



ZACH ELEMENTARY SCHOOL

Home of the Zephyrosaurus

PAGE 1

**3715 Kechter Road
Fort Collins, CO
80528**

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**Principal
Angel Herrick**

**Assistant Principal
Jason Buckley**

**PSD Website
[Click Here](#)**



*Advertising in this
newsletter does not imply
endorsement by Poudre
School District.*

Message from the Principal

Happy October! We are having a great time with the start of our clubs, changes in weather, and all the upcoming fun to be had this next month. Our classroom communities are blooming, and the students truly inspire us every day. Thank you to all of you who came out for our grade level socials in September. It was a wonderful way to meet people and just take time to connect with one another. Our next whole school community event will be on October 31st for our costume parade. After that, we will have our Book Fair the first week in November. Of course, we'll have smaller grade level events coming up, like music concerts, which will be super fun as well.

We continue to be so proud of our students who come to school every day with energy, passion, and curiosity. We see daily acts of kindness and moments of joy. Just today one of our kinders in Ms. Lemon's class saw another student sitting alone on the Buddy Bench and asked him to play. That is the kind of character that makes us ROAR!

Have a great rest of your month, and please don't hesitate to reach out if you need anything.

With gratitude,
Your Zach School Family



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Time Well Spent**

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OF NORTHERN COLORADO





Costume Parade

SAVE THE DATE! We will be having a costume parade on Monday, October 31st at 2:20pm, and the students will be dismissed after the parade. Teachers will lead students through the parade, return to classes with them to pick up backpacks, and then head directly outside for dismissal. Please note that family members will remain outside to wait for the students.

Please see the map for the flow of parade.

Students: Will exit the building out the east door and circle around the building to the north, staying on the concrete until they enter back into the building through the main office doors.

Families: A map of the parade route and where families should view the parade is attached. Please give the students a 3-foot buffer zone from the sidewalk to maintain safety and allow them to not feel crowded.

Staff: We will have Zach staff in the grass along Kechter Rd to keep students on the sidewalk during the parade.

Zach Elementary Halloween Parade Route in red

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



Health Office News

It's that time of year! Immunizations for School Attendance 2022 – 2023

Student's immunization record showing they are fully immunized with the required vaccines need to be turned in by Tuesday, November 1st.

Required vaccines are Hep B, DTaP, IPV/OPV, MMR, and Varicella.

To submit a Certificate of Medical Exemption or a Certificate of Nonmedical Exemption, please visit the Colorado Department of Public Health and Education for information

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

For additional information, visit

<https://cdphe.colorado.gov/immunization>

Attention Zach Families and Staff!

The health office needs short-sleeve shirts, long-sleeve shirts, pants, shorts, sweatpants, dresses, skirts, etc., of various sizes for K-5 students. If you'd like to donate, please stop by the health office with your donations and they would be graciously accepted.

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 18, 2022

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/35128184?code=ZESFC2022F>



The Women's Clinic
of Northern Colorado

Schedule Your Appointment Today!



SEL NEWS

October

GROWTH MINDSET

Growth mindset is the belief that we can change and learn with effort, perseverance, & practice. A growth mindset builds resiliency & hopefulness in our kids through understanding that mistakes help us learn and that challenges stretch our brain to help it "grow." As 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 creates new and stronger pathways of learning within our brains.

How we interact with children, and ourselves, can help kids develop a growth mindset! One way to do this is to praise effort and process, not "smarts" or ability. We can also model talking to ourselves in these helpful & hopeful ways when we make mistakes or are struggling. Here's some to try:

"You worked hard on that!"

"I'm impressed. You kept at that even when it got difficult."

"How do you feel? That took a lot of effort and you kept at it!"

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

In SEL classroom lessons & our class meeting circles, we will explore self talk and how we can use helpful self talk to have a growth mindset & be flexible in our thinking. In our circles, we will support one another in having a growth mindset both individually & as a class community. We will reflect on how we grow as a class community through positive communication with ourselves & others.

SEL IN THE CLASSROOM

Kinder: Growth Mindset, Valuing Each Other, and Stop Walk Talk

1st & 2nd grade: growth mindset, recognizing emotions & strategies for strong emotions, & stop walk talk strategy

3rd 4th & 5th grade: SEL student survey, recognizing connections between thoughts and feelings, growth mindset, and stop walk talk review

CLASSROOM SPOTLIGHT



Students in Mrs. Lemon's class work together during free centers. Students shared things they have in common and did a scavenger hunt for free center activity preferences that they have in common. Students practice the SEL competencies of self awareness, social awareness, relationship skills, self management, and responsible decision making during centers.

