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Boltz Newsletter

October 2009

## From the Principal...

Dear Friends:

By now you have received the most important word about how this year has begun—the informal reports given to you by your son or daughter. The faculty and staff at Boltz Middle School hope those reports are positive. We also hope your feelings about Back-to-School Night gave you an indication of how excited and committed we are to the well-being of the community we serve. We also hope you feel that the school year has begun well for your student.

As always, our philosophy at Boltz is that of an “open door.” If you have questions or concerns regarding your student’s experience at Boltz, please feel free to contact any of us at 472-3700.

Sincerely,

Dana

### **New Parent Portal Available**

PSD is pleased to announce the district-wide release of the new, customizable Parent Portal! Once you receive your letter from PSD, containing a unique activation code for your student, you may sign up for your new Parent Portal account. The new Parent Portal will allow parents and guardians to view a quick and highly individualized snapshot of each student’s specific information, including: schedule, grades, upcoming assignments, account balances and general school information. The Parent Portal’s new interactive features are part of PSD’s continuing work to improve communications with parents and guardians. As you experience the new interactive Parent Portal, we encourage you to provide feedback via the “Feedback” link located at the bottom of all Parent Portal pages. Your experience will help us continually make improvements to the Parent Portal.

## Upcoming Events:

- 10/1 ● School Improvement Team (Parent Organization) meeting, 7 p.m., Media Center  
 10/7 ● Choir Concert, 7 p.m. @ FCHS  
 10/8 ● 8th Grade Panoramic Photo will be taken at 2:05 p.m.  
 10/15 ● END OF FIRST QUARTER  
 10/15 ● School Picture Retake Day  
 10/16 ● No School  
 10/29 ● Concert Band Concert, 7 p.m. @ FCHS  
 10/30 ● 6th Grade Latte Day
- 11/5 ● Concert Orchestra, 7th Grade Band and Orchestra Fall Concert, 7 p.m. @ Boltz  
 11/10 ● 7th Grade Latte Day  
 11/19 ● 6th Grade Band and Orchestra and Jazz Band Concert, 7 p.m. @ Boltz  
 11/24 ● 8th Grade Latte Day  
 11/25-30 ● No School (Thanksgiving Recess and Collaboration Day)

### *Calling All Parents! Your participation is vital to our success!*

If you would like to be actively involved in the success of Boltz Middle School, consider volunteering for the School Improvement Team (SIT). This team is a combination PAB, PTO, and the Boltz Accountability Team. SIT members receive updates from Boltz Department Leaders, consider school improvement projects and have direct communication with school leadership. All parents and interested community members are welcome to attend. Currently, meetings are held the first Thursday of each month at 7:00 p.m. in our Media Center.

### **Parents—please take online survey October 5-18 improve our school!**

Parents—our school values your input! Please take a few minutes to go online between October 5-18 and take a short survey about the educational experience your child is receiving at our school. Go to [www.psdschools.org](http://www.psdschools.org) and click on **SCHOOL SURVEY** under PSD News (top right). If you don't have access to the Internet, come to the school to take the survey from October 5-18. Your input will be very helpful for our school's ongoing improvement efforts.

### **QDOBA COUPONS**

Boltz will once again be selling the Qdoba coupon sheets for \$10. They each have \$65 dollars worth of buy one/get one free coupons, and \$8 of each sale goes directly to Boltz athletics! They are valid through 1/31/10. You can help Boltz and feed your family! There is a sample card near the mailboxes and you can see anyone in the front office if you would like to purchase one!

**Important Information about PSD’s Attendance Policy**

Effective July 1, 2007, the Colorado Compulsory Attendance Law [C.R.S. 22-33-104] requires regular school attendance for all students between the ages of 7 and 17. (The law previously required regular school attendance for all students between the ages of 7 and 16.)

The law also states that every parent of a child who is between 7 and 17 years old must ensure that the child attends school in compliance with the law. If your child has 4 unexcused absences from school in any one month or 10 unexcused absences from school during a school year, your child will be declared “habitually truant.”

PSD’s goal is to provide academic success for all students. Regular attendance is a crucial factor in reaching this goal. Regular attendance also provides opportunities for the emotional and social growth of our students. Children learn a great deal from consistent, daily interactions with adults at school and with other students.

