

Friday Notes

Traut Core Knowledge School

September 25, 2009

From the Principal's Office...

Dear Traut Community,

As we get fully underway this year, we are seeing the fruits of the careful planning done by staff and parents over the past few years as we anticipated the grade reconfiguration. One of the important changes made in this regard is how we deliver interventions for all children, particularly those who need extra support and those who are already at an advanced level.

You will find as you enter classrooms at Traut that teachers use several strategies to assist students. They integrate auditory, visual, and kinesthetic instruction using a wide variety of materials and presentations to meet individual learning differences. For students who may already know much of the material, teachers often provide extension exercises, which allow more in-depth exploration of the topic at hand. For students who struggle with the new skills and concepts, teachers provide extra resources, sometimes through small group or one-on-one sessions with other staff members and parents.

Alissa McEachern and Diane Fusaro have expanded their role as our Intervention/Assessment Coordinators, which includes the GT Coordinator role. Diane is responsible for developing "Advanced Learning Plans" for all identified GT students (in Literacy and Creativity as well as Math). In addition, their office provides central planning and direct assistance to our extensive instructional paraprofessional staff.

We have expanded this support staff's ability to assist students in several ways. We continue to provide cross-training opportunities for these key members, allowing them to be more flexible as they work with students in each grade level, subject area, and skill level. We have freed up large blocks of their time by hiring lunch monitors. We have expanded staffing hours to the point where we now have 7 instructional paraprofessionals providing over 100 hours of supplemental instruction each week. The scheduling of these services works out such that two paras are available practically any time a grade level is teaching math or literacy—allowing more options for break-out groups and individualization. In this way, even though we lost our GT teacher this year, we have been able to *expand* instructional opportunities for individual students with more flexibility and time than ever before.

Traut has long felt that Core Knowledge is an excellent approach for meeting the needs of our student body. The wide diversity in backgrounds, aptitudes, learning styles, and maturity of individual students in a classroom are most easily handled in an environment where the curriculum is shared, solid, sequenced, and specific. Teachers can move from making sure that all students receive the necessary exposure to the content to providing extensions for those who are ready to go deeper.

For more on how Traut approaches GT, remediation, and differentiation for our students, there are many resources available through the Internet. I have listed some links below:

- [Philosophy of Gifted and Talented](#)
- [Parent Guide](#) (pages 11 and 12)
- [Gifted and Talented Action Plan](#)
- "Meeting Individual Student Needs" [philosophy](#) and [action plan](#)
- An example of a [GT magnet school in Colorado Springs](#) (I think it has many similarities to Traut)

Please feel free to talk to your child's teacher or me if you have any questions or comments about our approach to differentiation and meeting individual needs.

Sincerely,

Mark Wertheimer, Principal Traut Core Knowledge School

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**Deadline for
inclusion in
Friday Notes is
Wednesday at
10:00 a.m.**

Email to:

jafrei@psdschools.org

Traut Core
Knowledge
School

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Attendance: 970-488-7503

[PSD Web Site:](#)

[www.pdschools.org/
schools/traut](http://www.pdschools.org/schools/traut)

Event Calendar

Monday, September 28 th	VISION & HEARING SCREENING	Media Center 8:30 – 1:30 p.m.	Jana Frei 488-7506
Monday, September 28 th	Character Education Committee Meeting	Mrs. Hollen's Rm #203 3:30 – 4:30 p.m.	Reenie Hollen 488-7531
Thursday, October 1 st	Dr. Wilson Listening Session	Traut Media Center 6:00 – 7:00 p.m.	Mark Wertheimer 488-7501
Thursday, October 1 st	SBMC Meeting	Media Center 7:00 – 9:00 p.m.	Teyana Reynolds 206-9107
Monday, October 5 th	Traut School of Choice Orientation	Media Center 7:00 p.m.	Belinda Nygaard 488-7500
Wednesday, October 7 th	VIPS Meeting	School Lounge 8:30 – 10:00 a.m.	Kim Perkins 225-0311 Brenda Kosmos 495-0278
Friday, October 9 th	PUMPKIN RUN	TCKS 3:10 – 4:00 p.m.	Chris Hunt 488-7574
Thursday-Friday, October 15 th & 16 th	Parent/Teacher Conferences	Classrooms	Signups available October 5 th outside main office
Tuesday, October 20 th	SBMC Meeting	Media Center 3:30 – 5:00 p.m.	Mark Wertheimer 488-7501
Tuesday, October 20 th	PAB Meeting	School Lounge 5:00 – 7:00 p.m.	Teyana Reynolds 206-9107

Gold C book fundraiser...

All book orders, money, and unsold books are due immediately.



Attendance Line...