DON'T MISS

[Growth Mindset Resources for Families](#): book lists, videos, and an online course for those who would like to explore more about growth mindset.

[Growth Mindset Children's Book List](#): Picture books to enjoy and encourage discussion.



PTO News

The PTO sends a warm "Thank you!" to all the parents that participated in the first tailgate staff appreciation luncheon. This was a great and delicious event!

Next week starts our book bowl competition for 3rd and 4th graders. We appreciate the parent and teacher support for this fun event! Please contact our committee leads with any questions:

ruth.siedlecki@gmail.com (4th Grade)

ericabaasbernhardt@gmail.com (3rd Grade)

heidihedges@hotmail.com (3rd Grade)



Interested in becoming co-chair of a committee? We are currently looking for co-chairs for the following PTO committees:

- ◆ Fall festival
- ◆ Book fair
- ◆ School Pictures
- ◆ Yearbook
- ◆ Library
- ◆ Welcome committee

If you are interested in becoming involved in PTO, please email us at: zachpto@gmail.com



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Family Health (303) MYSALUD

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Sponsorship space in this newsletter is
extremely affordable!

Reach parents in your local community
and a significant portion of your
investment goes back to the school!

Want to sponsor this school?

Please contact Joe Mivshek at
SchoolNewsletterCompany@gmail.com

or

(970) 420-7163.

WHO IS TIRED OF COOKING?

CRISP & GREEN

will be donating 20% back to Zach
please mention "ZACH AFFINITY NIGHT"
when you pay for your meal.
-Take out meals are Included

WHEN: OCT 7TH
TIME: 12PM-8PM
WHERE: CRISP & GREEN
3581 E HARMONY RD STE 170, FORT COLLINS



Supporting our Schools



Joe Mivshek

Joe.Mivshek@KW.com

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National Bike/Walk/Wheel to School Day

NATIONAL BIKE/WALK/WHEEL TO SCHOOL DAY IS WEDNESDAY, OCTOBER 12TH!

Parents/Guardians,

Students that walk or wheel (bike, rollerblade, scooter, etc.) to school on Wednesday, October 12th, can pick up a prize from Mr. U on the blacktop anytime from 7:40-8:00am. For those students that ride the bus or live too far away, they can walk to where the bus picks them up instead of getting dropped off or parents can drop their child off in Observatory, McClelland's Creek, or Fossil Lake, and they can walk the rest of the way to school to get a prize.

Mr. U



Healthy Kids Families

Dear Healthy Kids Families,

We hope you are settled into the new school year and ready for the beautiful fall season.

The newest issue of the Healthy Kids Connection is here. To view and download, go to healthykidsclub.org and click on the September 2022 newsletter buttons (both English and Spanish).

This bi-monthly newsletter contains information on the FREE school wellness programming offered by UCHHealth Healthy Kids including the 5210+ Healthy Kids Challenge, BstrongBfit and the Healthy Kids summer family programs as well as providing resources on the 5210+ healthy habits.

It's never too early to start thinking about the healthy habits and working on goals toward earning a t-shirt and winning money for your school next February. As a reminder, last year over \$29,000 in prize money was distributed to northern Colorado schools.

Don't forget to like our Facebook and Twitter pages (links below) for timely and fun Healthy Kids information.





Inclement Weather Procedures

School closure, Delayed Start, and Early Release



Note: If all schools are open, information may not be sent to parents via email or posted on PSD's social media platforms. School status if schools are open, closed or on a delayed start is posted on the top right of the home page on the PSD website.

When bad weather rolls in, the PSD superintendent may decide to cancel school, start school later or close school earlier in the day. Please see below for details about each procedure.

If you're wondering how the decision is made, read [about the process here](#).

1. School closures:

Decisions about weather-related school closures are made by 5:30 a.m. Parents and staff will be notified by email, by phone, and information will be posted on the PSD website and social media - [Facebook](#), [Twitter](#) and [Instagram](#). Regional media outlets will be notified.

Closure days will likely be no-school days. However, there may be some instances where the district may decide to do a remote learning day (i.e. multi-day snowstorm preventing access to schools, natural disaster impacting a school or schools, etc.).

- When schools are closed, all school activities and athletics are cancelled. [AlphaBest](#) is closed also.
- High school students who attend classes at [Front Range Community College](#) or [Colorado State University](#) should check with the college to determine if classes are in session.

