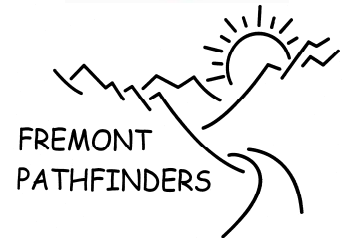


# FREMONT NEWS

5110 El Camino Drive  
Colorado Springs, CO 80918  
Phone 719-328-5600, Fax 719-260-8811  
[www.d11.org/iremout](http://www.d11.org/iremout)

Colorado Springs



## News from our Principal

September 2009

September 1, 2009

Welcome to the 2009-2010 School Year at Fremont!

Welcome back to our returning students and families. If you are new to the Fremont community, we are glad that you have joined us. We have a wonderful group of students, families, and staff members that work together to make Fremont the most successful learning environment possible. From our creative teachers, dedicated support employees, and helpful office staff to our generous parent volunteers on the BAAC and PTA, adults in this school make a difference for children. We encourage you to join us in whatever way you can.

Have you seen the upgrades to our facilities? The most obvious one, of course, is visible out front. The new retaining wall, rocks, and low water plants were put in during the early part of August. Please help us preserve this area by reminding your students to stay on the sidewalk. Inside you will notice a newly finished gym. Thanks to the D-11 facilities department, our floor was refinished completely. You will even notice the new school logo in the middle. Thanks to Mr. Ford and Mr. Newton, we also have newly painted walls. We love the new color scheme!

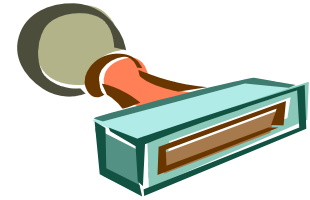
It was wonderful seeing so many of you at our "Meet and Greet" on August 17. I know your children were anxious to see their classrooms and to meet their teachers. We were excited to see all of you, too! I know you appreciate your teachers who were willing to stay a little later on their last preparation day to make this happen. We could not have had such a wonderful event without your presence, too, or without the hard work and wonderful support given to us by the Fremont PTA during the Ice Cream Social that followed. Please do consider joining this great group. Our next event for parents is our Open House on September 1. You should all have received a separate flyer about this wonderful opportunity to hear about our instructional programs from your child's teacher. This event is held in the evening from 6:00 – 8:00 p.m.

We are all looking forward to a great year as we partner with you to provide excellent, distinctive learning opportunities for your students!

Sincerely,

Chris Carlson  
Principal

# Check It Out



LisaFore, LTE

[fore@d11.org](mailto:fore@d11.org)

328-5624

Welcome to a brand new school year at Fremont 's Library Media Center! We are excited about several changes that are being implemented this year.

First, books are still checked out for one week at a time. And Kindergarten and First grade students may check out **one** book per week. However, students, grades 2 – 5, may now check out **two** books per week. If a student finishes a book before the due date, s/he is more than welcome to return the book early and check out another. As long as there are no overdues on his/her record, a student can come to the library as often as s/he wants.

Next, the library has decided to participate in the *Colorado Children's Book Awards* this year. Sponsored by the Colorado Council of the International Reading Association, its purpose is "to encourage children's active involvement with books and reading" (C CIRA). Twenty books, ten in the junior book category and ten in the picture book category, were nominated by Colorado students last year. Each child wanting to participate must read, or hear, a minimum of five books in a category in order to vote. After the books are read, each child will vote for one favorite book from the list. That vote will be tallied and sent to CCIRA. For more information check out <http://www.ccira.org/w/w?cmd=goccba>

Finally, students, grades 2-5, are still sharing in the check-out process. Instead of having one of the staff check a book out for them, the students can do it themselves. We have provided a computer where they follow 4 easy steps for self check-out. First grade will begin self check-out during the second semester.

We are grateful for all the volunteers and parents who have given their time to help us with the day-to-day chores of running a library. If you are interested in helping us, please call Lisa Fore at 328-5624.

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## THE BAAC = Building Advisory Accountability Committee

Do you wish to be more involved in your child's school? Do you wish to know more about the school's inner workings? Or ... Would it be interesting to know what those CSAP results and other tests actually mean and do for the school and students? Then you should join us on the BAAC Committee!

This committee consists of parents, staff members, and community members of the Fremont Elementary School attendance area. We meet only once a month: that is every 2<sup>nd</sup> Tuesday of the month from 4:15 pm to 5:30 pm (that was a manageable time commitment for me, how about you?)

