwich
- Fresh Carrots
- Whole Fruit, or Substitute
- Applesauce or Fruit Cup or Substitute
- Milk: fat free, 1%
- Assorted Condiments
- Chicken Patty Sandwich Chicken Caesar Wrap
- Pb&J Sandwich
- Salad with dressing
- Whole Fruit, or Substitute
- Fresh Raspberries or Substitute
- Milk: fat free, 1%
- **Assorted Condiments**
- Beef & Bean Burrito
- Turkey & Cheese Sandwich Pb&J Sandwich
- Fresh Cherry Tomatoes or Substitute
- Whole Fruit, or Substitute
- Watermelon or Substitute Milk: fat free, 1%
- **Assorted Condiments**
- Cheese Pizza
- Cold Deli Yogurt with Granola
- Pb&J Sandwich
- Fresh Cucumber Slice or Substitute
- Whole Fruit, or Substitute Fresh Peaches, or Substitute
- Milk: fat free, 1%
- **Assorted Condiments**

25

- Hamburger & Cheeseburger •
- Cold Deli Yogurt with Granola •
- PB&J Sandwich with Pretzels . or Goldfish
- Fresh Celery Sticks, or Substitute
- Whole Fruit, or Substitute
- Fresh Blackberries or Substitute
- Milk: fat free, 1%
- **Assorted Condiments**

26

- Cheese Calzone & Marinara
- Yogurt Parfait
- PB&J Sandwich with Pretzels . or Goldfish
- Bell Peppers, or Substitute
- · Whole Fruit, or Substitute
- **Orange Wedges** Milk: fat free, 1%
- **Assorted Condiments**

- Orange Chicken & Rice Cold Deli Yogurt with Granola .
- PB&J Sandwich with Pretzels . or Goldfish
- Fresh Cucumber Slice or Substitute
- Whole Fruit, or Substitute
- Fresh Kiwi, or Substitute
- Milk: fat free, 1%
- **Assorted Condiments**

Chicken Burrito

28

- Ham & Cheese Sandwich PB&J Sandwich with Pretzels or Goldfish
- Salad with dressing
- Whole Fruit, or Substitute
- Honeydew Melon or Substitute
- Milk: fat free, 1%
- **Assorted Condiments**

- Pepperoni Pizza
- Cold Deli Yogurt with Granola PB&J Sandwich with Pretzels
- or Goldfish
- Fresh Cherry Tomatoes or Substitute
- Whole Fruit, or Substitute Fresh Plum or Substitute
- Milk: fat free, 1%
- Assorted Condiments

Calendar of Events

October 4th-15th

*Parent Teacher Conferences by appointment

Monday, October 4

2:53pm Hip Hop

Tuesday, October 5

7:20am Gold Choir 4th Grade

2:53pm Spanish 2-3rd Grade

2:53pm Young Rembrandts

Wednesday, October 6

2:53pm STEM K-2

Thursday, October 7

7:20am Gold Choir 5th Grade

2:53pm French

2:53pm Girls in the Spotlight

Friday, October 8

8:00am ECO-X

Monday, October 11

2:53pm Hip Hop

Tuesday, October 12

7:20am Gold Choir 4th Grade

2:53pm Spanish 2-3rd Grade

2:53pm Young Rembrandts

Wednesday, October 13

2:53pm STEM K-2

5:00pm PTO

Thursday, October 14

No School

Friday, October 15

No School

Monday, October 18

2:53pm Hip Hop

Tuesday, October 19

Picture Retakes

7:20am Gold Choir 4th Grade

2:53pm Spanish 2-3rd Grade

2:53pm Young Rembrandts

Wednesday, October 20

2:53pm STEM K-2

Thursday, October 21

7:20am Gold Choir 5th Grade

2:53pm French

2:53pm Girls in the Spotlight

Monday, October 25

2:53pm Hip Hop

Tuesday, October 26

7:20am Gold Choir 4th Grade

2:53pm Spanish 2-3rd Grade

2:53pm Young Rembrandts

Wednesday, October 27

2:53pm STEM K-2

Thursday, October 28

7:20am Gold Choir 5th Grade

2:53pm French

2:53pm Girls in the Spotlight

Friday, October 29

2:00pm Halloween Parade