2. Delayed start - 1 or 2 hours later than normal:

Delayed start decisions are usually made by 5:30 a.m. Parents and staff will be notified by email, phone and information will be posted on the PSD website and social media - [Facebook](#), [Twitter](#) and [Instagram](#). Regional media outlets will also be notified.

- **Bus pick up times:** Buses will pick up students at bus stops 2 hours later than the regular schedule. Road conditions may increase travel time for buses and students may have a longer wait time at bus stops.
- **Drop off and arrival times:** Students who walk to school, are dropped off or who drive should arrive 2 hours later than regular arrival times. Please do not arrive earlier.
- **Kindergarten and Early Childhood programs:** Morning-only kindergarten and Early Childhood programs are cancelled during a delayed start schedule. Afternoon kindergarten and Early Childhood programs follow normal schedules. Full-day kindergarten and Early Childhood programs start 2 hours later than normal and release on time.
- **Before- and after-school childcare:** [AlphaBest](#) will open at the normal time for students who attend the program.
- **School dismissal times:** Schools will dismiss students at normal times. Bus drop-off times in neighborhoods and parent pick-up times at schools will also be on regular schedule.
- **Breakfast:** Breakfast will not be served.

3. Early release:

If the weather changes to adverse conditions during the school day, PSD may decide to release students early. Parents are urged to develop a plan for situations when their student may be released early.

- Parents will be notified by phone and email. In addition, information will be posted on the PSD website and social media - [Facebook](#), [Twitter](#) and [Instagram](#). Regional media outlets will also be notified.
- [AlphaBest](#) will not be available after school if students are released early.
- Athletics and extracurricular activities will likely be cancelled.

Media outlets notified (list subject to change):

News Outlets:

[The Coloradoan](#)
[Channel 4 \(CBS4/KCNC](#)
[Denver\)](#)
[Channel 7 \(7 News KMGH\)](#)
[Channel 9 \(9 News KUSA\)](#)

[PSD Channel 10 \(Comcast](#)
[Cable/US Cable\)](#)
[Channel 13 \(Fox 31/KDVR\)](#)
[North Forty News](#)

Radio Stations:

Clear Channel	KOOL 105 AM	94.3 Max FM)
KCOL600	KKQZ 94.3 FM	KRFC 88.9 FM
KFKA 1310 AM	(TRI 102, K99,	KUNC 91.5 FM
KGRE AM 1450	99.9 The Point,	



BACK TO SCHOOL IMMUNIZATIONS



LARIMER COUNTY DEPARTMENT OF HEALTH AND ENVIRONMENT

Saturday, Oct. 15th
9:00 a.m.-3:00 p.m.

1525 Blue Spruce Dr,
Fort Collins

Saturday, Oct. 22nd
9:00 a.m.-3:00 p.m.

200 Peridot Avenue
Loveland

Saturday, Nov. 5th
9:00 a.m.-3:00 p.m.

1525 Blue Spruce Dr,
Fort Collins

PLEASE CALL 970-498-6767 FOR AN APPOINTMENT

Back-to-school vaccines are available at no cost for students who do not have health insurance, who have Medicaid, or who have health insurance that does not cover vaccines.



WWW.LARIMER.GOV/IMMUNIZATIONS



VACUNAS DE REGRESO A LA ESCUELA



LARIMER COUNTY DEPARTMENT OF HEALTH AND ENVIRONMENT

Sábado, 15 de Octubre
9:00 a.m.-3:00 p.m.

1525 Blue Spruce Dr,
Fort Collins

Sábado, 23 de Octubre
9:00 a.m.-3:00 p.m.

200 Peridot Avenue
Loveland

Sábado, 5 de Noviembre
9:00 a.m.-3:00 p.m.

1525 Blue Spruce Dr,
Fort Collins

LLAME AL 970-498-6767 PARA UNA CITA

Las vacunas de regreso a la escuela están disponibles sin costo para los estudiantes que no tienen seguro de salud, que tienen Medicaid o que tienen seguro de salud que no cubre las vacunas.



WWW.LARIMER.GOV/IMMUNIZATIONS

Fossil Feeder

Attend PSD Strategic Plan community engagement session for the Fossil Ridge feeder at Preston Middle School

We invite our community to guide the development of Poudre School District's Strategic Plan at a series of upcoming engagement sessions.

This plan will be our roadmap for the next several years and focuses on four priorities: literacy, graduating with options, mental health and belonging, and school safety. Our data show there are great things happening in PSD but that there are not yet great outcomes for all students. With a strategic plan to help guide us, we believe we can best support learning for all by better aligning practices across our school district.

