

Friday Notes

Traut Core Knowledge School

Enjoy your **NO BRAIN FREEZE** summer!



Dear Traut Community,

After speaking with many parents and teachers, I have compiled a fantastic starting list of things for you and your family to do over the summer to keep your brains growing with knowledge and keep them from *freezing*. HAVE FUN!

Math

- IXL Math Internet program: www.ixl.com. This is a fantastic math program full of math activities that are challenging and fun. Traut teachers and math paras highly recommend it.
- www.wildmath.com: This is a great web site to practice your math facts and speed.
- Tutoring is available by a few Traut teachers and math paras. Ask your child's teacher if they have more information.

Science

- Fort Collins Museum and Discovery Science Center offers summer camps and dozens of activities to keep that scientific brain bubbling (www.fcmdsc.org).
- Visit the Denver Museum of Nature and Science (www.dmns.org) for interactive exhibits, special programs and classes. Now through July they offer a special exhibit called "Body Worlds," where you can view more than 200 human specimens and discover the science behind our body.
- Environmental Learning Center offers summer day camps for kids 7 and up that teach about nature and aquatic biotics (<http://warnercnr.colostate.edu/elc-home>).
- PSD offers summer programs: [Explore Enrichment](#) and [STEM](#) (Science, Technology, Engineering and Math).

Literacy

- Sign you and your kids up now for the summer reading program at our public library or by visiting www.poudrelibraries.org. You can win prizes and/or donate towards the Polar Bears International.
- [Barnes & Noble](#) – Sign up for their summer reading program, read 8 books and receive a free paperback book.
- [Reader's Cove](#) will have a summer reading program.
- Join a book club or get extra creative and start your own.

Writing

- Start a journal
- Spend time writing letters to family
- CSU offers writers workshops for students entering 4th grade through high school. Visit <http://web.mac.com/csuwritingproject> for more info and registration information.
- Your child can write, illustrate, and publish their own book to share with family and friends from www.tikatok.com.

Music, Art and Physical Fitness

- Check out the local pottery studios, Michael's Arts and Crafts, Hobby Lobby, and the [Fort Collins Art Museum](#).
- The [City of Fort Collins Recreator](#) also offers dozens of classes in art and music.
- Better yet, take some paint, an easel, a picnic and visit a natural area for inspiration to create your own masterpiece. Think about joining your kids up with summer swim teams, exploring new hikes or bike trails in the area.

May 21, 2010

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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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[PSD Web Site:
http://psdschools.org/
schools/traut](http://psdschools.org/schools/traut)

Thank You For A Fantastic Year And Have A Great Summer! – Teyana Reynolds, PAB President

Event Calendar

Saturday, May 22 nd	Traut Chimes Choir	Council Tree Library 1:15 p.m.	Gregg Stonecipher
Thursday, May 27 th	5 th Grade Promotion Celebration	TCKS Gym 8:40 – 9:45 a.m.	5 th Grade Teachers
Thursday, May 27 th	LAST DAY OF SCHOOL	Dismissal @ 11:30	(No Half-Day Kindergarten)
Sunday, August 1 st	Fall 2010 Class Lists Posted	TCKS Front Doors 8:00 a.m.	Belinda Nygaard 488-7500
Monday, August 16 th	TCKS Open House & Ice Cream Social	Classrooms 6:00-6:30 p.m. Playground 6:30-7:00 p.m.	Sue Torres 488-7500
Tuesday, August 17 th	First Day of School Elementary	ADK-5 th Grade 8:25-3:05 HDK 8:25-11:15 & 12:15-3:05	TCKS Office 488-7500
Thursday, August 26 th	BACK TO SCHOOL NIGHT	Classrooms & TCKS Gym 5:30 – 7:30 p.m.	Classroom Teachers



The Chimes Choir will be performing in the Council Tree Library on Saturday, May 22nd, at 1:15 pm. It's free and everybody's welcome.



Menu Changes...

Monday, May 24th - Nachos, Fiestada (Mexican pizza), or Veggie Wrap

SBMC Update: Officers chosen

PAB Officers

President: Teyana Reynolds
 Vice President: Cheryl Fenlason
 Secretary: Sally Bashford
 Treasurer: Melanie Manning
 Communication Coordinator: Robert Papp
 Internal Strategic Planner: Alli Oswandel
 External Strategic Planner: Watson DeVore

TAB Officers

President: Leslie Wells
 Vice President: Alissa McEachern
 Secretary: Patty Dorlac
 Treasurer: Peggy Lundebly
 Strategic Planner: Deb Artzer
 Strategic Planner: Karen Winchell
 Principal: Mark Wertheimer

Traut Wellness Festival...

The Fundraising Committee is pleased to announce an exciting new event in the works for next fall, tentatively called the "Traut Wellness Festival." This event will be similar in style to the Tour de Traut and will host a collection of fun things to try— for kids and grown-ups alike. It will be a fun-filled evening with great food and will host various activities such as a fun run, sessions of karate, yoga, dance, even massage! We will also be holding a silent auction. Please mark your fall calendars for Friday, September 10th! Details will follow when we're back next fall.