The State of Colorado and PSD’s goal for attendance is 95%. In order to attain this goal, a student cannot miss more than 9 days during the entire school year. Making up work cannot fully replace the instructional programs provided at school. We believe that by working together, we can help your child be a successful student.

PSD follows this timeline and process when dealing with “habitually truant” students:

<b>If your child has . . .</b>	<b>Then this action will take place . . .</b>
Approximately 5-7 absences, questionable or unexcused	1 <sup>st</sup> attendance letter sent to parents/guardians by school
Approximately 10-12 absences, questionable or unexcused	Medical letter sent to parents/guardians by school (if absences seem to be related to a medical condition – <i>or</i> – 2 <sup>nd</sup> attendance letter sent to parents/guardians by school; district outreach worker assigned
15 or more absences, questionable or unexcused	Certified attendance letter sent to parents/guardians by district attendance officer
Continued absences, questionable or unexcused	Truancy filed in district court; documents completed prior to filing will be submitted to the court; specific recommendations can be submitted to court at this time

**Vision and Hearing Screening**

Vision and Hearing screening will be held at Boltz on Monday, January 25th in the media center. Please remind your child that if they have glasses/contacts that they are supposed to wear, that they bring them to the screening that day. Our state mandates that all 7th graders are screened for distance acuity. We will screen any 6th or 8th grader that requests it because of visual difficulties seeing the board or any student who has an IEP.



Dear Boltz Parent, do you have questions about volunteering or how to “plug in” now that your child is in middle school? Please contact the appropriate grade level parent volunteer representative below:

6<sup>th</sup> grade: Lorna Green 266-1699 [greencelt@gmail.com](mailto:greencelt@gmail.com)

7<sup>th</sup> grade: Elizabeth Baker 225-2052

8<sup>th</sup> grade: Claudia Wilson 206-0231 [claudiasemail@comcast.net](mailto:claudiasemail@comcast.net)

All School Volunteer Coordinator: Nancy Myers [nmyers80525@yahoo.com](mailto:nmyers80525@yahoo.com)

**INFORMACION IMPORTANTE ACERCA DE LA POLITICA O  
NORMAS DE ASISTENCIA A LAS ESCUELAS DEL PSD's  
(Distrito Escolar Poudre)**

Efectivo/a partir del 1 de Julio, 2007, la Ley Obligatoria de Asistencia de Colorado [C.R.S. 22-33-104] requiere la asistencia regular a las escuelas para todos los estudiantes entre las edades de 7 a 17 años. (La Ley previamente requería la asistencia regular a las escuelas de todos los estudiantes entre las edades de 7 a 16 años.)

La Ley también indica que todos los padres de niñas/os que están entre las edades de 7 a 17 años de edad deben de estar seguros que la niña/o asiste a la escuela de conformidad a la ley. Si su estudiante tiene 4 ausencias de la escuela y sin excusa en cualquier mes ó 10 ausencias de la escuela sin excusa durante el año escolar, su Niño/niña será declarado/declarada: **“habitualmente Ausente de la Escuela.”**

La meta del PSD's es de proporcionar el éxito académico a todos los estudiantes. La asistencia regular es un factor decisivo en alcanzar esa meta. La asistencia regular proporciona también oportunidades para el crecimiento Social y Emocional de nuestros estudiantes. Las niñas ó niños aprenden diariamente de las interacciones coherentes ó razonables, con los adultos y otros estudiantes en la escuela.

La meta de asistencia del PSD's y del Estado de Colorado es de 95% por ciento. Para alcanzar ésta meta, un estudiante no puede perder más de 9 días durante el Año Escolar Completo.

Re-haciendo el trabajo perdido no puede reemplazar ó sustituir los programas de la instrucción proporcionados en la escuela. Nosotros creemos que trabajando juntos, nosotros podemos ayudarle a su hija/ hijo a ser un estudiante con éxito.