You are invited to attend this session at 6:30 p.m. Oct. 6 at Preston Middle School, 4901 Corbett Drive in Fort Collins. There is no need to RSVP. [More info and other available sessions >>](#)

Se le invita a la sesión participativa de la comunidad sobre el Plan Estratégico del PSD en Preston Middle School

Invitamos a nuestra comunidad a guiar el desarrollo del Plan Estratégico del Distrito Escolar Poudre (PSD, por sus siglas en inglés), a través de una serie de sesiones participativas que se llevarán a cabo próximamente.

Este plan será nuestra guía para los años venideros, y se enfoca en cuatro prioridades: lecto-escritura, graduación con opciones, salud mental y sentido de pertenencia, así como seguridad escolar. Nuestros datos muestran que en el PSD están sucediendo cosas excelentes, pero aún no hay grandes resultados para todos los estudiantes. Con un plan estratégico que nos sirva de guía, creemos que podemos apoyar mejor el aprendizaje para todos los estudiantes, al tener una mejor concordancia entre las prácticas que se utilizan en todo nuestro distrito escolar.

Se le invita a asistir a esta sesión en Preston Middle School, 4901 Corbett Drive, en Fort Collins, el 6 de octubre, a las 6:30 p.m. No hay necesidad de confirmar su asistencia. [Más información y otras sesiones a las que puede asistir >>](#)

Save The Date ...

PSD Community

(Students, families and community)

6:30-8 p.m.

- 7 p.m. start at Timnath and Wellington

All-Community Survey

November 2022

PSD Community Input Sessions

Wellington Feeder

Sept. 15

Wellington Middle-High School
2856 Cleveland Ave.
Wellington, CO

~ Sessions start 30 mins later due to school end times.

Fossil Ridge Feeder

Oct. 6

Preston Middle School
4901 Corbett Drive
Fort Collins, CO

Rocky Mountain Feeder

Sept. 22

Webber Middle School
4201 Seneca St.
Fort Collins, CO

Poudre Feeder

Oct. 20

Lincoln Middle School
1600 Lancer Drive
Fort Collins, CO

Timnath Feeder

Sept. 29

Timnath Middle-High School
4700 Prospect Road
Timnath, CO

~ Sessions start 30 mins later due to school end times.

