

Ute Meadows Weekly Highlights

On the Calendar this Week

Oct. 1st: Picture Day

Oct. 2nd: 3rd gr ExCEL Eco Adventures Bee Presentation; Chipotle Spirit Night, 4:00 - 8:00 pm

Oct. 3rd: Official October Count Day

Oct. 4th: 1st gr Field Trip to Chatfield Farms

Oct. 5th:

Notes from the Principal, Ms. Morgan:

Happy Friday! Thank you so much for coming to celebrate our kids at Field Day. We appreciate your support, the hard work of Mrs. Lee, and the staff who help make it an awesome day. This was our first Field Day BBQ collaborating with Food Services. We are grateful for your patience. I know that some classes waited in line for a long time. We will be debriefing and looking for ways to improve this for next year.

I do have an update on crosswalk concerns. We had someone from the district's Risk Management Department come out and observe the morning crosswalk at the east end of Meadows. Overall they reported that things looked good. Some things that we can do in order to improve safety include-

- Parents, please note that no one can park within 20" of the crosswalks on either side.
- Parking on the street where "no parking" signs are posted may get you a ticket. Park at your own risk.
- It is a no U-turn zone from just east of the unsignalized crosswalk to the middle of school property. No U-turns in the Hug and Go zone please.

- We will provide training to our crossing guards in order to improve our practices.
- We'll also obtain some green men to put out in order to prompt traffic to slow down.

If you are interested in being a crossing guard before or after school, please let me know and we can provide training to you as well!

See you at the Rockies game tonight. Freeland is pitching...

Have a great weekend!

Rigor, Relevance, & Relationships

Dawn

October Count

Mark October 3 on your calendar – it's October Count! The most important action you can take to support school funding is to make sure your student attends school that day. Much of public education funding from the State of Colorado is based on student count, and the official student count day this year is October 3. The "count window" the state observes is September 26 - October 10, and the key student count day is Wednesday, October 3. Please help us ensure all our students are accurately counted by having your student in class that day! If your child must be absent on October 3 due to serious illness, call our attendance line, 303.982.4001 to report the absence. Attendance during the "count window" will help counteract an absence on October 3, but it's best to come to school that day. Thank you for your support of Ute Meadows Elementary school!

2nd Grade Families!

During the week of October 8th-11th second grade students will be taking the [CogAT](#). (Please see link for more information) Please do your best to schedule appointments/absences around the testing time, which will be 9-11am.

Parent Newsletter

Everything is Possible

Expanding Student Expectations

The **Everything is Possible** mindset teaches that we are all capable of living extraordinary lives. Students learn that everything which exists today was once just an idea until someone believed it was possible and took the actions to make it into reality. This is true with our lives as well – they become, in many ways, whatever we expect them to be.

Throughout the lessons for this mindset, we work with students to help them understand the incredible promise of their lives, and to envision extraordinary happiness, meaning and success on their own terms. We seek to instill the belief that their goals are possible, and to foster the courage, discipline and persistence to act on achieving their dreams.

The 4 critical components of Everything is Possible:

- 1) **Dream Big** – People who achieve the most in life realize that the greatest limitations are those they place on themselves. This applies to success in school, business, fitness, the quality of our relationships, and our impact on the lives of others. Dreaming big is about raising our expectations for our lives, because when we do, the future becomes bigger and brighter.
- 2) **Embrace Creativity** – The only time we are creating new things in life is when we're being imaginative and innovative. If we want new experiences and things we've never had, we must do things we've never done. This could be reading a book to acquire new knowledge, debating a topic with a friend, or trying a new activity. Life can only change and expand through creative action!
- 3) **Think Positive** – People with a brighter outlook on life are not only happier, but also accomplish more. We must believe there is more for us in life, expect good things from others, and find the positives in all the situations. These simple acts make us happier in the moment, and the future becomes infinitely brighter.
- 4) **Act and Adjust** – We must act if we want to get results. It is important to plan, but only if the plans drive us to action; if we do not act, nothing will change. The greatest obstacle to taking action is fear of failure, but the most successful people in the world don't see failure, only feedback. Simply learn from mistakes and move forward, because this is the only way to make our dreams into reality. Act on them and be prepared to adjust.