El Distrito Escolar Poudre / PSD sigue éstos pasos y proceso cuando se trata **“DE ESTUDIANTES CON ABSENTISMO ESCOLAR HABITUAL ”**:

<b>Si su estudiante tiene . . .</b>	<b>Entonces tomamos ésta Acción . . .</b>
Aproximadamente de 5-7 ausencias, sin una excusa ó que son dudosas.	1ª carta de asistencia es enviada a los padres ó guardián de parte de la escuela.
Aproximadamente de 10-12 ausencias, sin una excusa ó que son dudosas.	Carta médica enviada a los padres ó guardián por la escuela (si las ausencias parecen tener que ver con una condición médica – ó – la 2ª carta de asistencia es enviada a los padres ó guardián por la escuela; ó por el trabajador asignado de enlaces (con la familia)
Aproximadamente 15 ó más ausencias, sin una excusa ó que son dudosas.	Una carta certificada es enviada a los padres ó guardián por el oficial de asistencias del Distrito Escolar Poudre
Continúan las ausencias, dudosas ó sin una excusa.	La Ausencia Escolar es presentada en la Corte de Distrito; los documentos completados antes de presentarla serán sometidos y especificas recomendaciones pueden ser sometidas en ese momento

**Saturday School**

In an effort to maintain high academic and behavioral expectations at Boltz, we are continuing the Saturday School Program. Most months, Saturday School will run from 9:00-11:00 am on the first and third Saturdays of the month. Students may opt to take advantage of Saturday School as a tutorial time. Our goal is to have most subject areas represented by a staff member willing to help kids with homework and/or remediation.

**Some students will be required** to attend Saturday School. A staff member with a particular concern, such as excessive tardies or unexcused absences, several missing assignments, low achievement, or habitual failure to serve assigned detention time, will assign students to the program. Every effort will be taken to contact parents whose student is required to attend. However, in every case, the student will be notified of their obligation to attend on a certain date.

Rather than being punitive in nature, we are attempting to pass along the message to our students that we intend not to let them fail, all the time maintaining a belief that the first step to success is fulfilling an obligation to themselves and the community for a greater good. Your support is paramount to the success of the Boltz mission. . .to create responsible, educated members of society.

## **Superintendent hosts “listening sessions” for community**

Parents and community members are invited to visit with Superintendent of Schools Jerry Wilson, during upcoming “listening sessions.” Listening sessions are an opportunity to talk with Dr. Wilson about issues and concerns, ways to enhance student achievement, and ask questions about Poudre School District (PSD). Everyone is encouraged to attend. No registration is necessary. For more information, call 490- 3607 or e-mail [info@psdschools.org](mailto:info@psdschools.org).

Following are the dates and locations for the 2009-10 listening sessions:

**October 1, 2009**, Traut Core Knowledge Elementary from 6-7p.m., in the media center

**November 11, 2009**, Webber Middle School from 5:30-6:30 p.m., in the media center

**November 13, 2009**, Putnam Elementary from 9:30-10:30 a.m., in the flex room

**April 1, 2010**, Boltz Middle School 7-8 p.m., in the media center

### **PSD seeks community volunteer to serve on Audit Committee**

The PSD Board of Education is seeking a community member with financial experience to serve on the PSD Audit Committee for a two-year term beginning January 1, 2010.

The audit committee, which consists of five community members and two PSD Board of Education members, assists the board of education in fulfilling its financial oversight responsibilities. Committee responsibilities include overseeing the independent external audit of the district’s financial statements, quarterly reviewing the district’s financial statements, evaluating the efforts of the external auditor and recommending the selection of the external auditor, and providing input to help conduct two-hour meetings in the morning (7 to 9 a.m.), six times a year (January, March, May, August, October and November). Occasionally additional meetings are held to work on special committee projects.

Interested community members are asked to submit a letter of interest outlining pertinent qualifications by **October 15, 2009** to: [dboileau@psdschools.org](mailto:dboileau@psdschools.org) or **Deb Boileau, PSD Accounting Department, Johannsen Support Services Center, 2407 LaPorte Ave., Fort Collins, CO 80521.**

Employees and contractors of the district **or immediate family members** are not eligible to serve on the committee. The present committee will recommend an applicant to the board of education, who will appoint the new committee members in December 2009. For more information, contact Deb Boileau, PSD finance staff member, at 490-3649 or **Peggy Dowswell**, community member and chairperson of the PSD Audit Committee, at **231-9303**.