We'll be doing much of our planning for this event over the summer months. If you or anyone you know would be interested in providing donations for our silent auction (anything from artwork or merchandise, to professional services, or a weekend in a resort home), please contact Jen Morris at morris@frii.com or (970) 222-9085. Additionally, if you or anyone you know has a wellness-related service to offer and would be willing to donate time to this event, contact Jen Morris as well. Thanks so much for your participation! We hope to create an event that will be a great time as well as a successful fundraiser for our school!

Foreign Language 2010-2011

Link to Spanish registration form...

http://schoolweb.psdschools.org/traut/TrautWeb/fridaynotes/2010-2011_Spanish_reg_form.pdf



Link to Chinese registration form...

http://schoolweb.psdschools.org/traut/TrautWeb/fridaynotes/2010-2011_Chinese_reg_form.pdf



Medication in the Health Office must be picked up by a parent or an adult by the last day of school.



Congratulations to Milan K. who received a Superior rating for his PSD Media Festival entry "[Asteroids](#)."

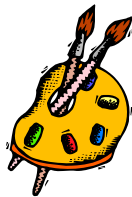


TCKS V.I.P.S. Committee (Volunteers In Poudre Schools)

Is seeking parent partners interested in being classroom coordinators for next year. For more information and to sign up, please email Brenda Kosmos, brendakosmos@hotmail.com.

Art Room News...

Many thanks to all of the talented and helpful parents who work so hard helping with art class—we couldn't do what we do without YOU! Special thanks to Corinna Kromer and Cheri Richardson, the art coordinators, for the continual quality help you have provided all our students and myself.



Note for next year...All students need to bring an **art supply bag** to art class. Please include a large Ziploc baggie with these art supplies (as always): markers, several pencils, several glue sticks, scissors, watercolors, and liquid glue. Please try to get Elmer's glue and Prang watercolors: this is because of the difficulties and inconsistencies of other brands. The students really struggle with them clogging, crumbling, running out quickly, and the like. I have heard that finding Prang watercolors can be challenging. If you call first, you can save time as you find these items: it's worth it to your students.

4th and 5th graders will also need a single subject spiral notebook: please do not buy sketch books or thick, large, or heavy items. It becomes burdensome taking them back and forth from school to home.

Donations for art: tissue boxes (not a lot); glue sticks (lots); white glue (Elmer's) bottles (a few); a few men's small snap up short sleeve shirts or the like; any color thread for sewing; thin fabrics (cotton or blends), plain as well as patterns; some thin paper plates; beads of any kind; large colorful student-appropriate magazines to be cut up; yarn (thick, any color) and any size rubber bands. No need for pencils, markers, crayons, or watercolors. You may leave any donations on this list in the art room: other items, please check with me first.

Wed. Morning Artists: At this point I am intending to continue with this group, still 4th and 5th graders only. It will be different due to my changing schedule and ability to offer the time needed to work with clay, the potter's wheel, glazing, & firing. It will still be free. The students help do a few things around the art room now and then to allow that. We will only be doing paper projects such as art contests, school signs, origami, completing homework assignments, etc. Students can come any time after 7:30 am until they go out to line up for class. There is no need to sign up, just come when you want to. Be sure you see my powder blue Camry in the parking lane before dropping kids off (just in case of emergency no show on my part).

Have a relaxing, creative, and delightful summer. Go to an art museum, make some pottery out of our Colorado clay soil, draw, and have fun!

~Mrs. Castro



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

As we are nearing the end of May and Celiac Awareness Month, here is a little more information on oats and their benefits.

Rest assured you can eat pure oats!

According to recent studies, oats can be safely eaten when following a gluten-free diet. In fact, authoritative organizations are now allowing for oats in a gluten-free diet. Thanks to the



ELISA antibody test, manufacturers can now ensure contamination-free or “pure” oats.

- In April 2008, the American Dietetic Association’s hot topic on the inclusion of oats in a gluten-free diet stated “although oats contain the gluten protein, avenin, research shows that pure oats in moderation (1 cup, cooked) are safe for most people with CD (celiac disease), however, most oats and oat products sold can be cross-contaminated with gluten-containing grains.”
- The American Dietetics Association’s *Nutrition Care Manual* patient education materials state, “In the past oats were believed to be harmful to persons with celiac disease. Based on recent research, moderate amounts of uncontaminated oats are now considered safe to include in a gluten-free nutrition prescription. However, commercially available oats in the United States may be contaminated with small amounts of wheat, barley, or rye.”
- Additionally, Health Canada and the Canadian Celiac Association (CCA) conclude that the majority of people with celiac disease can tolerate moderate amounts of pure oats.”

Why you need oats?

Oats add nutrition to your gluten-free diet with natural fiber, iron, magnesium, and B vitamins, which are often lacking in a gluten-free food plan. These important nutrients are vital for energy and feeling great as well as for digestive and cardiovascular health.

Why is fiber so important?

Fiber promotes good health. Fiber keeps our digestion “running smoothly” in a natural and gentle way, and it also takes care of our cardiovascular system and may even help to keep our weight in check.

So enjoy a bowl of gluten free oatmeal or some oatmeal cookies today!

Excerpt: By Monica Bearden, RD and Shara Aaron, MS, RD, www.Barbarasbakery.com

The Wellness Committee wishes you a Happy, Healthy Summer!