



ZACH ELEMENTARY SCHOOL

Home of the Zephyrosaurus

PAGE 1

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[Click Here](#)**



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

Zach Talent Show

The Talent Show is BACK!!!! This year we will be bringing back the Zach Talent Show—but it's going to be a bit different. This year the show will be a virtual show. All Zach students, Kindergarten through 5th grade are invited to submit an act for the Talent Show. The show and all links will be made public to the Zach Community for viewing on Friday, March 10th. Please see the link for complete details.

<https://docs.google.com/document/d/1Lq6N90DqisR8BnWesAsNTfY7PiXW1DT1Ew5BLSJ8kig/edit?usp=sharing>

Valentine's Day

Students will be having Valentine's Day Celebrations in their classrooms. Please look for communication from homeroom teachers about their Valentine's Day Party.

**We understand the stress
of caring for a sick child.**

Our providers are here to help get
your family on the fast track to healthy.





2023 ZACH SCIENCE FAIR

THE SCIENCE FAIR WILL BE HELD VIRTUALLY ON FLIPGRID

MARCH 20-24TH

ALL GRADE LEVELS ARE INVITED TO PARTICIPATE

CHECK OUT MRS. NIMLO'S SCIENCE FAIR SITE FOR RULES, IDEAS, VIRTUAL INFO NIGHT AND TO ENTER!

<https://sites.google.com/psdschools.org/science-rocks/home>

CogAT Testing

Second grade students will take the Cognitive Abilities Test (CogAT) in their classrooms February 7th - 9th from 8:30-10:00am. The CogAT is designed to assess a student's learned reasoning abilities and has been selected by PSD as a universal screener for all PSD second graders. CogAT results can be used to identify individual student's learning strengths, which is useful information for the classroom teacher in best meeting students' needs. Please see the letter coming home to all 2nd graders for more information. You are welcome to reach out to your child's teacher or Mrs. Johnson, GT Coordinator, with any questions.



Fall Youth Club Registration is OPEN!

Whether you are just dipping your toes in the climbing world, or looking to move into competitive climbing, there is a place for you at Ascent!

Clubs fill FAST! Register today!

970.999.5596
2150 Joseph Allen Drive, Fort Collins, CO 80525
ascentstudio.com/youth_clubs

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Heart Challenge

Parents/Guardians,

Kids Heart Challenge (formerly known as Jump Rope for Heart) STARTS NOW!! Last year, Zach raised over \$10,000 for the American Heart Association and was one of the top schools in all of Northern Colorado. Our event will be during the week February 21st -24th during your son/daughter's regularly scheduled PE time. All donations will be due on March 3rd. **ONLINE DONATIONS ONLY THIS YEAR!!** Sign up online to get donations at www.heart.org/kidsheartchallenge and login if you have an account from last year or register for a new account. Make sure you join the Zach Elementary team. This is an optional activity.

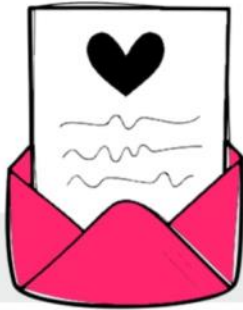
Schools on the Move! STARTS WEDNESDAY, FEBRUARY 1ST!! All students received a paper copy last week to keep track of their daily challenges. Below is also the link for additional information. The challenge includes 5210 challenges every day! Participants can get credit for eating 5 fruits and veggies, 2 hours or less of screen time, 1 hour of physical activity and 0 sugary drinks, plus 9 or more hours of sleep. All calendars submitted online by March 3rd will receive a T-shirt if they have at least 80 check marks. Families can also participate!! The challenge runs from February 1st -February 28th. This is not a mandatory activity, but the schools with the most participants will receive money to buy new PE equipment. Let's "Take the Challenge."

<https://sites.google.com/view/20225210challenge/5210-challenge-details>

PLEASE EMAIL ME WITH ANY QUESTIONS YOU MAY HAVE ABOUT EITHER OF THE ACTIVITIES WE ARE DOING!

MR. U





SEL NEWS

February

PROBLEM SOLVING

In SEL lessons this month, students will explore resolving conflicts with others and solving problems together. We will use a step by step approach that will facilitate students' understanding of their own and others' perspectives, as well as involve them in identifying solutions and evaluating possible ways to solve a problem.

Connections for home:

- Discuss differing perspectives with your child. For example, choose a conflict to discuss from a book, a movie, tv show, or their own experience. Talk about the different perspectives and feelings of the participant. Encourage your child to suggest how the conflict could be avoided or resolved.
- Take opportunities when reading stories or watching television that involve conflict or difference of opinion, to draw your child's attention to how characters take responsibility for their actions or apologize when they are wrong.
- Role-play with your child various conflict scenarios they might encounter. Practice how they might share their feelings or needs, problem solve, take responsibility and apologize sincerely for their part in the conflict.