## **Online School Choice application available for 2010-11, policy changes implemented**

The online School Choice application is now available at [www.psdschools.org](http://www.psdschools.org) under “School Registration,” which may be accessed from a home computer or any computer with Internet access; a public use computer is available at the PSD Support Services Center, 2407 LaPorte Ave., or any of the district’s schools. The first consideration deadlines for 2010-11 are:

**January 29, 2010, for secondary (grades 6-12)**

**February 12, 2010, for elementary (grades K-5)**

School Choice applications may be submitted after the first-consideration deadline until the first day of class at the beginning of the school year of requested enrollment.

The School Choice policy now offers parents of multiple-birth siblings the opportunity to submit one application for each set of multiple birth siblings. If a parent chooses this option, the siblings will be considered for available spaces together. The school will need to have the appropriate number of spaces available to accept the siblings as a group, if the number of siblings exceeds the number of spaces, the students will remain on the waiting list until enough spaces are available. For more information, view the School Choice policy and timelines on the PSD Web site.

## **PSD Shares policy regarding treatment of students, parents**

PSD would like to inform parents about a policy that assures the proper treatment of students, parents/guardians and the general public. A summary follows, and the entire policy can be accessed at: [www.psdschools.org/psdinfo/boardofeducation/policygovernancepolicies](http://www.psdschools.org/psdinfo/boardofeducation/policygovernancepolicies). To request that a copy be sent to you, please call 490-3302.

Board of Education Executive Limitation policy 2.1 stresses the importance for PSD to: obtain public input in decision-making; collecting appropriate information; safely store student information; assure discipline is appropriate and consistent; provide safe and accessible school facilities; provide equitable and reasonable access for non-disruptive activities; provide families with educational choices; clearly communicate student expectations; adhere to consistent and timely grading practices; be responsive to inquiries; never retaliate against students or parents; use written rules that state school expectations, standards and procedures; follow internal grievance procedures and access the Board of Education if the policy is violated; and provide families with many ways to voice their concerns about the education of students.

### **Character First! Family Seminar Saturday, October 17**

Don't miss out on the Character First! Family Seminar coming up on Saturday, October 17. Enjoy this day-long seminar focused on putting character first in your family. Your \$35.00 seminar fee includes the "Achieving True Success" book and workbook materials, a light lunch and free childcare for children under the age of 9 years. Scholarships are available. Please contact Character Fort Collins at [reservations@characterfortcollins.org](mailto:reservations@characterfortcollins.org) or 970-266-2671 to reserve your seat today!

## **PSD parent notification procedures**

The PSD communications office coordinates several efforts to notify parents and staff when **ALL** schools are closed for conditions such as bad weather or for emergency situations.

PSD will communicate information and instructions directly to parents and staff through the following:

- E-mails to parents who have signed up for PSD email alerts (sign up at [www.psdschools.org](http://www.psdschools.org) – "Email Alert Sign-Up") or provided their email on the student information form parents receive the first week of school.
- Text messages to parents and staff who have that capability on their phone.
- Phone messages through the School Messenger automated phone notification system.
- PSD website ([www.psdschools.org](http://www.psdschools.org)) information postings
- PSD Channel 10 (Comcast and US Cable)
- Local and Denver media including newspapers, radio and television stations

## **Procedimientos del PSD para notificar a los padres**

La oficina de comunicaciones del PSD coordina varios esfuerzos para notificar a los padres y el personal sobre el cierre de **TODAS** las escuelas debido a condiciones tales como el mal tiempo o situaciones de emergencia.

El PSD comunicará la información e instrucciones directamente a los padres y el personal por medio de lo siguiente:

- Correos electrónicos a los padres que se registraron para recibir alertas del PSD por correo electrónico (regístrese en [www.psdschools.org](http://www.psdschools.org) – "Email Alert Sign-Up" que significa "Registro para Recibir Alertas por Correo Electrónico") o suministraron su correo electrónico en el formulario de información del estudiante, que los padres recibieron la primera semana de escuela.
- Mensajes de texto a los padres y el personal que tengan teléfonos con capacidad para recibirlos.
- Mensajes por teléfono a través del *School Messenger*, el cual es un sistema telefónico automatizado que se utiliza para notificar.
- Información publicada en el sitio Web del PSD ([www.psdschools.org](http://www.psdschools.org))
- Canal 10 del PSD (Comcast y US Cable)
- Medios de comunicación locales y del área de Denver, incluyendo periódicos, estaciones de radio y televisión.