Please call the attendance line @ **488-7503** to report a student absent or tardy. Please also notify the office, in addition to your child's teacher, if your student will be absent due to travel plans. **NEW: If your child is absent due to illness, please list the symptoms of her/his illness. The district has asked us to begin tracking absences due to flu-like symptoms as we enter our time of "October Count."**

Lunch Orders...

Please call **488-7500** by **9:00 a.m.** to order lunch if you are planning to eat with your child.



VISION AND HEARING SCREENING is next Monday,

September 28th. If your child wears glasses or contact lenses, please see that they are with them Monday for the screening. Questions? Call Jana Frei @ 488-7506.



Pumpkin Walk/Run - Friday, October 9th, K-5th grades, 3:10-4:00 p.m.
Contact Mr. Hunt @ chunt@psdschools.org to help!

Traut Core Knowledge School SBMC Agenda

Thursday, October 1, 2009, 7-9 PM

Media Center

Chaired by Teyana Reynolds

Agenda items:

- I. Opportunity for Community Comment
- II. Board Member Comment
- III. Approval of minutes from September 15, 2009
- IV. Reorder Agenda
- V. Discussion Items
 - A. session
 - B. Effect of possible PSD consolidation on Traut
 - C. Reading Nights
- VI. Action Agenda
 - A. Review Budget Committee Decisions
- VII. Next meeting in on Tuesday, October 20, 2009, 3:30-5 PM; facilitator Mark Wertheimer
- VIII. Adjournment



Superintendent hosts “listening sessions” for community...First One at Traut!

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.

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

Tardy Reminder...



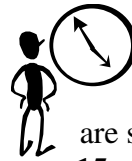
Dear Traut Parent Partners,

I have been so impressed with those of you who have been coming earlier this year! This is the best year I have seen yet for limited tardiness. I have noticed, however, with darker, colder mornings, that we are starting to get more and more parents dropping off students after the first bell.

Please remember that students are to be in line by their classroom door at 8:25 AM.

Mark Wertheimer

Important Information Regarding Parent-Teacher Conference Window...



We are coming up on the scheduled Parent-Teacher conference times, which are set on the PSD calendar to run on **October 15 and 16** this year. Please note that our expectation is that parents will plan to **schedule their conferences during these established times** rather than scheduling this as an opportunity for a family getaway. Although a few rare exceptions might be made by special request, it is important that parents help teachers protect their time by honoring this expectation.

Parents—please take online survey October 5-18 to 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 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.



<http://schoolweb.psdschools.org/traut/TrautWeb/wellness/index.html>

Continued from last week...

Sleep for Success!

We need sleep – lots of sleep – to keep us healthy, happy, and doing our best!

Start the new year off on the right track by getting some good sleep habits now!

Z Z Z Z Z . . . Z Z Z . . . Z Z Z . . .

Myth: Kids who don't get enough sleep at night will show signs of sleepiness during the day.

Truth: Unlike adults, kids who don't get enough sleep at night typically become more active during the day. They may also have difficulty paying attention and behaving properly.

Signs of Sleep Disorders in Children

Talk to your pediatrician if your child exhibits any of the following signs:

- Snoring
- Breathing pauses during sleep
- Problems with sleeping through the night
- Difficulty staying awake during the day
- Unexplained decrease in daytime performance
- Unusual events during sleep

Get a Good Night's Sleep!

Avoid caffeine for at least 6 hours before bedtime.

The stimulating effects of caffeine in sodas, coffee, teas, energy drinks, and chocolate can keep you wide awake for hours!

Stick to a sleep schedule.

Go to bed and wake up at the same time each day – even on weekends. As creatures of habit, people have a hard time adjusting to altered sleep patterns. Sleeping later on weekends won't fully make up for the lack of sleep during the week and will make it harder to wake up early on Monday morning.

Create a relaxing bedtime routine.

Establish a nightly routine that signals that it's almost time for bed, and follow this ritual at roughly the same time every night. Do the same relaxing things before bed each night; try taking a warm bath, reading, or listening to quiet music.

Avoid watching TV or playing computer and video games before going to bed.

Make after-dinner playtime a relaxing time. Too much screen activity close to bedtime can keep you awake.

Exercise is great but not right before bed.

Try to exercise at least 30 – 60 minutes on most days to help you sleep, but avoid hard exercise 2 – 4 hours before bedtime.

Make sure your bedroom is cool, dark and quiet.

Heat, light, and sound distractions make it hard to fall asleep and stay asleep.

Avoid big meals before bed.

A large meal may cause indigestion that disrupts sleep. If hungry, drink a warm glass of milk or have a small healthy snack.

Get enough sunlight.

Exposure to daylight is key to regulating sleep. Try to get outside in natural sunlight for at least 30 minutes each day.

Source: CanDoonline.org



Poudre School District has selected the **Student Insurance Plan** from UnitedHealthcare to make reliable coverage available to parents. If you don't have other insurance, this plan may be a resource to consider.

