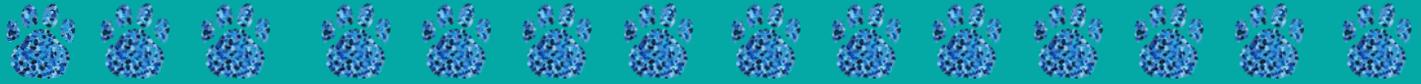


THOMSON ELEMENTARY

“To *inspire* all students to *achieve* their highest level academically and socially, to *develop leaders* for a diverse and changing world.”



September 2019

Welcome Back:

Start of a New Year

Whew! I cannot believe that we have already completed 2 full weeks of school and are preparing to enter the month of September. Time truly flies when you are busy and having fun! These past couple of weeks has been the beginning to what is going to be a wonderful school year with our students and staff. Our teachers have done an amazing job at prepping our students on what it means to be a student here at Thomson Elementary.

At Thomson Elementary, we pride ourselves on ensuring that each of our students is educated in a way that fits their individual needs. A big part of this process is understanding where each student is on an academic level. In order to do this, we had two assessment days in the beginning of the year. They took place on Friday, August 23rd and Monday, August 26th. Your student came in for a short period of time and completed an assessment which will gauge where your student's abilities lie within the areas of reading & comprehension and mathematics. The results of these assessments provide the teachers with the data they need in order to tailor their classroom instruction to meet the individual needs of their diverse group of students. While these assessment days might not be the most convenient for our families, the purpose behind them is critical to the success of each of our students. We want to thank you all for giving us the opportunity to use those two days; our teachers are now busy educating your students with purpose!

We encourage our families to read our Newsletter as it will contain important details about upcoming events, policies & procedures and other fun community information. You will not want to miss out. We hope you enjoy our first Newsletter of the 2019/2020 school year!

Issue 1: What to Expect...

- Principal's Corner
- PTA Welcome & Announcements
- After-School Clubs
- Family Liaison Welcome
- Morning Routines
- Attendance Policies & Procedures
- Watch Dog Program
- JeffcoConnect Reminders
- Free & Reduced Information
- Fruits & Veggies Program
- Tips for School Success
- September Events

“If a child can't learn the way we teach, maybe we should teach the way we learn.” ~Ignacio Estrada

Principal's Corner:

Dear Families,

We have had a great start to our school year. We are so pleased that you have chosen Thomson to educate your children.

Safety is our number one priority and you play a part in that safety as well. Thank you for always signing in at the front office when you come in and wearing a visitor's badge. Safety on the streets around Thomson is also important. Please respect our neighbors and be sure not to park in the cul-de-sac and not do U-turns on Harlan St. Following these safety pre-cautions helps set examples for our student's as well.

I am available to speak with families. While I have a busy schedule and my priority is to be in classrooms with students and teachers, you can always set an appointment with Mrs. Doane in the front office to talk with me.

We have been in the Arvada Press! Check out the links below:

Morning Celebration to Welcome Back Students to Thomson

<https://arvadapress.com/stories/morning-celebration-welcomes-thomson-tigers-back-to-school,284996>

Lisa Nicholson Introduction to the Community <https://arvadapress.com/stories/lisa-nicholson,285500>

I am super proud of our PTA with the recognition of a national award. Please join this amazing group of family members as they support our school community. I hope to see as many families as possible at the BBQ this Friday and we want to fill our float for the Arvada Harvest Parade with families. Bonus this year, we do not have to walk the parade route! Just ride the truck.

See you all soon!

Lisa Nicholson

Principal

Thomson Elementary PTA 2019-2020:

“At the end of the day, the most overwhelming key to a child’s success is the positive involvement of parents.” ~ Jane D. Hull

Welcome to the 2019-2020 school year!