FYI

**BOLTZ BEFORE AND AFTER SCHOOL ACTIVITIES**

**Mathcounts** is a series of competitions designed to increase involvement in mathematics among all middle school students and to promote high levels of math achievement. Students in grades 6-8 are eligible to participate. Practice will start in December, and the regional competition is held in February. Boltz has always done well at this competition and has often qualified to go to State. The Mathcounts coach is Mrs. Bransen (room 7).

**StuCo** is busy organizing activities for Boltz! Are you interested in being a leader and getting involved? Join StuCo! Upcoming events include Cans Around the Oval, Red Ribbon Week, Spirit Days, and Talent Show. We meet Friday mornings at 7am in Rm.9. See Mrs. Wilson for more information.

**Phoenix Computer Club** allows students an opportunity to work on a variety of computer programs with students with common interests. Ms. June Galvin is the club sponsor. The after school club meets twice a month on Wednesdays from 2:35 to 3:35 in room 26.

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 ★ The PRE-AP 7 English classes will be featuring their scrumptious restaurant reviews in ★  
 ★ The Coloradoan Sunday Life Section in November and December. ★  
 ★ ★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★★

*Fuel Up to Play 60 Student Wellness Team*

The Boltz Wellness committee is very excited to announce the start of our first student-based wellness team called *Fuel Up to Play 60*. This is a new program created by the NFL, National Dairy Council and your local dairy council that empowers students to make changes at school that will help them “get active and play” for 60 minutes daily and “fuel up” with critical nutrient-rich foods missing from their diets – like low-fat and fat-free dairy foods, fruits, vegetables and whole grains. Our student members will be working hard this year to make Boltz a healthier place! Please look for our upcoming announcements, activities, and events throughout the year.

**Boltz Celebrates Hispanic Heritage Month  
September 15th - October 15th**

Este mes, los estudiantes de la clase de Enriquecimiento de Comunicación en Español celebran la cultura hispana. Estudiarán las contribuciones de los latinos en nuestro mundo y su influencia especialmente en los Estados Unidos. ¡Felicidades a todos los latinos de nuestra comunidad!

This month, the students of the Spanish Heritage Communication class are celebrating Hispanic culture. They will study the contributions of Latinos in our world and their influence in the United States. Congratulations to all the Latinos of our community.



**GOT ROBOTICS?**

We are trying to rebuild our robotics program at Boltz and we need Lego Robotics equipment and someone with expertise who can help our kids get “Lego Smart.” Are you interested in being part of our Robotics Club? Do you have equipment you can share? Please contact: Charli O'Dell 472-3752 or [charlio@psdschools.org](mailto:charlio@psdschools.org).



## ATHLETICS



### Boltz Interscholastic Sports Information - 7th and 8th Grade

In order to practice or play a sport, students must have:

- A current (within the last 12 months) physical card, signed by a physician, on file in the main office
- Proof of insurance
- \$60 athletic fee paid
- Good academic standing (not failing in more than one class)
- Good citizenship (adhering to the 6 P's)

District mandated physical cards are available in our front office.

### WRESTLING

- First day of practice is Wednesday, October 21st.
- We are looking forward to a strong showing from this year's 7th grade class and outstanding leadership from the returning 8th grade class.
- If you have any questions or concerns, please call Coach Scott Westfall at 472-3770 or e mail him at - [swestfal@psdschools.org](mailto:swestfal@psdschools.org)

### GIRLS BASKETBALL

There will be an informational meeting, Wednesday, September 30th, during Guided Study, for all 7th and 8th grade girls interested in trying out for basketball. The meeting will take place in the auditoria.

Tryouts for Girls Basketball will officially begin on Monday, October 12th. 8th grade girls will tryout from 2:45-4:45, M-Th. Final cuts will be made on Thursday, October 1. 7th grade girls will tryout from 4:45-6:30, M-F.