Additionally, even if you have other coverage, this plan can help fill expensive "gaps" caused by deductibles and co-pays. Coverage may be purchased at any time during the school year by visiting www.K12StudentInsurance.com.

Traut School Directory...

The Traut school directory is located in the Media Center just outside the main office. Please check your student's entry and make any corrections and/or additions necessary. Questions? Call Belinda @ 488-7500.



PAB Would Love Your Input!

Please come to our Parent Advisory Board (PAB) meeting or our Site Based Management Council (SBMC) meeting, which consist of parents and staff members.

We always have time at the beginning of our meeting for guests to respectfully express concerns or offer suggestions. We welcome you any time.

SBMC – 1st Thursday of the month 7-9pm
 3rd Tuesday of every month 3:30 – 5pm
 PAB – 3rd Tuesday of every month 5 – 7pm

Watch for our agenda items in Friday notes.



No School...

Kindergarten – 5th grade, October 15, Parent/Teacher Conference Day

Kindergarten – 12th grade, October 16, Parent/Teacher Conference Day

Attention!



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

The online School Choice application is now available at 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, www.psdschools.org.

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 or 970-266-2671 to reserve your seat today!

Parents – review proposed graduation requirement changes

PSD is inviting the Fort Collins community to learn about proposed graduation requirement changes. Attendees will have the opportunity to ask questions and give feedback.

- **Community and Parent Forum**, 7-8:30 p.m., October 20, Fort Collins High School, 3400 Lambkin Way
- **Community and Parent Forum**, 7-8:30 p.m., October 28, Rocky Mountain High School, 1300 W. Swallow

The 21st Century Graduation Requirements Committee has been meeting since February 2008 to develop a recommendation for PSD graduation requirements based on district policy, state guidelines, and input from Fort Collins' employers, PSD's pre-school through grade 16 partners and other local leaders.

Process and Timeline: Community members and parents are invited to provide input during October. The committee will then examine input and make revisions as appropriate. The final draft will be presented to district administration and the final recommendation will be made to the Board of Education. The Board will vote on the final recommendation in February 2010. New graduation requirements may impact the class of 2014 or 2015 and all classes to follow. Committee meeting minutes, updates and timelines are available on the PSD Web site at www.psdschools.org.

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 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.

Community Learning Center announces fall classes – Register now! Adult classes begin soon!

Expand your knowledge and skills in 2009! The fall sessions of the Community Learning Center (CLC) begin soon. The CLC is a PSD sponsored, adult enrichment program available to all members of the community, ages 18 and up.

Upcoming classes include: **Excel, PowerPoint, Web Design, Zumba and Nia**

All CLC classes are non-credit, non-graded classes. Please call 266-0150 or visit www.communitylearningcenters.com for registration information.

Businesses and community partners wanted in the classrooms!

Wouldn't it be fun to go back to school? We have just the opportunity for you! Volunteers and Partnerships Program is looking for businesses to come into the classrooms and enlighten students with how you decided on your career, what your career and day-to-day tasks entail, and what education is needed. If you'd like to be a part of this great opportunity to share with students, please contact Kris Cord at kcord@psdschools.org or 490-3207 or Cyndi Gile at cynthiag@psdschools.org or 490-3208.

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. 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.

Flu season is here, help control the spread of germs

Flu season is here and it is time to start practice prevention strategies. You can help us in the following ways:

- Encourage your children to **practice healthy eating, sleeping and exercising habits**.
- **Teach children to wash their hands** often with soap and water or an alcohol-based hand rub.
- **Teach children to cover coughs/sneezes and not share personal items** like drinks, food or unwashed utensils, and to cover their coughs and sneezes with tissues.
- **Clean surfaces and objects that your child touches frequently**
- **Know the signs and symptoms of the flu**. Symptoms of the flu include fever (100 degrees Fahrenheit, 37.8 degrees Celsius or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.
- **Do not send children to school if they are sick**. Children who are sick while at school *will be sent home*.
- **Keep sick children at home** for at least 24 hours *after* they no longer have fever or do not have signs of fever, without using fever-reducing drugs.
- **Get your family vaccinated** for seasonal flu and H1N1 flu when vaccines are available.

We continue to work closely with the Larimer County Department of Health and Environment and other city, county and state agencies to monitor flu conditions and make decisions about the best steps to take concerning schools. **Please make sure you are on the PSD Parent E-mail Alert list (www.psdschools.org)**, so we can provide you with new information as it becomes available. This also assures you receive email updates from your child's school. Additional H1N1 flu information and resources can be found at www.flu.gov, or call 1-800-CDC-INFO (232-4636).

PSD Volunteers wanted!

If you have a few hours to share your skills and expertise, you could make a huge difference in the lives of our students. Please contact Cyndi Gile at cynthiag@psdschools.org, or 490-3208. We have many opportunities available!