We BAAC members are helping to improve students' achievement by supporting the staff and monitoring improvement plans. We also make recommendations and review safety and security issues related to the school environment. Would you like to learn more? Come and meet us at the Fremont Open House on September 1, 2009.

See you there! Jolanda Rivera (BAAC Community Member)

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## From the Office of Rick Hughes, Food and Nutrition Services Director

### School Meal Programs

Cafeteria services for schools with school meal programs will begin on the first regularly scheduled full day of classes – Tuesday, August 18, 2009. Roosevelt-Edison Charter School, Globe Charter School, and Star Academy meal programs will begin when their 2009-2010 school year resumes. The cost of a full hot lunch, including milk, is \$1.95 for elementary school, \$2.10 for middle school and \$2.35 for high school students. A la carte service is also available at all middle and high schools. Adult lunches (for staff and visitors), including beverages, will be \$2.75 in elementary and middle schools and \$3.00 in high schools. White milk will cost \$.55, and flavored milk will cost \$.60. Breakfast programs are available at some school sites for \$1.10 for elementary schools and \$1.20 for middle schools and high schools. Adult breakfasts (for staff and visitors) in elementary and secondary schools will be \$1.50. Reduced-price full lunches (for students who qualify) will be free to children in grades PK-2 and will remain at \$.40 for students in grades 3-12. Breakfast will be free for students K-12 who qualify for "reduced price."

For students who were enrolled in the district database and who qualified for meal benefits on the last day of school last school year (2008-09), all free and reduced price meals will continue for up to 30 school days in the new school year or until a new form has been completed and approved or denied. Households are required by USDA federal guidelines to fill out new meal benefits applications each school year. Free and reduced price meal applications will be mailed to households in the district the first part of August. Applications will also be available in school offices. Only one application per household should be turned in at the school office. All students who are not classified as "free" or "reduced" from the prior year are "full pay" until determination on free or reduced meals has been made. Parents are responsible for providing lunches from home or lunch money during this time.

Families are encouraged to pre-pay for student meals. Pre-payment may be made at the school, at [www.d11.org/fns/prepay.htm](http://www.d11.org/fns/prepay.htm), or by phone at 1-866-896-7594, where a credit card or check may be used.

Food & Nutrition Services Department information and menus may be found online at [www.d11.org/fns/](http://www.d11.org/fns/), or questions may be directed to the Food & Nutrition Services office at 520-2924.

## Tips for Building Your Child's Vocabulary (Reprinted from PTA.org)

*Conversations and questions are two vital tools*

All parents want their children to do well in school. One way to assist your children is to help them build their vocabulary. Beginning readers use knowledge about words to help them make sense of what they're reading. Talking to and reading with your children are two terrific ways to help hear and read new words. Read four simple tips for introducing new words to your child.

Two easy, non-threatening ways to get new words into everyday talk: Conversations and questions about interesting words (Example: "The book says, 'The boy **tumbled** down the hill,' Look at the picture! How do you think he went down the hill?").

Sharing a new word with your child doesn't have to take a long time: just a few minutes to talk about the word and then focus back on the book or conversation. Choose which words to talk about carefully – choosing every new word might make reading seem like a chore. The best words to explore with your child are ones that are common among adult speakers but are less common to see in the books your child might read.

When introducing new words to your young learner, keep the following four helpful hints in mind:

1. First, provide a simple, kid-friendly definition for the new word: **Enormous** means that something is really, really big.
2. Second, provide a simple, kid-friendly example that makes sense within daily life: *Remember that really big watermelon we got at the grocery store? That was an **enormous** watermelon!*
3. Third, encourage your child to develop his own example: *What **enormous** thing can you think of? Can you think of something really big that you saw today? That's right! The bulldozer near the park was **enormous**! Those tires were huge.*

Last, keep your new words active within your house. Over the next few days and weeks, take advantage of opportunities to use each new vocabulary word in conversation.

Take the time to share new words and build your child's vocabulary. You'll be "enormously" glad you did!

**For more resources on vocabulary, visit: [ReadingRockets.org/atoz/vocabulary](http://ReadingRockets.org/atoz/vocabulary)**

# Specials Update

## Mr. Ford's Gym Jam

## Mrs. Grady's Music Notes

## Mrs. Niemeier's Art Palette

September 2009  
The closest we will ever come

to an orderly universe is a good library. Welcome back to school. This year in P.E., students will experience multiple activities that are sure to have everyone wanting to come back day after day. The primary students will focus on movement skills and patterns while playing games on a daily basis. Intermediate students will be exposed to many game type situations along with sport lead-up activities that will allow them to participate in individual and team sports as they get older.

