



RED HAWK RIDGE

1 6 2 5 1 E . G e d d e s A v e . • A u r o r a , C O • 8 0 0 1 6

Note from the Assistant Principal

November 2016

Hello Red Hawk Ridge Families!

I hope this finds everyone well and enjoying this very beautiful fall weather. As the weather slowly (very slowly, this year) changes and becomes cooler, please be sure to send your student to school in appropriate clothing. Students go outside throughout the day and we want to make sure every child is warm enough. This time of year, the weather is very confusing so we highly recommend sending your student to school in layers.

This is the time of year to reflect on the things we are thankful for. I am so thankful to work at Red Hawk Ridge. Our students and community members make this school the most amazing place. I am thankful for our teachers who work so hard for our students every day. Thank you for all of your support. We appreciate you.

Sincerely,

Kait Whitaker
Assistant Principal



November 17, 2016

www.rhr.ccsd.k12.co.us

720-886-3800

Calendar of Events

November:

11/23-11/25: No School: Thanksgiving Break

December:

12/19-12/30: No School: Winter Break

January:

1/2: No School: New Year's Day

1/16: No School: Martin Luther King Jr day

24 HOUR
ATTENDANCE
LINE

720-886-3895



Please remember when your student is going to be absent or late, **you are required to call the attendance line by 9:00 am!** This is a 24 hour open line.

Letting the teacher know is considerate, **calling the attendance line is a requirement!**

A NOTE FROM THE NURSE

5 ways to stay active during the Holiday Season

1. Plan in Advance

If you are traveling to another city or state, hop online and do a little research. Inquire about temporary gym memberships or see if you can be an "add-on" to your family member's existing membership.

If you would rather be outdoors and are traveling somewhere warm, look up running routes and hiking trails in the area. There are many resources online to help you with your search.

2. Participate in a Holiday-Themed Run/Fun run/Walk

Most cities and towns now offer Turkey Trots, Rudolph Runs or Santa 5Ks. Preparing for a run, walk or obstacle course race will help you stay motivated to work out. Invite your friends and family members to participate, this way you all are held accountable to show up.

3. Make Family Time

Traditionally, the holiday season means spending time with family. It's also a time to eat, drink and be merry with loved ones. Why not move together as well?

Play simple games like tag or hide-and-go-seek with your young nieces and nephews. There are countless games you can find with a quick Google search.

Or, after every meal, encourage a 30-minute family walk around the neighborhood. This way you will squeeze in a light workout and bond with family members. The walk may not burn 1,000 calories, but it sure beats going back for more pumpkin pie.

4. Head Out in the Snow (if there is any)

Snow is a favorite piece of "fitness equipment" during the holiday season. If you are going to be surrounded by snow this year, take advantage of it.

Go skiing, snowboarding, snowshoeing or ice-skating. Perhaps have a friendly snowball fight. Or build a snowman. It beats sitting on the couch all afternoon. If those activities don't interest you, then grab a shovel and start clearing the driveway—it's a great full-body workout.

5. BYOE (Bring Your Own Equipment)

If you know that you won't have access to a gym then bring portable fitness equipment such as tubing, dumbbells, or resistance bands. These are all small, simple solutions that will fit right into your suitcase or carry-on bag.

Please consider donating items to the health clinic. The clinic is in consistent need of supplies. Here are some of those items: winter coats, all size girl and boy underwear, socks, boots, gloves, smaller size kid pants and jeans, Children's Tylenol, Children's Ibuprofen, Halls cough drops, Band aids, and Dixie cups and Kleenex.

Professionally,

Jacki DeGolyer, MSN, RN

School Nurse

720-886-3806



dreamstime.com

SPIRIT WEAR

It's simple and easy to order your Red Hawk Ridge Spirit wear!

Go to : <http://www.amp2print.com/rhr> to order RHR t-shirts or RHR sweatshirts

WATCH DOGS VOLUNTEERS

WATCH DOGS (Dads of Great Students)!

Get involved. Don't know what to expect?

You will have a schedule to follow when you get to the building, so you will know exactly what to do. Your time will be spent in classrooms with kids, conducting safety checks around the building, and hanging out with kids during lunch/recess. Most of all you will be making connections with our kids and getting a lot of high fives in the process!

Please use the following link to sign up!

<http://www.signupgenius.com/go/409044faaac2ba02-watch/>

****Contact your "Top Dogs," Anne Naccarato and Shannon Holzwarth, at 720-886-3860 for further information or questions.****

Thanks so much,
RHR Staff

CAFÉ NEWS -

School meal prices for the 2016-2017 school year:

Breakfast - \$1.85

Lunch - \$3.00

Free and Reduced Meal Applications are available online at:

<https://ccsdcafe.org/> You can also view all lunch menus on this website.



RHR PTCO NEWS

**Lori Fatkin, PTCO President, Michael Wurdeman, Principal
Kelly Kuper, Treasurer, Emily Miller, Vice President, Vacant, Secretary**

November 2016 Newsletter

President's Note....

Please join us for our next PTCO Board Meeting Tuesday, January 17th at 6 pm in the Stem room. This is a great way to see what PTCO is all about, plans we are working on for the year and discuss any questions you may have. I hope to see you there!

While we are still in the learning stages of new changes and ideas, we are a great group of enthusiastic and committed parents wanting the best for all children and our school.

Volunteer opportunities are always available throughout the year. Please feel free to contact me at 303-913-9207 or lorifatkin@gmail.com with any questions or concerns you may have.

Lori Fatkin
PTCO President



January 17th
Board Meeting, 6pm
February 21st
Board Meeting, 6pm





IN-HOUSE DAY WITH RHR BEFORE AND AFTER SCHOOL PROGRAM

WHEN: NOVEMBER 23, 2016

WHERE: RHR CAFETERIA AND GYM

TIME: 6:30 AM - 6:00 PM

PRICE: \$30/CHILD

LUNCH PROVIDED

THEME: THANKSGIVING FEAST

QUESTIONS: Celine Fernandes cfernandes@cherrycreekschools.org
Sara Milne smilne@cherrycreekschools.org



Before and After School Program

Times:

Before Care 6:30am-9:00am

After Care 3:30pm-6:00pm

Price:

AM \$8.00

PM \$10.00

Full Day \$30 & Field Trip \$40



Activities include homework club, arts and crafts, dramatic play, science, technology, indoor/outdoor recreational games, health and nutrition, music appreciation, communication skills, cognitive reasoning, building and engineering, fitness, appreciation of diversity and free choice.

Joining in Before and/or After Care has been shown to promote life skills such as teamwork, problem-solving, creativity, leadership, sportsmanship, and community service.



Interested in bringing your child(ren) to the Before and After School Program?

Email or call us today!

Celine Fernandes: cfernandes@cherrycreekschools.org

Sara Milne: smilne@cherrycreekschools.org

720-886-3838