Fort Collins Feeder

Oct. 27

Boltz Middle School
720 Boltz Drive
Fort Collins, CO





Poudre School District Strategic Framework **DRAFT**

Sept. 8, 2022

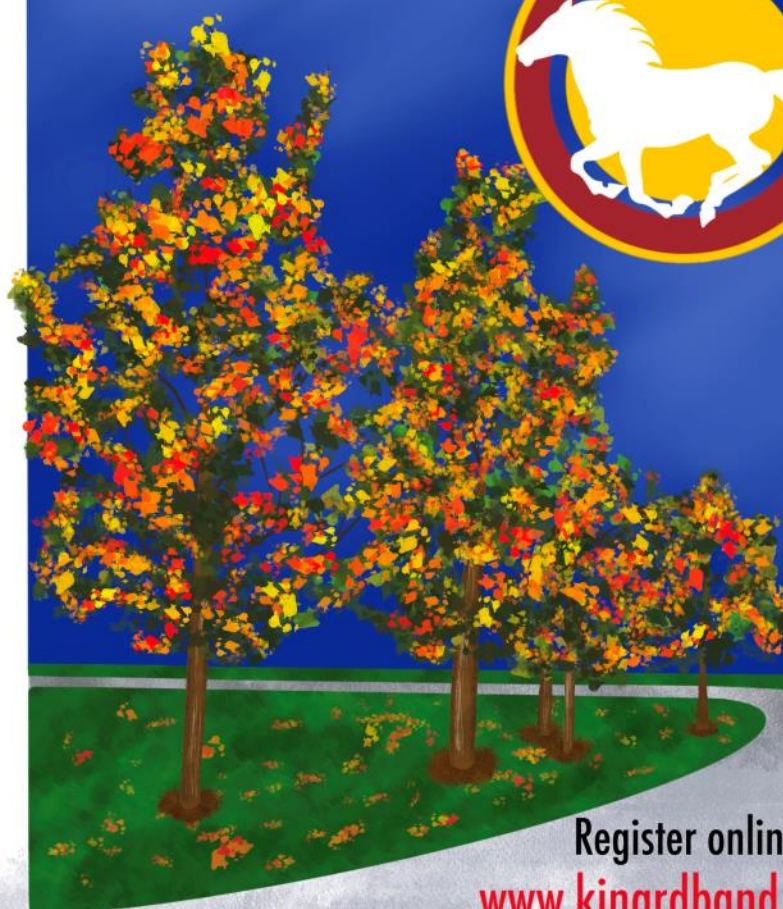
	District Priority Literacy	District Priority Mental Health & Belonging	District Priority Graduate With Options	District Priority Safety
Desired Student Outcomes	Increase students' literacy rates to support college and career readiness.	Promote student connections and well-being.	Prepare PSD students to graduate with options.	Foster a culture in which students and staff feel emotionally and physically safe.
Objectives	<ol style="list-style-type: none"> 1. Implement a professional development plan to prepare all staff to deliver high-quality, research-based instruction across all subject areas. 2. Implement high-quality instructional materials and grade appropriate tasks to meet the needs of all learners. 3. Enhance student ownership and opportunities that develop their application of literacy skills from early childhood through graduation. 	<ol style="list-style-type: none"> 1. Implement equitable access to Mental Health supports and services. 2. Increase connection and sense of belonging for all students, staff, and the PSD community. 3. Provide comprehensive resources in partnership with the community to support all students. 	<ol style="list-style-type: none"> 1. Ensure graduation requirements support students' post-secondary goals. 2. Build and enhance pathways that bridge PreK-12 learning with postsecondary and workforce opportunities. 3. Improve systematic identification and interventions in all subject areas for students below grade level or off track to graduate. 	<ol style="list-style-type: none"> 1. Promote and foster a culture of physical and emotional safety for all in PSD that is aligned to mental health and well-being supports.
Strategies	<ol style="list-style-type: none"> 1a. Create a comprehensive research-based professional development plan for teaching literacy across disciplines and grade levels. 1b. Implement ongoing, job-embedded, delivery options for professional development, including instructional coaching cohorts embedded in each school. 2a. Adopt high-quality, standards-based instructional materials that are representative of multiple cultures and identities. 2b. Implement curriculum-based professional development that supports teachers to meet the needs of students with multiple learning styles. 3a. Increase students' foundational literacy skills using the state-adopted Science of Reading program. 3b. Increase students' ability to communicate and think critically so they are successful in school and the workforce. 3c. Increase students' media literacy to analyze information, claims, and sources presented to them through traditional and digital media. 	<ol style="list-style-type: none"> 1a. Develop and implement systems of continuous-improvement and monitoring strategies that are supported by a district-led Mental Health Taskforce. 1b. Design and utilize a professional development model for all staff that centers on equity and ongoing learning to support prevention, mental health, behavioral health, and Social Emotional Learning. 2a. Adopt and utilize a research-based Social Emotional Learning curriculum to align practices, principles, instruction, and strategies at all schools. 2b. Develop inclusive engagement strategies for students, families, staff, and the community that increase feelings of connection and belonging. 3a. Increase staffing to provide additional mental health and behavioral health services. 3b. Enhance community partnerships to provide needed mental and behavioral health services. 3c. Increase awareness of PSD and community mental health resources through a sustainable, multilingual marketing and communications campaign driven by student input. 	<ol style="list-style-type: none"> 1a. Revise high school graduation requirements to support alternative pathways to graduation. 1b. All students will create individual career and academic plans that will be maintained during middle and high school years. 2a. Increase students' opportunities to earn tuition-free college credits during high school and develop a pathway to obtain an associate's degree. 2b. Develop a district-wide approach across grade levels to ensure student and parent awareness of multiple pathways to two- and four-year degrees, industry credentials, and military services. 2c. With community partners, increase student participation in Work-Based Learning (WBL) experiences like apprenticeships and internships that lead to high-wage, high-skill, in-demand careers. 3a. Implement strategies to address chronic student absenteeism. 3b. Implement a system of strategies and supports that helps students who are off track to graduate. 	<ol style="list-style-type: none"> 1a. Expand methods for communicating current PSD safety and security efforts and protocols. 1b. Build community preparedness and resilience by strengthening relationships with families and emergency services partners, including law enforcement, fire and medical personnel. 1c. Increase prevention and intervention efforts that address bullying, bias, discrimination, and harassment. 1d. Increase staff, student and community awareness of neurodiversity and cultural differences to create safer and more inclusive learning environments and decrease school disciplinary incidents.