In order to tryout you must have:

- A current (within the last 12 months) physical card, signed by a physician, on file in the main office
- Proof of insurance
- Good academic standing (not failing in more than one class)
- Good citizenship (adhering to the 6 P's)

You will need to pay the \$60.00 athletic fee to obtain a "green" card. Green cards **MUST** be turned in to coaches **PRIOR** to the first day of practice. **NO CARD, NO TRYOUTS!**



For 11 years now, Mrs. Kirstan Morris (former Boltz teacher, current Boltz grader and PSD parent) has been selling high altitude Western Slope apples, direct from Red Mountain Ranches, located in Cedaredge, CO, to raise money for small projects and lessons here in Poudre School District.

This year will be their **2<sup>nd</sup> Annual "Apples for Teachers" \$100.00 Mini-Grants Program** for PSD teachers who are looking for that extra bit of funds to pull off that project or lesson or program that will make a special difference for students. This type of mini-grant fills a real need in the schools—they are a way to get funding

directly into the hands of teachers to create the extraordinary types of lessons and units that parents love students to be a part of.

In 2008, this fundraiser funded 20 grants at 17 schools around the district. This year, we would love to double or triple that number!

A couple of the grants from last year are listed below:

- Purchased class sets of dry erase boards for teaching 1<sup>st</sup> graders math, phonics, and handwriting at Traut Elementary and for teaching middle school kids a foreign language at Preston Middle School.
- Funded a Life Skills Moderate Needs Unit at PHS. Students make a menu and grocery list, go shopping for food, compare prices, follow recipes, and eventually cook for themselves in class.

Apples will be on sale from Saturday, October 3 thru Tuesday, October 13 by 5:00 PM. There will be an ordering web link that becomes active on October 3<sup>rd</sup>, and if you wish to support the teachers and order apples or their pressed apple cider, then email [kirstan-morris@gmail.com](mailto:kirstan-morris@gmail.com) or call her at 282-3554 to get on the emailing list. She will send you the active ordering link on October 3, and that link will have all of the varieties of apples available, prices, and much more. Pick up for all of the produce and cider will be Saturday, October 17 from 9-11 AM in the front Boltz Middle School parking lot.

## FYI



is coming soon!!

If you like to think creatively and work with a team, Odyssey of the Mind is for you!

Registration forms will be in the office.

Listen and watch for further announcements.

Contact Mrs. Gunnerson for more information.

**GOT MILK CAPS?!**

A big thank you to all who have sent in milk caps from Morning Fresh Dairy for the math department fundraiser. We have over 500 already! Please continue to save caps. Send them with your child, or drop them by the main office. We are saving for math technology.

### Music Department News

#### CONCERT ATTIRE REMINDER

**Boys:** ALL BLACK Black pants, socks, shoes, and shirt. Shirt can be short or long sleeved but no T shirts, please.

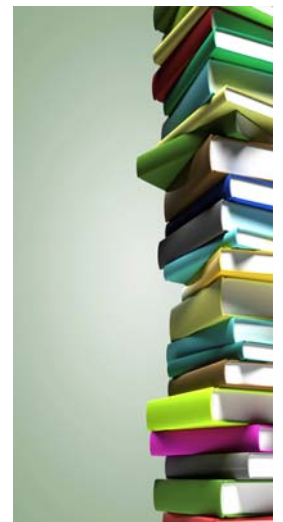
**Girls:** ALL BLACK Black pants or skirt (below the knees), black shirt or blouse, black shoes or dress sandals. Shirt can be short or long sleeved but NO tank tops (shoulders must be covered).

#### CONCERT CLOTHES EXCHANGE:

Boltz band and orchestra department has a "Concert Clothes Exchange" available for parents and students. Come see what we have that might fit you or donate CLEAN, used clothes that others might be able to use. Contact Mr. Scheurman to arrange a time to look at what is available.

### MARK YOUR CALENDARS NOW!

December 1<sup>st</sup> is "Boltz Night at Barnes and Noble!" Our students will be performing and displaying their talents in the store. We hope you can join us for some great Boltz music, and drama performances, and let your younger ones listen to stories read by our costumed characters. Art and other school projects will be displayed in the store. You may see some exhibition chess and even learn a little Chinese. We hope you can join us on our special night. Boltz will receive a percentage of all identified "Boltz" sales on three days: December 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup>. You are invited to share your "voucher number" with friends and relatives who can even make purchases at other Barnes and Noble stores on our behalf. This is an ideal date, as the holiday season will just be starting. But mark your calendar NOW, because this date is immediately preceded by Thanksgiving vacation and a school release day. If you have books to buy that can wait until this "Boltz Bookfair," we will benefit from your purchase. Please spread the word to your friends, relatives, and neighbors. See you at "the fair."