We will also be having a full year of intramurals called Sports Challenge. As these activities come up, students will bring home permission slips for parents to fill out. We group these into primary and intermediate groups as well. The one combined sport that everyone can participate in is Cross Country. Everyone should have received a permission slip already but if you still want to participate, please let me know.

I hope everyone has a great year and please feel free to contact me at any time if you have a question.

Stay Active,

**Mr. Ford**



### Music classes are off to a great start!

Students in all grades will be singing, playing instruments, and music games throughout this first quarter with an emphasis on steady beat and rhythm. We're looking forward

to listening, playing, reading, and even creating and writing our own rhythms.

We will form our fourth and fifth grade choir in Mid- September. Look for information to be sent home with fourth and fifth graders in about two weeks.

**Mrs. Grady**

Dear Fremont Families,

These first two weeks back at school have been fantastic! It has been so nice being able to reconnect with all of the students who were here last year and getting to know those who are new to Fremont this year. Fremont artists have already started creating watercolor paintings, learning about art from Mexico, Op Art, and learning and reviewing the elements of art and principles of design. The artistic talent I have seen so far is impressive, and I am so excited to see all that students create this year. We will be exploring many cultures around the world, as well as experiment with many art mediums and techniques this year. Artwork will be sent home a couple of times a year in a portfolio made by the students.

As many of you already know, I will be on maternity leave during the spring semester so there will only be one 3<sup>rd</sup>-5<sup>th</sup> grade art club and one 1<sup>st</sup>-2<sup>nd</sup> club this fall. The upper grade level permission slips will be going home during the first week of September with information regarding the schedule that will start mid- September. The primary art club will not meet until the beginning of November, with information being sent home closer to that date. Each session will last six weeks. We will also be having two Art Nights at Starbucks again this year hosted by our wonderful PTA. The PTA and I will be sending home more information about this as the dates approach, but we are hoping to have one in the fall and one in the spring.

Please feel free to contact me if you have any questions. I look forward to seeing all of you at Open House!

**Mrs. Niemeier**



Please remember to call the office on the day of your student's absence at 328-5600.

**Thank You**

Thanks to all the shoppers  
who used their "Red Card"  
at Target.



We received a check from  
Target for \$235.89



## To Parents/ Guardians:

Please help us minimize illnesses in our school setting. **These guidelines should be used to help you decide whether or not your child should come to school.** We also ask that you:

**Keep the school office updated** with current phone number and contact information

**Make arrangements** in advance for home care of your child if he becomes ill at school

### Illness Guidelines: When to Keep Your Child Home

- ✓ Children with **severe cold symptoms** should not attend school.

Cold symptoms may include:

a constant runny nose, especially with abnormal color or consistency (this is especially important if your child is unable to use a kleenex by him(her)self

nasal or lung/chest congestion

coughing that is constant or persistent

recurrent sneezing that is not allergy related

- ✓ **Do not send a child to school with an abnormal temperature- any temperature over 100 degrees F.** Symptoms to watch for might be a flushed face, chills, paleness or skin abnormally warm to the touch. One or all of these symptoms might be present. If in doubt at all, please take your child's temperature. Please keep an obviously sick child at home. **A child with a temperature needs to stay home for at least 24 hours. Remember, if you reduce your child's fever with medication like Tylenol, your child is STILL ill. Please do not medicate your child and send them to school. Children spread their illness most during the time they have a fever.**
- ✓ Do not send a child to school that has been **vomiting** within the last 12 hours.
- ✓ Do not send a child to school that has had **diarrhea** in the last 12 hours.
- ✓ Flu symptoms: fever over 100 degrees (usually high) **and** one or more of the following body aches, sore throat, cough, headache. Do not send your child back to school until he has had no symptoms for at least 24 hours.

### Guidelines on keeping your child healthy

**Wash hands** using soap and warm water for 15-20 seconds (sing the ABC song once)

Wash before eating, after using the bathroom, after playing outside, after using a tissue.

**Cover cough /sneeze** into your sleeve. If a tissue is used, throw away tissue and wash hands.

**Sleep** 8+ hours per night

**Healthy eating** habits

You may obtain more detailed school illness guidelines and information at [www.cdphe.state.co.us/dc/Epidemiology/manual/School\\_Guidelines.pdf](http://www.cdphe.state.co.us/dc/Epidemiology/manual/School_Guidelines.pdf)