	Prioridad del Distrito Lecto-escritura	Prioridad del Distrito Salud mental y sentido de pertenencia	Prioridad del Distrito Graduación con opciones	Prioridad del Distrito Seguridad
Resultados que se esperan de los estudiantes	Aumentar el índice de lecto-escritura en los estudiantes, con el fin de apoyar la preparación para la universidad y el mundo laboral.	Promover las conexiones de los estudiantes y su bienestar	Preparar a los estudiantes del PSD para graduarse con opciones.	Fomentar una cultura en la que los estudiantes y el personal se sientan emocional y físicamente seguros.
Objetivos	<ol style="list-style-type: none"> 1. Implementar un plan de desarrollo profesional, con el objetivo de preparar a todo el personal para brindar instrucción de alta calidad, basada en la investigación, en todas las áreas temáticas. 2. Implementar materiales de instrucción de alta calidad, así como tareas apropiadas para el grado, con la finalidad de satisfacer las necesidades de todos los alumnos. 3. Mejorar el que los alumnos sean responsables de su propio aprendizaje, así como las oportunidades que se brinden, con el propósito de desarrollar la aplicación de sus habilidades de lecto-escritura, desde la niñez temprana hasta la graduación. 	<ol style="list-style-type: none"> 1. Implementar el acceso equitativo a los apoyos y servicios de salud mental. 2. Incrementar la conexión y el sentido de pertenencia para todos los estudiantes, personal y comunidad del PSD. 3. Brindar servicios de apoyo integrales, en colaboración con la comunidad, para apoyar a los estudiantes. 	<ol style="list-style-type: none"> 1. Garantizar que los requisitos de graduación apoyen las metas posteriores a "high school" (preparatoria) de los estudiantes. 2. Construir y mejorar la conexión del aprendizaje, desde preescolar al grado 12, con las oportunidades para la etapa posterior a "high school" (preparatoria) y la fuerza laboral. 3. Mejorar la identificación sistemática y las intervenciones, en todas las áreas temáticas, para los estudiantes por debajo del nivel de grado, o que están lejos de graduarse. 	<ol style="list-style-type: none"> 1. Promover y fomentar una cultura de seguridad física y emocional para todas las personas en el PSD, que esté en concordancia con los apoyos de salud mental y bienestar.
Estrategias	<ol style="list-style-type: none"> 1a. Crear un plan integral de capacitación profesional, basado en la investigación, para la enseñanza de la lecto-escritura en todas las disciplinas y grados. 1b. Implementar opciones continuas, e incorporadas al trabajo, de capacitación profesional, incluyendo cohortes de instrucción didáctica en cada escuela. 2a. Seleccionar materiales de instrucción de alta calidad, basados en estándares, que sean representativos de múltiples culturas e identidades. 2b. Implementar la capacitación profesional, con base en el plan de estudios, que apoye a los maestros para satisfacer las necesidades de los estudiantes con muchos estilos de aprendizaje. 3a. Aumentar las habilidades de lecto-escritura fundamentales de los estudiantes, mediante el uso del programa Science of Reading, que el estado aprobó. 3b. Aumentar la capacidad de los estudiantes para comunicarse y pensar críticamente, para que tengan éxito en la escuela y en el mundo laboral. 3c. Aumentar el conocimiento de los medios de comunicación de los estudiantes con el objetivo de analizar la información, las afirmaciones y las fuentes de información que se presentan a través de los medios de comunicación tradicionales y digitales. 	<ol style="list-style-type: none"> 1a. Desarrollar e implementar sistemas de mejora continua y estrategias de monitoreo respaldados por un grupo de trabajo de salud mental, dirigido por el distrito. 1b. Diseñar y utilizar un modelo de capacitación profesional para todo el personal, que se centre en la equidad y el aprendizaje continuo, para apoyar la prevención, la salud mental, la salud conductual y el aprendizaje socioemocional. 2a. Seleccionar y utilizar un plan de estudios de aprendizaje socioemocional, basado en la investigación, para que haya concordancia entre las prácticas, los principios, la instrucción y las estrategias en todas las escuelas. 2b. Desarrollar estrategias de participación inclusivas para estudiantes, familias, personal y la comunidad que aumenten el sentimiento de conexión y de pertenencia. 3a. Aumentar la dotación de personal, con el objetivo de proporcionar servicios adicionales de salud mental y salud del comportamiento. 3b. Mejorar las asociaciones con la comunidad, para ofrecer servicios de salud mental y de comportamiento necesarios. 3c. Aumentar el conocimiento acerca de los recursos de salud mental de la comunidad, y del PSD, a través de una campaña de comunicación y promoción multilingüe, sostenible, impulsada por los comentarios de los estudiantes. 	<ol style="list-style-type: none"> 1a. Revisar los requisitos de graduación de "high school" para apoyar vías alternativas encaminadas a la graduación. 1b. Todos los estudiantes crearán planes individuales académicos y de carrera, que se mantendrán durante los años de la escuela intermedia y de "high school". 2a. Aumentar las oportunidades de los estudiantes para recibir créditos universitarios gratuitos, durante "high school", y establecer una secuencia de clases para obtener un título académico de dos años ("Associate"). 2b. Desarrollar un enfoque en todo el distrito, y en todos los grados, para garantizar que los estudiantes y los padres de familia estén informados de las muchas vías para obtener títulos académicos de dos y de cuatro años, así como credenciales de la industria y servicio militar. 2c. Con los asociados de la comunidad, incrementar la participación de los estudiantes en experiencias de aprendizaje en el trabajo (WBL, por sus siglas en inglés), como aprendizajes en el lugar de empleo y prácticas laborales, que conducen a carreras de gran demanda, cuyos salarios son altos, y requieren una formación especializada. 3a. Implementar estrategias para manejar el ausentismo crónico de los estudiantes. 3b. Implementar un sistema de estrategias y apoyos que ayude a los estudiantes que están lejos de poder graduarse. 	<ol style="list-style-type: none"> 1a. Ampliar los métodos para comunicar las medidas y protocolos actuales de seguridad y protección del PSD. 1b. Desarrollar la preparación y resiliencia de la comunidad, por medio del fortalecimiento de las relaciones con las familias y nuestros colaboradores de los servicios de emergencia, incluyendo al personal médico, de policía y del cuerpo de bomberos. 1c. Aumentar las medidas de prevención e intervención que manejen la intimidación, los prejuicios, la discriminación y el acoso. 1d. Aumentar la conciencia del personal, los estudiantes y la comunidad con respecto a la neurodiversidad y las diferencias culturales, para crear entornos de aprendizaje más seguros e inclusivos, y disminuir los incidentes escolares que requieran medidas disciplinarias.