CLASSROOM SPOTLIGHT

Students participate in a classroom circle in Mrs. Tholl's class. Students meet as a class in weekly circle time. Circles provide students time to celebrate and share with their class community, as well as to discuss ways to address and solve problems together to strengthen the class community.



BOOKLIST

Children's literature featuring conflict resolution or perspective taking:

Picture Books about Conflict Resolution

SEL IN THE CLASSROOM

Classroom lessons in grades K-5: Problem Solving

- Identifying the problem, sharing feelings, and perspective taking
- Thinking about different solutions and compromising
- Taking responsibility and making amends when needed

Social and Emotional Learning WIN groups also continue in February



2023 CMAS Testing Schedule ZACH Elementary

MON Mar 27	TUES March 28 3rd ELA 8:30-10:45	WED March 29 3rd ELA 8:30-10:45	Thurs March 30 3rd ELA 8:30-10:45	Fri March 31
MON April 3	TUE Apr 4 5th ELA 9:30-11:45	WED Apr 5 5th ELA 9:30-11:45	THUR Apr 6 5th ELA 9:30-11:45	FRI Apr 7
MON Apr 10	TUE Apr 11 4th ELA 8:30-10:30 5th Math 9:30-11:10	WED Apr 12 4th ELA 8:30-10:30 5th Math 9:30-11:10	THU Apr 13 4th ELA 8:30-10:30 5th Math 9:30-11:10	FRI Apr 14
MON Apr 17	TUE Apr 18 3rd Math 8:30-10:10 4th Math 8:30-10:00 5th Science 9:30-11:30	WED Apr 19 3rd Math 8:30-10:10 4th Math 8:30-10:00 5th Science 9:30-11:30	THU Apr 20 3rd Math 8:30-10:10 4th Math 8:30-10:00 5th Science 9:30-11:30	FRI Apr 21 NO SCHOOL
MON Apr 24 (Make ups)	TUE Apr 25 (Make ups)	WED Apr 26 (Make ups)	THU Apr 27 (Make ups)	FRI Apr 28 (Make ups)

3rd Grade**4th Grade****5th Grade**

Elementary grades 3-5 will be taking ELA and Math assessments

- 5th Grade will be taking the Science assessment
- Social Studies will not be tested in 4th grade in 2023.

HAPPY PRESIDENTS DAY

PTO

Staff Appreciation event

Zach Valentine's Day Sweet Shoppe will be held on Monday, February 13th. We hope you'll join us in making the day special for our teachers and staff!

We would appreciate donations of bags of individually wrapped candies, cookies, or treats. If you will be able to donate, please indicate in the comments section which type of treat you are bringing.

All items can be dropped off in the office on February 13th before 8.00am. Thank you again for your continued support!

If you have any questions, please contact Ozlem Gurkan at 410-818-9199.

<https://www.signupgenius.com/go/30E0948A8A62BA02-zach>

PTO Information and Upcoming Meeting

Interested in getting more involved with Zach Parent Teacher Organization (PTO)? Please consider signing up for a committee during the 2023 school year here:

<https://www.signupgenius.com/go/60B0B49ABA62EA4FF2-ptactivities>

Any questions? Email us at zachpto@gmail.com or visit us on the Zach PTO webpage at

<https://zac.psdschools.org/pto-and-sac> .

Our next meeting will be on February 22nd from 12:00 – 12:45pm. This is a virtual meeting and all are welcome. Please find the link to join the meeting at: <https://zac.psdschools.org/pto-and-sac> .



The Women's Clinic
of Northern Colorado

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(970) 420-7163.

YEARBOOK 22-23

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Fossil Ridge High School Soccer Clinic



Join the Fossil Ridge High School Girls Soccer Team for a fun training camp!



Who: 1st-5th Grade Boys and Girls

When: February 25th

Where: Fossil Ridge High School Gym

Time: 4:30-6:30



\$45

Pizza Dinner will be served

<https://frhs.soccer/fundraising/>

Camp will be held indoors! Please wear tennis shoes- no cleats. Please bring a water bottle. No need to bring a soccer ball.

