



RED HAWK RIDGE

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Note from the Assistant Principal

January 2017

Hello parents!

Happy New Year! I hope this finds everyone well rested after our two week break. It is always wonderful to come back and see the students and teachers after all being on break at the same time. Everyone seems rested and ready to go!

Kindergarten Round-up begins for incoming Red Hawk Ridge kindergarteners on Wednesday February 8th. You can register your 2017-2018 kindergartener at the district admissions building, 5416 S. Riviera Way, Centennial, CO 80015.

As we know, the weather in Colorado can be very unpredictable this time of year. Please send your child to school wearing layers and include their name in their coats, hats, and gloves. We tend to accumulate many winter items in our lost and found this time of year.

As always, thank you for your continued support of our work with your students at Red Hawk Ridge.

Sincerely,
Kait Whitaker



January 19, 2017

www.rhr.ccsd.k12.co.us

720-886-3800

Calendar of Events

January:

1/20: RHR Watchdog Dads: Donuts with Dad

1/26: RHR Skate City Night

February:

2/17: RHR Snowball Dance

2/20 : **No School:** Presidents Day

2/21: **No School:** Teacher non contact day

2/21: PTCO Board Meeting

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

HYDRATION

According to the American Heart Association.....

How much water do you need?

What does being well hydrated mean? The amount of water a person needs depends on climatic conditions, clothing worn and exercise intensity and duration, Batson said.

A person who perspires heavily will need to drink more than someone who doesn't. Certain medical conditions, such as [diabetes](#) or [heart disease](#), may also mean you need to drink more water. People with cystic fibrosis have high concentrations of sodium in their sweat and also need to use caution to avoid dehydration. And some medications can act as diuretics, causing the body to lose more fluid.

Thirst isn't the best indicator that you need to drink. "If you get thirsty, you're already dehydrated," Batson said. Batson said the easiest thing to do is pay attention to the color of your urine. Pale and clear means you're well hydrated. If it's dark, drink more fluids.

If you want to know exactly how much fluid you need, Batson recommends weighing yourself before and after exercise, to see how much you've lost through perspiration. It's a particular good guide for athletes training in the hot summer months.

"For every pound of sweat you lose, that's a pint of water you'll need to replenish," Batson said, adding that it's not unusual for a high school football player, wearing pads and running through drills, to lose 5 pounds or more of sweat during a summer practice.

Not sweating during vigorous physical activity can be a red flag that you're dehydrated to the point of developing heat exhaustion.

Water is best.

For most people, water is the best thing to drink to stay hydrated. Sources of water also include foods, such fruits and vegetables which contain a high percentage of water. Sports drinks with electrolytes, may be useful for people doing high intensity, vigorous exercise in very hot weather, though they tend to be high in added sugars and calories. "It's healthier to drink water while you're exercising, and then when you're done, eat a healthy snack like orange slices, bananas or a small handful of unsalted nuts," Batson said.

He cautioned against fruit juices or sugary drinks, such as soda. "They can be hard on your stomach if you're dehydrated," he said.

It's also best to avoid drinks containing caffeine, which acts as a diuretic and causes you to lose more fluids. drinking water before you exercise or go out into the sun is an important first step.

"Drinking water before is much more important," he said. "Otherwise, you're playing catch-up and your heart is straining."

Jacki DeGolyer, MSN- RN
Red Hawk Ridge Elementary School



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**

January 2017 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!

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



February 21st

Board Meeting, 6pm

February 17th

Snowball Dance 6:30

Grandview HS

March 21st

Board Meeting, 6pm



RHR Soaring Heights February All-Day Fun Events

2/21 Field Trip—Nickel-A-Play

Field Trip from 9:30am-2pm

Bus leaves at 9:30am.

Lunch provided.

Please bring 2 snacks

Price: \$40/child



Please sign up online for the days of your choice. On all February All-Day Fun Event Days, we are open from 6:30am-6:00pm.

Please see a BGA staff with any questions or call for more information at :

720-886-3838.

New families to BGA, please stop by or call as soon as possible to get your account set up and to reserve your spots during the break.



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