Saturday October 8th

9:00am

Kinard Middle School Band



Register online at
www.kinardband.com/5k
 or scan the QR code

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: \$30, after 9-15-22 \$35
 5K Run/Walk Family of 4: \$80, after 9-15-22 \$100
 5K Run/Walk Team of 6-10: \$150, after 9-15-22 \$200
 Reverse Parade/Fun Run (ages 10 and under): \$15, after 9-15-22 \$20
 Includes Mustang 5K Tech shirt (register by 9-15-22 to receive shirt by race day)
 Register online or through your favorite band student
 No Refunds



SCAN ME

Location

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

Perks

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

Zach Breakfast Menu

October 2022

Zach Elementary

Breakfast

MONDAY**3**

- Breakfast Round
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

TUESDAY**4**

- WGR Pumpkin Bread or Seasonal Loaf Bread
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

WEDNESDAY**5**

- Whole Grain Waffle, Maple
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

THURSDAY**6**

- Yogurt Parfait
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

FRIDAY**7**

- Egg Omelet with Tortilla
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

10

- Breakfast Sausage Pizza
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

11

- Mini Cinnamon Rolls
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

12

- Pancake & Sausage Wrap
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

13

- No School ELEM
- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

14**17**

- Egg Omelet with Tortilla
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

18

- Whole Grain Waffle, Maple
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

19

- Breakfast Sausage Pizza
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

20

- Yogurt Parfait
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

21

- Mini Cinnamon Rolls
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

24

- Whole Grain Waffle, Chocolate Chip
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

25

- Egg & Cheese Burrito
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

26

- Breakfast Round
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

27

- Yogurt & Cinnamon Roll
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

28

- Pancake & Sausage Wrap
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

31

- Breakfast Round
- Muffin Assorted & Yogurt Variety
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

