



Kunsberg School

National Jewish Health

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www.kunsberg.org

January 2010

Freddie's Library News

Book order forms will be sent home the week of Jan. 11. They are due by Tues., Jan 19 before school starts.

ON JANUARY 22, WE WILL HAVE OUR SECOND **RIF** (READING IS FUNDAMENTAL) DISTRIBUTION. STUDENTS WILL BE ABLE TO SELECT FREE NEW BOOKS TO KEEP AT HOME.

Freddie Cukjati
Library Media Specialist

Mrs. Freas' 411

With the cold weather we have had recently I would like to remind parents that the cold air can be a trigger for many people. If you can breathe through the nose it will naturally warm and humidify the air. Plus if you add a scarf to put over nose and mouth it adds an extra layer of protection. 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.

We have not had any new cases of the "Flu". But keep washing those hands, we could have a second wave at any time.

Adopt-A-Family

Kunsberg families were very blessed to have National Jewish employees and volunteers donate food gift cards and presents before our winter break. Students have been busy writing thank-you notes since we returned from the break...always encourage an "attitude of gratitude."

...from the Nurses...

The eighth graders are transitioning to taking their Morning medications at home. We still need to keep a small supply for those days when meds have been forgotten. This has been done so that they might become more independent next year in High School.

Most of the Students that take Albuterol on a regular basis are starting to run out here at school. We have been attempting to notify parents and guardians when we need more. Please feel free to call to check on this if you haven't heard from us. The students are unable to play at recess and P.E. when we have no meds for them.

We have been experiencing VERY cold weather recently and have been telling the students to wear coats, gloves, scarves and hats or hoods. The scarves are needed to keep the nose and mouth warm while in the cold. Please attempt to send the students with these items. We have had some donations of scarves and hats, but are low on gloves.

January Bus Passes



Bus Passes are available the last 2 days of every month. This year we are providing a free pass to all of our students. All you have to do is sign the agreement form! If your student is in 5th grade or below, we will pay half the cost of an adult pass. (The regular price of an adult pass is \$70.00. We will pay \$35.00 of that for a parent). If you have any questions, or would like to pick up your pass, please see Katie in the school office or call her at 303-398-1103.

Watch for CSAP information next month!

IMPORTANT PE REMINDERS

Bring/wear running shoes for P.E. class in the gym on Tuesdays, Thursdays, and every other Friday. When you forget, you have to sit and watch and your P.E. grade drops. If you wear hiking or snow boots as the weather turns bad, please bring running shoes in your backpack on these days.

When a student doesn't swim due to concerns about their hair, the result is a drop in their P.E. grade. If parents could please try to plan for their child's hair treatments for a Wednesday evening, Thursday, or Friday, this should allow them to swim on Mondays and Wednesdays.

SPIRIT WEEK!

Tuesday Jan 19th - Crazy Hair Day.

Wednesday Jan 20th - Backward Day (wear your uniform backward).

Thursday Jan 21st - Pajama Day (appropriate p.j.'s only! No uniform required, but students can wear uniforms if they so wish!).

Friday Jan 22nd - Favorite Sports Team Day. Appropriate attire is required. Appropriate hats are acceptable, does not have to be a professional team, the Winter Olympics are coming up, club sports etc.

17th Avenue All Stars

On December 1, 2009, Kunsberg students were treated to a wonderful performance given by Denver's award-winning a cappella group, the 17th Avenue All Stars. The five member ensemble of four men and one woman entertained with a wide range of selections spanning at least four decades of music. Students added animal sounds to "The Lion Sleeps Tonight," clapped to the music of some incredible voices and found themselves intrigued by Richard who kept a steady "beat box" going for the whole concert! The All Stars were touched by Kunsberg students singing "Heroes for Peace" at the end of their hour-long performance. Staff, students, parents, school guests AND the All Stars look forward to a return for another performance sometime in the future! You won't want to miss it!

Important Upcoming Events

January 15

End of the quarter

January 18

Martin Luther King, Jr. Day

NO SCHOOL

January 19-22

Spirit Week

19th (TUE) - Crazy Hair Day

20th (WED) - Backwards Day

21st (THUR) - PJ Day

22nd (FRI) - Sports Team Day

January 22

RIF Distribution

January 28

Classroom Pictures

Kunsberg Kids R.A.P.

As we come back from a long school break, it is important that students quickly get back to their pre-break routines. This is also a great time to help children develop good decision making skills that help them make the connection between their choices and the consequences.

Below are some tips that you can use to help your child learn good decision making skills.

Offer Choices. Decision making ability begins with simple either/or choices. You can help your child by offering them several choices at one time. For example, "It's cold out. Do you want to wear your sweatshirt, your jacket, or your long coat?"

Ask for Options. When children can understand several alternatives, begin to ask them to list their options. This helps the child begin the process of thinking up alternatives on her own.

Talk About Possible Consequences. Children need to know that behavior has consequences and that those consequences vary depending on the behavior. You can ask questions like, "What might happen if you skip your homework tonight?" "What might happen if you don't set the table like you're supposed to?" You can talk about consequences ahead of time, at the moment of the event, or later. The purpose is to *help children think* about a situation, not tell them what to do.

***We have more home RAP coupons!** If you would like to use these at home simply ask Katie or your child's teacher!



Happy Birthday to these folks!



Katie...1/1

Anthony...1/2

Josh L...1/12

Kameron...1/16

Ms. Schroeck...1/25

Chaney...1/30

Attendance line -- 303-398-1119

Clinic -- 303-398-1488

Office -- 303-398-1103