- To stay up-to-date on our planned events and activities, please like and follow us on [Facebook](#) !
- We will also send regular communication home in Friday Folders.
- If you have any questions, suggestions, or interest in helping, please contact us! **Our goal is to get more family and community members involved to better the educational experiences of all students.** You do not need to be a PTA member to get involved.
- Meetings are held on the [first Monday of the month in the cafeteria, from 6pm - 7pm](#). All are welcome! You do not need to be a PTA member to attend meetings.
- To join our mailing list to learn about opportunities to help, including assisting with events, potlucks, and classroom parties, or anything else you may want to do, please [email Carson at ptathomson@gmail.com](mailto:ptathomson@gmail.com).
- Do you have suggestions or questions? Contact us!

Meet your Thomson Elementary PTA Board for the 19/20 school year:

Carson Martin
President

ptathomson@gmail.com
303-547-0992

Charity Emery
Treasurer

thomsonptatreasurer@gmail.com

Matthew Archuleta
Vice President

ptathomsonvp@gmail.com

Sara Vinton
Secretary

thomsonptasecretary@gmail.com

Sam Goodman
Teacher Liaison

samuel.goodman@jeffco.k12.co.us

Lisa Nicholson
Principal

lisa.nicholson@jeffco.k12.co.us

All board positions will be available for the 20/21 school year! If you're interested in learning more, contact Carson at ptathomson@gmail.com!

UPCOMING EVENTS:

Friday, September 6th: 5pm-7pm: PTA Back to School BBQ- in the front yard of school. Come and enjoy some great food and decorate our float for the Arvada Harvest Festival Parade.

Saturday, September 7th: 8:30am-11:00am: Arvada Harvest Festival Parade.

Monday, September 9th- 6pm-7pm: PTA Meeting in Cafeteria.

Thursday, September 26th- 5pm-6pm: Watch Dog Kickoff for male role models for students.



NATIONAL PTA ANNOUNCES SCHOOLS OF EXCELLENCE!

Congratulations to South Lakewood PTA, Lakewood, and Thomson Elementary PTA, Arvada, for being recognized by National PTA as 2019-2021 Schools of Excellence! This **award honors accomplishments in building strong, effective family-school partnerships**. We are so proud of these outstanding PTAs!

Thomson Elementary is a true community where we support one another in order to provide a safe, fun, and successful school environment for our students. A large portion of our PTA members have lived in this community for years and truly value and support Thomson Elementary as they continue to grow. Thomson Elementary's PTA has put forth a tremendous effort and we are excited to see it continue to grow! On that note, below are some "beginning of year" snippets about the upcoming events! Thank you for your continued support!

Thomson after School Clubs 2019-2020

“Learning is their journey. Let them navigate. Push them to Explore. Watch them discover. Encourage their questions. Allow them to struggle. Support their thinking. Let them fly!”

~ Unknown

Extra-curricular activities are essential to the mental, physical, social and emotional well-being of every student, everywhere! Thomson Elementary is very blessed to have the opportunity to offer after-school clubs. These clubs are funded by the 21st Century Community Learning Center Grant and have truly been a blessing to our entire community. Below are just a few ways that extra-curricular activities have a positive influence on your student(s).

- 1.) **Discovering a hobby-** this is how kids discover their likes and what they are good at. It opens their minds to endless possibilities
- 2.) **Mental growth-** Each club requires your student to use their cognitive abilities in order to discover and understand the world around them. Each activity will have its own way of heightening your student(s) mental abilities.
- 3.) **Imagination-** imagination is such a vital part of growing up and discovering the world around us. Each club will give your student the chance to utilize their imaginations and be the wonderful kids they are meant to be.
- 4.) **Management skills-** “students will be better prepared for the future when they have to learn many things in a small amount of time.” ~ (Nagrale, 2019).
- 5.) **Owning responsibility and gaining confidence-** participating in after-school activities takes a great deal of personal commitment. Each time a student succeeds their confidence level grows and they become more productive members of our society!

This year, we will have three Sessions for clubs that will each run for 6 weeks. Below you will find the dates for each Session and a snippet of what we will be offering. Registration forms for Session 1 are due Tuesday, September 3rd. Acceptance letters will then be sent home on Friday, September 6th with your students Club schedule.



