



# Kunsberg School

National Jewish Health

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[www.kunsberg.org](http://www.kunsberg.org)

December 2009

## Freddie's Library News

The SCHOLASTIC BOOK FAIR was a HUGE success!

The *students* did a *fantastic* job creating flags and maps, posters and decorations, and all sorts of activities to support the theme of "Read Around the World". They earned a total of \$482 in Book Bucks, which they spent at the Book Fair. This amount was part of our profit. PARENT VOLUNTEERS, you were so abundant and awesome that I ran out of jobs for you all!!! Scholastic provides a generous profit so that our school will benefit from more new books in the library and the classrooms because of the Book Fair.

A HUGE **THANK YOU** to all who helped or participated in any way.

Freddie Cukjati  
Library Media Specialist  
Kunsberg School

## **BUTTER BRAID FUNDRAISER!**

Students at Kunsberg rocked the fundraiser and pastry worlds with their Butter Braid sales...757! Over \$3000 was raised for Fine Arts programming, bringing in a national, award-winning a cappella group, "The 17<sup>th</sup> Avenue Allstars (who performed on 12/1), fieldtrips and special activities. All students who participated will share in a pizza party this month. The 10 highest sellers were treated to a special fieldtrip to see Hinkley High School's production of Beauty and the Beast and well as receiving extra prizes. **THE TOP SELLER** who will serve as **PRINCIPAL** for part of a day with Mr. Reid is **ANTONIO**. Congratulations to ALL who helped this fundraiser be such a wonderful success – INCLUDING ALL OF YOU PARENTS AND GRANDPARENTS! We can't do it without you!

## **Mrs. Freas' 411**

### Allergies and Asthma During the Holidays

All during the year, the possibility exists for people with respiratory problems to suffer from allergy attacks. During the holiday season, however, more hidden dangers to health exist. Here are some tips for everyone - especially those suffering from asthma, allergies and other respiratory diseases - to stay healthy during the holiday season.

#### Irritating Odors and Cold Air

People with allergies may be exposed to smoke at parties and irritating odors. One person's fragrant cologne is another's irritant. Also, kids with viral illnesses and asthma may be affected by the cold winter air. To prevent an onset of respiratory problems caused by breathing cold air, encourage children to breathe through their noses instead of their mouths and cover noses and mouths with scarves to keep cold air out of the airways.

#### Close Contact

During the holidays, family and friends gather in celebration. People are hugging and kissing hello and goodbye and, unfortunately, respiratory viruses get passed around. If you have a cold, use good judgment about close physical contact.

#### Christmas Tree Allergies

Christmas trees are often cited as the source of allergy attacks during the holidays, but molds, associated with watering live trees and the chemicals sprayed on the trees are more likely irritants.

This information is courtesy of National Jewish Health. More information is available on their website [www.nationaljewish.org](http://www.nationaljewish.org)



**The staff of Kunsberg School extends warm thoughts and wishes for blessings to all of our families... not only at this time of year, but each and every day.**

## December 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 5<sup>th</sup> 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.

### 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.



October 19<sup>th</sup> Jonaven served as "guest conductor" when the Show and Tell Band, part of the Denver Concert Band, performed at Kunsberg School.

## Winter Program

THIS THURSDAY – 12/10

Be at school 6:45 PM

Do meds at home!

## Important Upcoming Events

**December 10**

Winter Program - 7 PM

**December 15**

PBS Fieldtrip

**December 18**

Santa Visit

**December 21-January 4**

Holiday Break

**NO SCHOOL**

Students return 1/5/2010

## Adopt-A-Family

We have been very blessed to have National Jewish employees and volunteers donate food gift cards and presents for Kunsberg families. Parents can pick up presents from our adopt-a-family program on Thursday, December 17 or Friday, December 18<sup>th</sup> in the school office. A parent or guardian MUST sign for the gifts and they cannot be picked up before the 17<sup>th</sup>. Any presents not picked up before Winter Break will be stored until we return to school on January 5<sup>th</sup>. Students will be writing thank-you notes when we return from Winter Break, so please encourage them to be thinking of how they can express their thankfulness to the person who gave them presents.

## Kunsberg Kids R.A.P.

Winter break can be so busy and hectic that all routines go flying out the window!

Remember though, the more you prepare your children for events and outings by discussing behavior expectations and consequences, positive and negative, the more smoothly these events will go. It's always a good idea to remind kids of what their behavior should look like before you leave the house. Kids are way more likely to do what we want if we tell them what we want.

Also try to reward your kids, even with a cup of hot chocolate or a story time, whenever they are especially well behaved.

We also have plenty of RAP home coupons available that you can use with your children. We will have a prize drawing right after break where we only pull home tickets!



**Happy Birthday to these folks!**



Ms. White...12/7

Alesha...12/21

Da'Jon...12/12

Ms. M...12/22

Elaina...12/17

Jose...12/26

Attendance line -- 303-398-1119

Clinic -- 303-398-1488

Office -- 303-398-1103