

February 2010

Freddie's Library News

The next RIF (Reading Is Fundamental) distribution will take place at the beginning of March so that students will have new books to read as they finish their CSAP testing. Each RIF distribution has an activity that is linked to it. The activity this time will be done **BEFORE** the distribution and for students in grades 3-8 it will involve a written assignment that will be completed in their literacy classes.

Book orders are due in the office on Tuesday, February 9th.

Freddie Cukjati
 Library Media Specialist



Vitamin D

It is the latest and greatest Vitamin in recent research. Vitamin D is the sunshine vitamin. It is synthesized in the skin via sunlight. You will find vitamin D added to milk to help strengthen bones. Some of the new research coming out is that most people are not getting enough of the nutrient and deficiencies may contribute to cancer, diabetes and cognitive decline. National Jewish is beginning to study the effects of low Vitamin D levels and asthma. One study of adult asthma patients with the highest levels of vitamin D in their blood had better lung function compared to people with the lowest levels. Higher Vitamin D levels were also associated with an increase response to dexamethasone, an inhaled steroid that many patients use to control their asthma symptoms.

You may want to discuss with your child's doctor if a supplement would be beneficial.

Look for updates in future newsletters too!!!!

CSAP Testing Advice for Students and Parents

Be to School on Time
 Eat a Good Breakfast
 Get Plenty of Rest
 Do Your Best

February 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.

Artwork from Kunsberg students has been submitted to **Crayola** in hopes of having someone's work chosen to be framed for display in a US Department of Education office in Washington D.C. or other offices around the country. What an honor THAT would be...keep your fingers crossed!



Kaiser Permanente Colfax Marathon Kid's Race

Once again this year students at Kunsberg School are encouraged to participate in a voluntary running program in the gym before school (7:20 – 7:45 am) or at home. Students who choose to run at home are asked to have an adult send in a note listing the distances they've run.

Permission slips will be sent home within the next week and training will start on Tues. Feb. 16. The goal is to reach a total of 25.2 miles (1 mile short of an actual marathon) by adding up your daily distances of possibly ½ -1 mile per day. Our students have the unique opportunity to challenge themselves and set a goal of achieving a 'cumulative' marathon. Students who reach the 25.2 mile goal by Thursday, May 13 are then invited (but not required) to 'complete' the Final Mile of their marathon at City Park at the actual finish line of the real Colfax Marathon!

Last year we had 36 students participate and 27 kids (75%) reached the 25.2 mile marathon training goal. At this point, it's uncertain if we'll again be offered scholarships to cover the cost of the Final Mile expense, but I'll let everyone know when I find out. Please feel free to contact me with any questions.

Jim Gianvito
(303) 398-1115

 **Happy Birthday to these folks!** 

Mrs. Freas...2/1	Donavin...2/7
Ms. C...2/10	Raheim...2/20
Abrianna...2/21	Nicholas...2/25
Jonaven...2/29	

Important Upcoming Events

February 15
Presidents' Day
NO SCHOOL
* * *

February 19
Parent/Teacher Conferences
* * *

February 23-24
CSAP testing - 3rd grade
* * *

March 5
RIF Distribution
* * *

March 8
CSAP testing begins - Grades 3-8

Kunsberg Kids R.A.P.

This month we will be focusing on the A (Always be Safe) of RAP! We will discuss what it means to be safe at home, at school and in other places. We will also discuss bullying and how bullying can make people feel unsafe. Some classes will even be writing essays on how to deal with bullies for a Scholastic writing contest. At home you can discuss safety rules with your student(s) and why different behaviors are safe or unsafe.

Some Fun Art Websites...

Museum of Modern Art:	http://www.moma.org/destination/#
Mr. Picassohead (create a "Picasso")	http://www.mrpicassohead.com/create.html

Attendance line -- 303-398-1119

Clinic -- 303-398-1488

Office -- 303-398-1103