Mini Camp AVAILABLE

Kindergarten and 1st Grade Camp

** 1st graders can choose to participate in our mini camp or our regular training clinic**

When: February 25th

Where: Fossil Ridge High School Gym

Time: 4:00-5:00pm

\$20



Zach Breakfast Menu

February 2023

Zach Elementary

Breakfast

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****1**

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

2

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

3

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

6

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

7

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

8

- French toast sticks
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

9

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

10

- Sausage & Cheese Bagel Sandwich
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

13

- Mini Pancakes
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

14

happy
Valentine's day

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

15

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

16

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

17

- WG Seasonal Loaf Bread
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

20**21**

- French toast sticks
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

22

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

23

- Egg Scramble with Tortilla
- Assorted Muffins
- Assorted Cereal
- Assortment of Fruit
- Milk Variety
- Assorted Juice

24



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

27**28**

Zach Lunch Menu

February 2023

Zach Elementary
Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<i>Food Offered Daily:</i> • Salad Bar • Fruit Salad • Assorted Salad Dressings • Whole Wheat Dinner Roll • Chocolate Milk • Milk fat free • Milk low fat 1% • Assorted Condiments	1 • Orange Chicken & Rice • Tomato Soup & Grilled Cheese • Turkey or Ham & Cheese Sandwich • ColdDeli Yogurt & Goldfish or Pretzels • Pb&J Sandwich • Steamed Broccoli	2 • Beef Taco & Rice • Chicken Nuggets • Turkey or Ham & Cheese Sandwich • ColdDeli Yogurt & Goldfish or Pretzels • Pb&J Sandwich • Black Beans • Mexican Condiments- ELEM • Nugget Dipping Sauces	3 • Cheese Pizza • Hawaiian Pizza • Hummus & Veggie Box • ColdDeli Yogurt & Goldfish or Pretzels • Pb&J Sandwich • Corn • Assorted Italian Condiments
6 • Chicken Patty Sandwich • Turkey Gravy & Roll • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Mashed Potatoes • Chicken Gravy	7 • Penne & Meat Sauce • Pizza Bites • Ham or Turkey & Cheese Sandwich • Cold Deli Yogurt & Roll • Pb&J Sandwich • Green Beans • Assorted Italian Condiments	8 • Asian Teriyaki Chicken & Rice • Pig in a Blanket • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Steamed Veggies	9 • Chicken Burrito • Grilled Ham & Cheese • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Refried Beans • Mexican Condiments- ELEM	10 • Cheese Pizza • Pepperoni Pizza • Yogurt Parfait • Cold Deli Yogurt & Roll • Pb&J Sandwich • Steamed Carrots • Assorted Italian Condiments
13 • Chicken Drumstick & Roll • Hamburger & Cheeseburger • Cold Deli Meat & Pretzels • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Mashed Potatoes • Chicken Gravy	14  HAPPY Valentine's DAY • Cheese Ravioli & Roll • Lasagna with Beef • Turkey or Ham & Cheese Sandwich • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Green Beans • Assorted Italian Condiments	15 • Orange Beef & Rice • Chicken & Waffles • Turkey or Ham & Cheese Sandwich • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Steamed Veggies	16 • Homemade Chili & Corn Muffin • Chicken Nuggets • Turkey or Ham & Cheese Sandwich • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Black Beans • Nugget Dipping Sauces	17 • Cheese Pizza • Veggie Pizza • Chicken Caesar Wrap • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Corn • Assorted Italian Condiments
20  HAPPY President's DAY	21 • Mac & Cheese • Cheese Calzone & Marinara • Ham or Turkey & Cheese Sandwich • Cold Deli Yogurt & Roll • Pb&J Sandwich • Green Beans • Assorted Italian Condiments	22 • Asian noodle & Meatball • Pig in a Blanket • Ham or Turkey & Cheese Sandwich • Cold Deli Yogurt & Roll • Pb&J Sandwich • Steamed Broccoli	23 • Beef & Bean Burrito • Chicken Patty Sandwich • Ham or Turkey & Cheese Sandwich • Cold Deli Yogurt & Roll • Pb&J Sandwich • Refried Beans • Mexican Condiments- ELEM	24 • Cheese Pizza • Pepperoni Pizza • Chef Salad & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Peas • Assorted Italian Condiments
27	28			

Calendar of Events

February

Wednesday, February 1

8:00am 4th Grade Cholesterol Screening

Thursday, February 2

10:15am CSU Basketball Game-4th & 5th

Friday, February 3

8:15am Coffee and Conversation with Angel

Thursday, February 9

5:00pm Wax Museum

Wednesday, February 15

5:00pm SAC

Friday, February 17

11:45am Fort Collins Discovery Museum-
1st Grade

Tuesday, February 21

Heart Challenge

Wednesday, February 22

Heart Challenge 12:00pm
PTO Meeting

Thursday, February 23

Heart Challenge 5:00pm
Parent Info Night Science Fair

Friday, February 24

Heart Challenge

Supporting our Schools



Joe Mivshek

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