# FYI

## STUDENT COUNCIL—UPCOMING EVENTS

Cans Around the Oval Food Drive- Bring in canned foods to your Guided Study teacher by Oct. 13th

Red Ribbon Week Oct. 19th-23rd

## YEARBOOK NEWS

Parents, you can buy a yearbook any time by stopping in to the office at 720 Boltz Drive, or – even easier – by going online to [www.jostens.com](http://www.jostens.com) and clicking on the YEARBOOK tab at the top, then on BUY YOUR YEARBOOK under the picture. Yearbooks are all-color! And they cost just \$32 until Christmas, after which the price will go up to \$36. Act now! There is, or will be soon, a link to the Jostens site on our website.

Eighth-grade parents, you can purchase a baby ad for your child which includes “Then – and – Now” pictures and a message from you to them as they move on to high school. These make the yearbook even more special for them and you, too! They cost only \$25; see the form here in the newsletter.

Are you a parent of a student who plays a sport? We would love to have your great action shots of your student included in our yearbook! They don’t have to be Boltz teams; if your student plays in a club team, we would like to include those as well, showcasing our terrific, active students. Since the 6<sup>th</sup> grade participates in sports through Fort Collins Parks and Rec, we would love to include those teams, and action shots of their members in our book!

If you have pictures to share, or are a coach of a 6<sup>th</sup>-grade Parks and Rec team, please contact me, Mrs. Anita Hittle, at [ahittle@psdschools.org](mailto:ahittle@psdschools.org). Thanks!



## Boltz 2009-2010 Yearbook Baby Ad



You can be **A** star in your own personal **B**aby ad. Your **C**ute little face will shine forever. With **1** \$25.00 check to Boltz, **2** pictures of you, and **3** or more lines of words you can be a star!

Please include one current photo, baby photo, and personal message. (*25 words or less*) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Student Name: \_\_\_\_\_ Phone Number \_\_\_\_\_

We understand that these photos are very important to you. Please include a self-addressed, stamped envelope so we can send them back to you. Thank you!

**Boltz Middle School, 720 Boltz Drive, Fort Collins, CO 80525 -Phone: (970)472-3737**

# Healthy Habits for Healthy Homes

Kids  
**CanDo**  
it!



## Eat a Rainbow

All colors of fruits and vegetables help you maintain a healthy weight by filling you up with nutrients and fiber instead of empty calories. Kids and adults need 4 to 5 cups of fruits and vegetables each day. Be sure to eat a vegetable at each meal and go for fresh fruit or veggie sticks for snacks.

## Family Meals

Eating meals together at home gives parents the chance to help kids develop healthy eating habits. Eating together gives parents the opportunity to role model healthy eating, ensure their kids are eating nutritious foods, and introduce new foods to kids. Make a commitment to eat at least one meal together each day. You might be surprised at the difference in your family's communication, health, happiness, and finances!

## Sleep It Off

Set a regular bedtime and wake time schedule and stick to it! Getting adequate sleep is important for brain function, stress management, and maintaining a healthy weight. So how much do you need?

Adults	7 – 9 hours
Teens	8 – 9.5 hours
Children (ages 5 to 12)	10 – 11 hours
Preschool Children (ages 3 to 5)	11 – 13 hours
Toddlers (ages 1 to 3)	12 – 14 hours

## Should I Force My Child to Eat?

Children are actually born with a natural sense of wanting to eat and knowing how much they need to eat. Parents play an important role in helping their children establish healthy eating habits, but it is not the parent's responsibility to decide how much food a child should eat. Nutrition experts agree that the role of the parent is to decide what foods are offered, when foods are given, and where foods are eaten. It is the child's role to decide if and how much they will eat. If you're concerned that your child is eating too many sweets, then it's your responsibility to remove the sweets and let your child choose from healthier options when they are hungry.