Session 1: September 9th – November 14th

Session 2: December 2nd – February 21st

Session 3: March 2nd- May 15th

Sample of Activities: Spanish/Yoga/Skateboarding/Drawing/LEGO/Sign Language/Ballet/Mad Science

Works Cited

Nagrale, P. (2019). *8 Important Benefits of After School Activities*. Retrieved 8 30, 2019, from Sure Job: <https://surejob.in/benefits-of-after-school-activities.html>

Routine. (2019). *Routine*. Lexico.com.

Team, B. (2018, 11 8). *Blurt*. Retrieved 8 29, 2019, from Blurt it out: <https://www.blurtitout.org>

A Letter from the Title I: Thomson Family Engagement Liaison

Thomson Tiger families,

Welcome to the 2019-20 school year! I look forward to seeing everyone in the weeks to come and am delighted to work with you and your child(ren).

My name is Kristi Seward Hoekstra and I am Thomson's Title I, Family Engagement Liaison. My hope is that I can connect with you and your family to help your student(s) to achieve academic and social success here at Thomson.

What is a Family Engagement Liaison? This position was created through federal funding for all Title I schools in the Jefferson County School District starting with the 2014-2015 school year. The purpose was to create a position to assist each Title I schools in increasing and improving family engagement and to support families and their students' success. This is my 3rd year at Thomson. If you and your family need support with community resources, children's school clothing, or information on how to connect with our school, please give me a call at 303-982-9975.

Kristi Seward Hoekstra
Family Engagement Liaison
Thomson Elementary

Thomson Morning Routines:

“It is not what you do for your children, but what you have taught them to do for themselves, that will make them successful human beings.” ~ Ann Landers

What is a routine and Why is it Important?

A routine is defined as “a sequence of actions regularly followed,” (Routine, 2019). Sometimes life has a way of affecting our abilities to create or even maintain routines. Sometimes events are planned that get in the way, and other times, life just has a surprise in store for us. We are only human, this I know. However, I also know how important a routine can be for our children and even us, as parents. It is amazing how much having a routine can change an attitude, an energy level, and an outlook on life and events. Below are just a few important ways that having a routine can have a positive impact:

1. Reduces Stress- a routine allows us to know what is going on for the day which prevents us from having to scramble to add things to our schedule.
2. Creates positive habits- we are able to organize our duties more efficiently so we have time for the most important things.
3. Sleep- sleep has a true effect on our mental health. The better our sleep routine, the healthier our mental state.
4. Exercise & Diet- Routines allow diet and exercise a chance to become a stable force in your life. You have the time and energy needed to devote yourself to exercising and eating healthy.

*References~ (Team, 2018)

Thomson Attendance Policy:

At Thomson Elementary, we understand the importance of a routine because we have witnessed the positive affects it has on our students mental health, ability to stay focused, and ability to become inspired to achieve their highest potential in life. We feel it is important that our families understand our routines so that it can become a normal day-to-day process, creating a smoother morning transition for all students, staff and families.

Thomson Elementary School Hours: 7:35a.m – 2:35p.m

FREE Breakfast is served EVERYDAY for EVERY student beginning at 7:15 a.m.

Morning Routines:

- 1.) Students should arrive **NO** earlier than 7:15a.m if they are having breakfast. They will then be required to line up outside of the cafeteria doors.
- 2.) Students who arrive before 7:30, **will be required** to enter the cafeteria. **We do not** have supervision until 7:30a.m so students are not to be lined up outside of classroom doors, playing on the play pads or wandering around the perimeter of the building without a family member.
- 3.) Students will enter through their outside classroom doors up until 7:41a.m. After that point, your student must enter the front door. After 7:45 your student is considered tardy and will need to be signed into the main office to receive a tardy pass. In order for the tardy to be excused, the guardian **must sign the student in.** Otherwise, it is unexcused.