Zach Lunch Menu

October 2022

Zach Elementary Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<ul style="list-style-type: none"> Spaghetti & Meatballs Chicken Drumstick & Roll Cold Deli Meat & Goldfish ColdDeli Yogurt & Goldfish or Pretzels Pb&J Sandwich Steamed Broccoli Assorted Italian Condiments 	<ul style="list-style-type: none"> Hamburger & Cheeseburger Mac & Cheese Cold Deli Meat & Goldfish ColdDeli Yogurt & Goldfish or Pretzels Pb&J Sandwich Green Beans 	<ul style="list-style-type: none"> Asian Teriyaki Chicken & Rice Chicken Patty Sandwich Deli Sandwich ColdDeli Yogurt & Goldfish or Pretzels Pb&J Sandwich Steamed Veggies 	<ul style="list-style-type: none"> Beef Taco & Rice Chicken Strips Cold Deli Meat & Goldfish ColdDeli Yogurt & Goldfish or Pretzels Pb&J Sandwich Black Beans Nugget Dipping Sauces Mexican Condiments- ELEM 	<ul style="list-style-type: none"> Cheese Pizza Meat Lovers Pizza Chef Salad & Roll ColdDeli Yogurt & Goldfish or Pretzels Pb&J Sandwich Peas Assorted Italian Condiments
10	11	12	13	14
<ul style="list-style-type: none"> Meatball Sandwich Chicken Drumstick & Roll Cold Deli Meat & Roll Cold Deli Yogurt & Roll Pb&J Sandwich Corn 	<ul style="list-style-type: none"> Lasagna with Veggies Cheese Calzone & Marinara Deli Sandwich Cold Deli Yogurt & Roll Pb&J Sandwich Green Beans Assorted Italian Condiments 	<ul style="list-style-type: none"> Orange Chicken & Rice Fish Filet Cold Deli Meat & Roll Cold Deli Yogurt & Roll Pb&J Sandwich Steamed Broccoli 	 	
17	18	19	20	21
<ul style="list-style-type: none"> Chicken Nuggets Cheese Ravioli & Roll Cold Deli Meat & Pretzels Cold Deli Yogurt & Pretzel or Goldfish Pb&J Sandwich Steamed Broccoli Assorted Italian Condiments Nugget Dipping Sauces 	<ul style="list-style-type: none"> Pork Chop Sandwich Mac & Cheese Cold Deli Meat & Pretzels Cold Deli Yogurt & Pretzel or Goldfish Pb&J Sandwich Green Beans Assorted Italian Condiments 	<ul style="list-style-type: none"> Asian noodle & Meatball Chicken Patty Sandwich Deli Sandwich Cold Deli Yogurt & Pretzel or Goldfish Pb&J Sandwich Steamed Veggies 	<ul style="list-style-type: none"> Chicken Tacos & Rice Cheese Calzone & Marinara Cold Deli Meat & Pretzels Cold Deli Yogurt & Pretzel or Goldfish Pb&J Sandwich Black Beans Mexican Condiments- ELEM 	<ul style="list-style-type: none"> Cheese Pizza Pizza Bites Chicken Caesar Wrap Cold Deli Yogurt & Pretzel or Goldfish Pb&J Sandwich Peas Assorted Italian Condiments
24	25	26	27	28
<ul style="list-style-type: none"> Hamburger & Cheeseburger Cheese Ravioli & Roll Cold Deli Meat & Roll Cold Deli Yogurt & Roll Pb&J Sandwich Corn Assorted Italian Condiments 	<ul style="list-style-type: none"> Chicken Drumstick & Roll Chicken Alfredo Deli Sandwich Cold Deli Yogurt & Roll Pb&J Sandwich Green Beans Assorted Italian Condiments 	<ul style="list-style-type: none"> Tomato Soup & Grilled Cheese Fish Filet Cold Deli Meat & Roll Cold Deli Yogurt & Roll Pb&J Sandwich Steamed Broccoli 	<ul style="list-style-type: none"> Beef & Bean Burrito Hot Dog Deli Sandwich Cold Deli Yogurt & Roll Pb&J Sandwich Refried Beans Mexican Condiments- ELEM 	<ul style="list-style-type: none"> Cheese Pizza Pepperoni Pizza Yogurt Parfait Cold Deli Yogurt & Roll Pb&J Sandwich Steamed Carrots Assorted Italian Condiments
31	Food Offered Daily: <ul style="list-style-type: none"> Salad Bar Fruit Salad Assorted Salad Dressings Whole Wheat Dinner Roll Chocolate Milk Milk fat free Milk low fat 1% Assorted Condiments 			
<ul style="list-style-type: none"> Spaghetti & Meatballs Chicken Nuggets Cold Deli Meat & Goldfish ColdDeli Yogurt & Goldfish or Pretzels Pb&J Sandwich Steamed Broccoli Nugget Dipping Sauces Assorted Italian Condiments 				

Calendar of Events


Thursday, October 6

6:30pm PSD Community Input Session for FRHS

Friday, October 7

Zach Affinity Night - Crisp & Green (12pm-8pm)

8:15am Coffee and Conversation with Angel

Wednesday, October 12

7:40am National Bike, Walk, Wheel to School Day

12:00pm PTO

Thursday, October 13

No School

Friday, October 14

No School

Tuesday, October 18

Picture Retakes

Monday, October 31

2:20pm Costume Parade



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