

<p>Attendance 303-398-1119</p> <p>Clinic 303-398-1488</p> <p>Office 303-398-1103</p>
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January 2012

Kunsberg Kids R.A.P.

A new year...a new beginning...let's get started with some positive attitudes, efforts, and participation! Grab a new outlook, a new focus and watch for new outcomes! Where might I try harder? When might I be a little kinder? Am I thinking about being safe in all I do?

The first semester is almost finished...take what was already going well and make it even better for the rest of the school year.

Mrs. Freas' 411

As we approach the colder and snowier months, please keep reminding your child to wear their coat. If really cold, add a scarf to wear over their mouth and nose. Encourage children to breathe through their noses. This will naturally warm and humidify the air and not be quite the shock to the lungs. You might want to speak with your child's physician to determine if a couple of puffs of albuterol might be helpful before going out in the cold air.

If you are concerned about your student swimming on these colder days please make sure they have a hat to cover their head.

Nasal washes can help with a stuffy nose. They can be done several times a day.

Keep Washing those Hands!!!!!!!!!!!!!!

Family Activities ... FREE DAYS

Denver Art Museum
1/7

Denver Museum of Nature and Science
1/9 and 1/30

Denver Botanic Gardens (Chatfield)
1/6

Denver Botanic Gardens (Denver)
1/16

Denver Zoo
1/6, 1/7, 1/18

January Bus Passes



Kunsberg offers FREE RTD monthly passes to our students! Eligible students are those who consistently use the RTD buses to and from school. If you want to know more, please contact Ms. Jessica in the front office or call 303-398-1103.



Happy Birthday to... Ms. Katie...1/1 Julian...1/9 Danny...1/15 Kameron...1/16
 Kristen...1/17 Ms. Schroeck...1/25 Chaney...1/30!



PBIS and Technology Parent Night

On Thursday, January 12, Kunsberg will host a parent night from 6-7:30 PM. A light dinner will be offered at 5:30 and the information sessions begin promptly at 6:00. A supervised activity will be provided for students attending with parents. We will address topics of Positive Behavior and Technology.

For the technology portion of the evening, we will discuss Internet Safety and assist with online registration for Roundup River Ranch.

Kunsberg is lucky to have Kiki McGough here that night to address the topic of increasing positive behaviors and decreasing negative behaviors by children in the home. Ms. McGough will also be available to answer questions about specific problem behaviors. Kiki McGough is a behavior specialist with over 25 years experience working with families and schools. From 2004 to 2009 she was the state coordinator for the Positive Behavior Support initiative. This promises to be a very fun and useful event!

Information about dinner will follow later this week. If you have questions, please call the school.

PE NOTES FROM JIM



Gym Shoes

With the return of winter weather, I'd like to remind students and parents that gym/running shoes are needed for P.E. classes in the gym on Tuesdays, Thursdays, and every other Friday. If your student wears dress shoes, hiking boots, or snow boots to school on those days, I suggest they put their running shoes in their backpack. When a student forgets their running shoes on these days, they're considered 'unprepared' for P.E. class. This lowers their grade in P.E. as a result of their lack of participation.

Swim classes

Swim classes are held Mondays and Wednesdays regardless of the outside weather and thus all students are expected to swim on these days. If you have medical concerns regarding their swimming, please call our School Nurses at (303) 398-1488 to discuss this. For those students who might be having their hair styled or treated with a preparation that might affect their swimming, I would ask parents to consider scheduling this for a Wednesday, Thursday or Friday. Students are not considered 'excused' from swimming due to hair concern, and their P.E. grade drops when they 'sit out' due to this.

Kids Running America Marathon Running Program

Once again this year Kunsberg students are welcome to participate in this voluntary running training program. Running begins Tuesday, January 3 and finishes Friday, April 20 and involves running/walking in the gym before school (7:20 – 7:45 am). The goal is to reach a total of 25.2 miles by adding up their daily distances (possibly ½ to 1 mile per school day). An 'actual' marathon involves running 26.2 miles in one day. Our students have the unique opportunity to challenge themselves by setting a goal of achieving a 'cumulative' marathon. Students who reach this goal by the deadline (to be set at a later date) are then invited to complete their goal by running the 'Final Mile' of their marathon on Saturday, April 28 at City Park at the finish line of the real Colorado Colfax Marathon.

Students interested in participating in this year's Marathon Running Program are asked to have their parents read and sign an **orange** permission slip before starting on their goal. I realize and appreciate that this involves both a strong physical commitment from your children and a time commitment on your part getting them here early enough to run before school. The hope is that all participating students gain an appreciation of living an active and healthy lifestyle. Your support and encouragement will go a long way toward helping them achieve this remarkable goal. Please feel free to contact me with any questions.

Jim Gianvito

Kunsberg School P.E. Instructor

(303) 398-1115

Important Upcoming Events

January 6

RIF

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January 12

PBS and Technology Parent Night

6-7:30 PM (Dinner at 5:30)

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January 16 - NO SCHOOL

Martin Luther King, Jr. Day

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Week of January 17

Report Cards

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January 23-27

Spirit Week

Aundi's News Flash

Hello all, and welcome back from Winter Break!

As we begin 2012, I want to invite you to get excited about starting new patterns and reaching new goals! There is something refreshing and helpful about a new start. But, often times our excitement ends and we have nothing else to fall back on other than the hope that we will change. With that in mind, here are a few tips for keeping your goal, resolution or idea in motion long after the excitement fades:

1. **Write it down.** Write your goal somewhere where you will see it or check it often. This can help motivate you (or your family) and helps you to know what you're working for.
2. **Be specific.** Many people set goals such as, "Do better in school." That is a great idea, but goals that are met, are usually much more targeted. An example would be, "To get a _____ grade in Mrs. _____ class."
3. **Give yourself a timeframe.** If you want to accomplish something, it's much easier to say, "Someday that will get finished." Instead, say "In the next 3 months I will accomplish _____."
4. **Be accountable.** Tell people in your life about your goal, and ask them to ask you about it.
5. **Celebrate progress.** When you make improvements, give yourself a pat on the back!

Happy New Year!

Ms. Aundi