ALL ABOUT



WATCH D.O.G.S.® (Dads Of Great Students) is an innovative father involvement, educational initiative of the National Center For Fathering. There are 2 primary goals of the WATCH D.O.G.S.® program.

- 1) To provide positive male role models for the students, demonstrating by their presence that education is important.
- 2) To provide extra sets of eyes and ears to enhance school security and reduce bullying.

WATCH D.O.G.S.® began in 1998 in a single school in Springdale, Arkansas and has since grown into a nationally recognized program that has brought hundreds of thousands of fathers and father figures into the school classrooms and hallways across the country, creating millions of hours of "in school" volunteer time and having a tremendously positive impact on the educational process.

Program Benefits

- Students gain positive male role models.
- Schools gain an extra set of eyes and ears. The presence of a father or father figure will provide an additional deterrent to bullying, enhance a sense of security in the building, and will help to create an environment conducive to learning.
- Fathers get a glimpse of their students' everyday world and learn about the increasingly complex challenges and decisions today's youth are facing. As a result, they can learn to relate better to their student and hopefully connect with them.
- Fathers gain a greater awareness of the positive impact they can have on their student's life in three critical areas including: academic performance, self-esteem, social behavior.
- Due to budget shortfalls and cutbacks, often teachers are presented with larger classrooms each year. The WatchDOGS volunteers provide real and important help for the teachers and the students.

Who are WatchDOGS (Dads Of Great Students)?

WatchDOGS are fathers, grandfathers, uncles, and other father-figures who volunteer for at least one day each year at an official WATCH D.O.G.S.® school. During the day, WatchDOGS may read and work on flash cards with students, play at recess, eat lunch with students, watch the school entrances and hallways, assist with traffic flow and any other assigned activities where they actively engage with not only their own students, but other students as well. Many school principals have reported that the mere presence of a WatchDOG dramatically reduces reports of bullying. On the day of their participation, WatchDOGS are given a brief review of their involvement and they wear an official WATCH D.O.G.S.® t-shirt with a disposable 'Dog Tag' identifying them as WatchDOGS.

Program Recognition

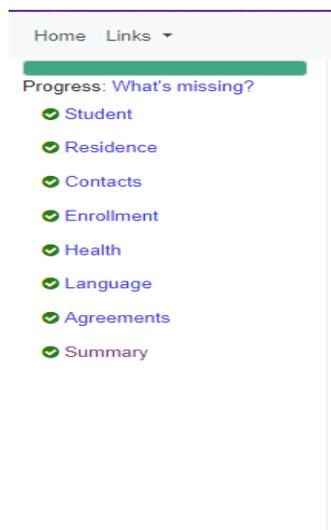
The WATCH D.O.G.S.® program has been recognized by the United States Department of Education and the U.S. Department of Health and Human Services and has been involved in the U.S. Department of Education's P.F.I.E. (Partnership For Family Involvement In Education) and the Department's Safe School Summit. The WATCH D.O.G.S.® program is a founding member of National PTA's M.O.R.E. Alliance (Men Organized to Raise Engagement). The WATCH D.O.G.S.® program was featured on ABC World News Tonight with Charlie Gibson in their "Spirit of America" segment on November 17, 2008, on NBC's Nightly News with Brian Williams on September 12, 2012 and on NBC's Today Show which aired February 11, 2013. Also, the program has been recognized on the floor of Congress as a program that "can be a great tool in our efforts to prevent school violence and improve student performance because it can increase parental initiative and involvement in their children's education." (*Congressional Record, February 7, 2000 page S392*) WATCH D.O.G.S.® has been endorsed by the President's Advisory Council and included in the March 2010 report to the President. In June 2011, US Department of Education Secretary Arne Duncan visited a local WATCH D.O.G.S.® program in the DC area to encourage fathers and father figures to become more active in the educational system and to get a firsthand glimpse of the program.

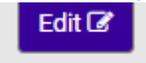
For more information, visit our website at www.fathers.com/watchdogs, email watchdogs@fathers.com or call us at 1-888-540-DOGS(3647) to speak with a Program Developer.