## Kids & Veggies

Tired of trying to get your kids to eat their veggies? You're not alone! Studies show that it can take up to 15 exposures to a food before a kid will like it. So, if your child doesn't like broccoli now, that's okay. Keep offering the broccoli and encouraging your child to try a bite. Don't ever force your child to eat a food, as this can cause kids to turn against the food even more. Just be patient and persistent. Continue offering the food and be a role model for your child by eating healthy yourself. They'll eventually catch on!

**CanDo – Coalition for Activity and Nutrition to Defeat Obesity**

Poudre Valley Hospital Foundation | 1024 South Lemay Avenue | Fort Collins, CO 80524 | (970) 495-7517 | ve2@pvhs.org | [www.CanDoOnline.org](http://www.CanDoOnline.org)

Supported By: LiveWell Colorado



# Counseling News

October-2009

## Tips For Success

### Bully Reporting

At Boltz we are committed to building a culture that is safe and fun! We want students to focus on their academic success here! This year we have added a link to our Web page that students may click on and report anonymously to the counselors any bullying situation that occurs. Within the next two weeks we plan to visit all the Guided Study classes and distribute our school climate survey and introduce the students to this link. We will take all reports seriously.

### **WEB – WHERE EVERYBODY BELONGS**

We are so proud of our WEB Leaders and the amazing support they continue to provide to our Sixth grade students! They are meeting to provide organizational, academic and friendship support!

### Why Attendance Matters:

You can't learn if you aren't in school. Research shows a clear link: Students who come to class do better in school.

The habits students set now, like arriving at school on time and attending class daily will carry over into the workplace!

#### **Keys to SUCCESS:**

- Attend School Every Day
- Get 8 to 10 hours of sleep
- Eat a healthy breakfast
- Pay attention in class
- Complete your homework on time
- Write your assignments down in your notebook
- Start big projects right when they are assigned

## Important Dates:

Love and Logic Workshop-

Wednesday, October 14<sup>th</sup> –

6:30 to 8:30 p.m. \$5.00 admission fee

Maggie Payne – Presenter  
Boltz Parent and Former Educator

**RAISING RESILIENT KIDS-** Brian Mesinger,  
Fort Collins Youth Clinic

Please see their website -

[www.youthclinic.com](http://www.youthclinic.com) for further information!

**Cindy Benger** 472-3713  
Last names L-Z

**Christy Chappell** 472-3714  
Last names A-K

**Jennifer Needham-Advisor** 472-3715



Greetings Boltz Middle School Parents,

The Boltz staff is excited to have you as part of the Boltz family and we value your opinion. Please take a moment to complete the survey below and let us know the days and times that work best for you to attend School Improvement Team meetings. School Improvement Team is our parent group, similar to a PTO. The meetings are currently held on the first Thursday of every month at 7:00 p.m. and parents have a chance to discuss issues involving the school including funding, courses offered, student achievement and all school events, with the Boltz administration. Attendance at the meetings has been low, so we hope to schedule them when it is most convenient for parents.

Please indicate below which day and timeframe would work best for you:

**Day**

**Time**

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday

- Morning (7:30-8:30)
- Afternoon (3:00-4:00)
- Evening (7:00-8:00)

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Boltz also offers opportunities for parents to participate in activities through volunteering. We appreciate all your dedication in helping Boltz students to be successful in the classroom and at events throughout the year. In an effort to properly distribute volunteer announcements, we have come across profiles with outdated information, causing parents to not receive our emails. We would like to update our records in the PSD Volunteer System to ensure you will receive all notices of opportunity from Boltz.

Please fill in the required information, indicate if you are already in the system, and if your profile information has changed or already updated. **Please print clearly for accuracy.**

Name _____	Already in system & updated ____
Address _____	Please update ____
_____	Registered but new to Boltz ____
Email address _____	Need to register ____
Phone # _____	Cell # _____

If your student is new to the school and you would like to start receiving announcements but have not registered on the PSD Volunteer System, please log onto [www.psdschools.org](http://www.psdschools.org). On the top menu, click on “Parents”, and then on left side of the page click “Volunteer Opportunities”. At the bottom of the page you will see “sign up”. Follow the directions provided to register. The District processes background checks before one can volunteer. If you are already in the system but new to Boltz and would like to start receiving announcements, please sign in to your profile and “add” Boltz to your school of choice. We appreciate your cooperation and look forward hearing your opinion. Please return this form to the front office at your convenience. Thank you!