Top 5 Dos and Don'ts at Home:

- 1) **Don't be a dream snatcher.** The fact that kids are dreaming is what's important, not the content of their dreams. Resist the urge to give your children reality checks, no matter what their dreams are. Dreams are precious, and they represent the hopes and expectations we have for our lives. *Every dream and positive vision of the future that your children have should be encouraged.* Their dreams will inevitably change, but what matters is that they're dreaming and believing. Constantly push your children to dream bigger, and never be the doubter or pessimist.
- 2) **Do celebrate and support innovation and creativity in the home.** Whether it's through crafts, play or games, seek opportunities for your children to tap into their imaginations and creative capacity. One major concern with access to technology and devices is our children's inability to get bored. Boredom has long been the source of innovation and creativity. Create more space in your child's life and push them to innovate and create. The capacity to use boredom to their advantage will benefit them for the rest of their life.
- 3) **Do model self-compassion.** We are so hard on ourselves. It is very important to recognize that our children will observe our tendencies, how we talk to ourselves and unfortunately how unfairly critical of ourselves we can often be. Work on how you view your own efforts, challenges and successes, and consider the self-image you're modeling for your children. Don't forget that they really are more likely to do as we do, rather than as we say.
- 4) **Don't foster perfectionism.** Perfectionism is a primary cause of anxiety, locking us up and preventing us from taking action due to fear of failure. This is most prevalent in young people living in a world of reality TV and sensationalism. More than ever, they must understand they are human and that mistakes are a healthy part of learning and growing up happy and successful. Let them do their own work, let them make mistakes and let them learn to grow through adversity while they are under your roof.
- 5) **Do celebrate risk taking and failure.** One great practice at the dinner table is to ask your child what they "failed at that day" or what didn't go very well. Rather than focusing on the mistake or loss, ask them to consider how they can grow from it, what they learned, what new skill could be developed, what relationship would be created or expanded, etc. Congratulate them for trying, and point out that the people who succeed are those who take risks and fail, so your kids are in good company and on their way.

Activities to Do with Your Child

- 1) Personal Mission Statement - [link](#)
- 2) Defining My Why - [link](#)
- 3) My Dream Statements - [link](#)
- 4) Overcoming My Challenges - [link](#)

[The 7 Mindsets](#) To Live Your Ultimate Life

Introduction: The 7 Mindsets are based on a three year research effort that began with the simple question: What do the world's happiest and most successful people have in common? In search of the answer, we studied many of the happiest and most successful people who've ever lived. We reviewed the most extensive and important studies on personal achievement ever conducted. And we personally interviewed 400 leading experts, some of the most successful men and women of the 20th and 21st centuries.

Our research revealed that the answer wasn't related to gender, ethnicity, or where they lived in the world. It had nothing to do with being raised in a loving home or a broken one. It didn't matter if their families were rich, middle class, or impoverished. It wasn't even connected to how far they advanced in school or the skills they acquired along the way. In fact, it turns out that the game changing commonalities of happiness and success are based on how the world's most successful people think.

What emerged from our research was a set of seven mental habits foundational to an enriched life. The 7 Mindsets are a comprehensive blueprint for happiness, intentionality and success, written in simple, powerful language to teach and activate success strategies for people to live the lives of their dreams.

In the following pages, you will find a brief description of each of the 7 Mindsets, along with a section with one immediate action you can take as parents to help instill a 7 Mindsets culture in your home. These will change the dynamic of daily life by invigorating children to tap into their unlimited potential.

[Here is a video link for parents.](#)

[Second Annual Circle of Friends Hygiene Drive](#)

Please help us help homeless students in Jeffco by sending in the following items:

- **Full size shampoo**
- **Full size conditioner**
- **Deodorant**
- **Toothpaste**
- **Fragrance-free items such as lotion and soap for students with sensitive skin and allergy issues**

Please send in items October 8-17. A collection box will be clearly marked and placed outside the office. Please let me know if you have any questions at behall@jeffco.k12.co.us

**Thanks so much for any help you can provide with this important project!
~Ms. Beth/SSN3 program**



All 4th & 5th Graders

Please Join the Ute Meadows Choir!

Rehearsals are every Friday Morning from 7:45 to 8:20