JeffcoConnect

[JeffcoConnect](#) is the portal where parents go to register their students. It is through [JeffcoConnect](#) that all Jeffco Elementary, Middle, and High Schools are able to retrieve contact information for our students. It also allows us to identify who can and cannot pick students up from school. Thomson Elementary does our best to provide efficient and effective communication to all of our families whether it is through a voicemail phone call or email, it is EXTREMELY important that our families remember to update their [JeffcoConnect](#) profiles as soon as possible. Email addresses are also extremely important as we send many communications through email so that we do not bombard parents with phone calls, which tend to worry our families that there is an emergency. Below you will find directions on how to mark email as a form of communication.

- 1.) From the [JeffcoConnect](#) Home Page, click on your students name. This will take you to your Summary Details Page.
- 2.) On the left hand side, under the HOME link, you will see a menu that looks like below: You will click on the **Contacts link**.



- 3.) Now you will find your name and go all the way to the right hand side of the screen and click on the Edit button that looks like this: 

- 4.) You will now be in your Add Contact Details Page. At the bottom, under you name you will find a few different page options like this:

Access Preferences

Notification Preferences

Contact Residence Information

- Allowed to pick up Student
- Allowed to make decisions for Student
- Allowed to view student's data on student information sites
- Allowed to update student's data on student information sites
- Court order restricting access to Student

You will click on the **“Notification Preferences”** link.

5.) To the left of the screen, you will have spots to input your phone numbers and email, which is towards the bottom. Then to the right of the screen you will see different boxes with options like this:

| Primary | Text | Emergency | Attendance | General |
|----------------------------------|--------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| <input checked="" type="radio"/> | <input type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |
| <input type="radio"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="radio"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> | <input checked="" type="checkbox"/> |

You will want to ensure that you click **ALL** of the boxes to indicate how you want to receive communication. Remember to click them for both your phone numbers **AND** your email address. If you do not mark any of the boxes by email, then you will not receive any emails from us. I would recommend clicking the boxes for all Emergency, Attendance and General to ensure you get all communication. If you ever have any issues logging into [JeffcoConnect](#), please call the main office at 303-982-9935. We will be happy to assist you!



For Parents: Apply for Free and Reduced Meals

Free & Reduced is available to families who need assistance with school meals and fees. We encourage our families to apply! Once you receive an approval letter, please make sure to bring it to the main office.

Step 1—Create an account and add your students

- Instructions for creating our account and adding students can be found on the “For Parents: Create an Account and Add Students” document
- Ensure all students living in your household have been added to your account

Step 2—Start your application

- From your dashboard, click **Apply for Free or Reduced Benefits**
- Select a language
- Review the 2018-19 **Households Letter** and click **Next**

Step 3—Certify

- Certify that the information you are entering is true and click **Next**

Step 4—Select Students

- Select students from your [SchoolCafé](#) account, or click **Add a Student**
- **Note:** You may still submit an application with-out a Student ID number; however, your application will not be processed until your student is enrolled in the district and has been assigned a Student ID
- Answer questions regarding student information, such as Foster status or income information

Step 5—Assistance Information

- If your household receives SNAP or TANF benefits, select **Yes** and enter your **Case Number**. Select **Next** and proceed to **Step 7—Review Information**
- If your household does NOT receive assistance, select **No** and click **Next**

Step 6—Household Information

- Every person living in your household should be included in your application
- To add a household member, select **Add Household Member**
- Enter the person’s name and income information and select **Add this Member**

Step 7—Review

- Review the information you entered
- If you wish to change information, click **Go Back** to that section
- When your information is accurate, click **Next**

Step 8—Sign and submit your application

- If available, please enter the last 4 digits of your **Social Security Number**
- Select the name of the person signing the application and click **Sign**
- Click **Submit My Application**

Fruits & Veggies Program

*“It is easier to change a man’s religion than to change his diet.” ~
Margaret Mead*

