



# ROADRUNNER EXPRESS

## December 2020

Foster Elementary  
Jefferson County Public Schools

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### Principal's Page

Dear Foster Families,

Thank you to each of you for everything you have done to help your child to be successful and actively engaged in learning throughout this school year, especially during this remote learning time. When I think back to where we were with remote learning in April and compare it to what we have in place now I am completely in awe. It was a huge learning curve for all of us and I have been so impressed with our teachers for the tenacity and diligence they have shown in managing this entirely new type of teaching. I have been amazed by our students and how they have been able to adapt, show growth, and learn skills many adults struggle with. I am also humbled by the engagement, support, and patience shown by our families. Foster is such an incredible community, even in the most challenging of times.

Our construction project is up and running. You will notice as you visit our campus that fencing is now creating construction zones and areas to stage the construction and materials. This will create a few changes when we move back to in-person learning.

The sidewalk and parking areas to the right when you enter the parking lot are now blocked off and parking is no longer allowed there.

2<sup>nd</sup> and 3<sup>rd</sup> grade dual language students will be changing their morning screening entrance to the cafeteria door on the east side of school building.

Preschool will still drop off in the same place, just with lots of fencing around!

I will share more information once the district publishes the next steps for when we will be returning to in-person learning. Construction is always a challenge for any building, especially when school is in session. We just have to remember that come August, we will have a brand new building for our middle school students, a new band/orchestra room, additional space in our cafeteria with new tables, a whole new STEM makerspace area connected to the library, new Pre-K classrooms in the school and more. I am planning a HUGE fiesta to celebrate our grand re-opening!

The first round of Enroll Jeffco has started and will be active through January 15<sup>th</sup>. If your child is currently a student in our dual language program they will roll up to the next grade level unless you desire to change schools. 8<sup>th</sup> graders will need to make a choice of where to go for high school, but will be rolled up to Arvada High School if no choice is made. As a reminder: Foster will no longer have a traditional program after this school year. **All traditional students will want to take this opportunity to choose a new school for next year.**

I am excited to share that starting next year, **Foster will be offering a full day dual language experience for Pre-K students.** This will be for students who are planning to go through our dual language program and the day will be 90% in Spanish and 10% in English for all students. Parents should use Enroll Jeffco to be placed in the lottery for this opportunity. We will have 16 spots for English dominant and 16 spots for Spanish dominant students. This opportunity will match our Foster school day and will be Monday –Friday. This will also be the only program we offer for Pre-K and there will not be a half day option. I anticipate this will generate a great deal of interest as our Kinder openings do, so be sure to enroll in the first round if this is something you are interested in for your child.

Love to you all as you continue to navigate this strange time.  
Hang in there, wear a mask, and let us know if you need anything!  
Leigh Hiester

### January 2021

- 1 . . No School
- 4/5 . . NO SCHOOL Prof.Learning
- 15 . . 1st Round Choice
- 29 . . Kg. Registration Begins
- 18 . . NO SCHOOL MLK Day
- 19 . . 2nd Round Choice Enrollment





## **Accountability Committee**

We hope you will join us for our Accountability meeting, which will be on Thursday, January 21<sup>st</sup> at 2:30 via a google meet link.

We will have some updates on construction and current state of affairs.

Please join us! Send Leigh an email if you are interested in participating and she will send you the link.





## Return to In-Person Learning Plan

Preschool Students with significant disabilities some Career & Technical Education programs	Grades K-5	Grades 6-12
<b>JAN 6</b> Continue In-Person Learning	<b>JAN 6</b> Remote Learning	<b>JAN 6</b> Remote Learning
<b>JAN 6</b> Continue In-Person Learning	<b>JAN 19</b> In-Person Learning <small>unless CDPHE Dial is Level Purple</small>	<b>FEB 1</b> Hybrid Learning considered
<b>100% Remote Learning option will continue through the school year</b>		





### Some tips for Keeping Cool This Winter

As we enter January and the start of a new year, the unknowns, stressors and anxieties we experienced in 2020 will likely continue on. While we start to see glimmers of hope and a light at the end of the long, emotional tunnel, we are still very much in the midst of this tunnel. Finding ways to stay connected, healthy and intentional can be challenging, here are some tips that may be resources in these winter months.

- 1) **Really listen to each other.** A lot of times, we're busy planning what we want to say back, instead of listening. Listening does not mean that you agree-it just shows care and respect. Let the other person know you hear them by repeating it and asking if you heard them correctly. If they say, "no," ask them to repeat it-and be sure to listen. If you want others to listen to you, first listen to them. You may need to ask them to speak a little slower or to break the information down into shorter pieces. Speak carefully, a sarcastic or hostile tone, or a facial expression of disgust or disrespect doesn't fix anything.
- 2) **Give kids choices.** For example, sit down with your child and let them make a list of chores that need to be done during the break, then let them choose which ones will be their responsibility (not too many, be reasonable with your expectations) It's like the difference between a boss who tells you what to do, and one who listens to your ideas and respects them. Which approach do you like better? Lots of kids like to decorate their list of chores. Lots of items can serve as decoration-pictures from old magazines, scraps of fabric, buttons from worn out clothes, pressed leaves or flowers from outdoors-just about anything can work. In a pinch, a little water and flour make paste for glue.
- 3) **Notice the good.** When you see your child behaving in a way you like, let them know you noticed. Think of how you feel if a supervisor criticizes you, and compare that with how you feel if a boss notices your good work. Which style made you want to do the job well? Children are no different.
- 4) **Get outside and have fun.** Physical movement, walking, running, team sports and dancing all help release and reduce stress. Using your sense of smell to enjoy food, flowers, trees; using your eyes to watch the sunrise or sunset, all these actions reduce and release stress. Share these experiences as a family. Remember, watching television or staying on a device, while a good pastime now and then, in large doses, saps enthusiasm and creativity, and increases boredom and irritability. Also, research shows that children who watch a lot of television are more likely to be overweight. In young children, the more television watched, the more chance the child has of developing attention deficit problems.
- 5) **Use "I feel" statements.** For example, if someone points their finger at you and says, "You didn't take out the trash, jerk," you'll probably feel angry and you certainly won't feel like taking out the trash. However, if they say, "I feel sad and disappointed that the kitchen smells like trash this evening. Please take the trash out." You could be pleasantly surprised.
- 6) **Stay calm aka regulate.** Between, the cold temperatures, social and physical distancing and ongoing unknowns; emotions are at an all time high, or low depending on the day or even moment. If you get frustrated or angry with your child, take time to cool down by taking a walk or some other break to clear your head before speaking with your child. Children respond best to what is said in a calm tone of voice.
- 7) **More help if you need it.** Despite our best efforts, sometimes support from family and friends just isn't enough. If you need more help, contact Jefferson Center for Mental Health at 303-425-0300.