Thomson Elementary has been selected to participate in the Fruits & Veggies Program. Weekly on Tuesday, Wednesday and Thursday. Students will receive a choice of a healthy fruit and/or vegetable to snack on. These items will be handed out at the teacher’s discretion during the days of the week that are listed above. We truly appreciate that our school was selected to participate in this program. In order to help show our appreciation, we ask that our families have a discussion with their student(s) regarding the importance of eating healthy, along with the importance of not wasting food. Your student(s) is NOT obligated to eat the snack. In fact, if they do not wish to have one, we would love for them to voice it so that we can eliminate waste to help promote the continuance of programs such as this.

Program Start Date: Week of September 9th



Tips for Student Success at School

School can be a stressful place for students. Whether it is related to academics or social behaviors, school is sometimes a trigger for negative emotions and feelings of anxiety. At Thomson, we pride ourselves on providing an environment that is conducive to the mental, emotional, social, and physical well-being of our students. However, we are also aware that when students leave our building, their interactions outside of school are less-controlled and often cause them to forget the tools they have learned at school. Therefore, we have compiled a list of helpful tips on ways for our students to maintain their success at school, even when they are home.

- 1.) Create a rough schedule for the week- creating a schedule for the week's events will help students free their minds from worrying about *what will be* and focus on *what is* in that current moment.
- 2.) Talk about your school day with family- talking about your day allows you to decompress and let go of events that have taken place. It also allows you to get a new perspective on behaviors and feelings that might need some additional supports.
- 3.) Write 2-3 self-affirmations in the morning before school- writing positive words about yourself lifts your spirit and strengthens your confidence. When you are feeling more proud of who you are, you are more likely to maintain a positive attitude throughout the day and handle difficult situations more appropriately.
- 4.) Encourage good posture- "posture improves your mood, and also enhances your memory and learning," (Wong, 2019).
- 5.) Encourage breaks throughout the day- taking breaks allows your mind to reset and you are more likely to release any feelings of anxiety you may be having. (Wong, 2019).
- 6.) Exercise Regularly – exercise keeps the mind sharp and the body healthy. It has been proven that exercise promotes a better memory, increases concentration, and makes your creativity shine! (Wong, 2019).
- 7.) Eat healthy foods- eating healthy not only provides the proper nutrition your body needs for growth and optimal performance, but it also strengthens your mind and helps sharpen your ability to focus.
- 8.) Be organized- organization helps control anxiety because you are always on top of the tasks that need to be completed. It also helps you prioritize so that you can focus on the more important tasks- completing them one at a time.
- 9.) Make sure you get at least 8 hours of sleep per night- "Sleep boosts memory and enhances the ability to learn," (Wong, 2019).
- 10.) Ask questions- asking questions helps your mind stay engaged so you are better able to understand the material being taught.
- 11.) Reward yourself- allow your student to receive awards for both behavior and academics in a school setting, encourages them to continue to do their best. Students will begin to connect a positive consequence for each good action they make. (Wong, 2019).

**References:

Wong, Daniel (2019). *40 Ways to be Successful in School: Practical Tips for Students*. <https://www.daniel-wong.com/2018/01/30/be-successful-in-school/>

September Important Dates:

| DATE | EVENT |
|--|--|
| Monday, September 2nd | Labor Day- NO School for students or staff. Enjoy your three day weekend! |
| Tuesday, September 3rd | After-School Martial Arts program begins- Gymnasium- 2:35p.m-3:20p.m *additional dates: 09/04; 09/05; 09/10; 09/11; 09/12-Graduation 09/13* |
| Wednesday, September 4th | First day of Band & Orchestra for 5th Grade- please make sure they come to school with all required materials. |
| Friday, September 6th | PTA Back-to-School BBQ- 5p.m-7p.m- Front Lawn of School! You don't want to miss out! |
| Saturday, September 7th | Arvada Harvest Festival Parade- meet at 8:30 on 57th near Arvada K-8. Look for the semi-truck with a flatbed. |