JANUARY 2020 NEWSLETTER

Dear Dos Rios Families,

January 2020

Happy New Year! Welcome to a new decade. We are so glad to have our students back at school! As students returned from break, we noticed that most are prepared for the cold temperatures outside. Please make sure your students have hats, gloves and coats. We have some cold weather clothes that we can share with students who need them. We monitor the weather and make decisions based on the temperature and wind chill, to determine if we need to have "inside recess."

Teachers spent time before break and are continuing to administer assessments so that we can better understand students' academic progress and needs. Teachers are evaluating the assessment results to determine next steps and instruction for your students.

Parent/Teacher conferences will be held from 4-8pm on January 23rd and January 30th, for students with READ Plans. We look forward to sharing student growth with you.

With the first half of the year behind us, we look forward to seeing everyone as several upcoming events. Be sure to join us for our January PTO meeting on January 27th, our 3rd Grade Concert on February 6th, our Love of Learning Celebration on February 14th and our Sock Hop on February 21st.

Thank you for your continued support of our learners and our Dos Rios community. As always, if you have any questions, please do not hesitate to contact our office.

Best, Cinnamon Cain, Principal



Dates to Remember:

- January 6 Teacher Workday
 - 7 Teacher Planning Day
 - 8 1st Day of Class
 - 14 Family Literacy Night 5:30-7:30pm
 - 15 Vision/Hearing Screening
 - 20 No School/Holiday Martin Luther King Jr.
 - 23 Parent/Teacher Conferences (Invitation Only) 4-8PM
 - 27 PTO Meeting 4:15 Library
 - 30 Parent/Teacher Conferences (Invitation Only) 4-8PM

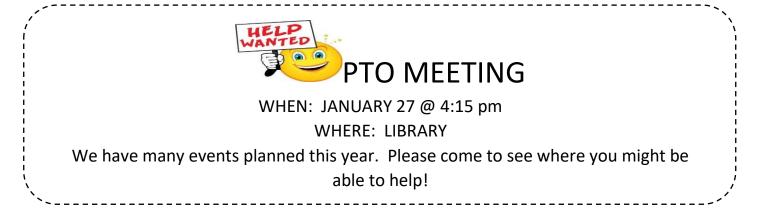


Girls on the Run is starting soon. The first 18 girls from 3rd-5th grade who register on-line are guaranteed a spot on the team. Sneakers and warm clothes are required. Look for flyers to come home soon.



School of Choice

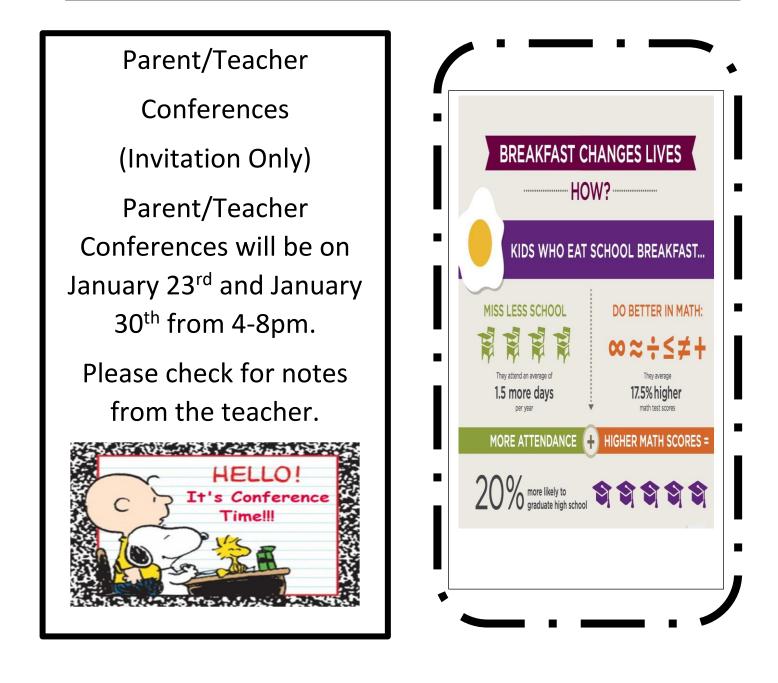
The School of Choice Window for the 2020/21 school year is open from March 2nd at 10:00 a.m.-March 13th at 4:00 p.m. Letters will be sent home explaining the online application process.





We are in the cold and flu season. It's always good to practice the hand washing steps as a way to promote healthy habits. Following each step in the correct order is an essential tool in the prevention of the spread of germs. Please help us keep everyone safe and healthy by correctly washing the hands. 1. Get paper towel ready, 2. Turn on the water and wet hands, 3. Get soap, 4. Rub hands to make bubbles for 20 seconds out of the water, (make sure to rub the front, back, and in between fingers,) 5. Rinse the soap off in running water, 6. Dry hands with the paper towel, and 7. Use the paper towel to turn the water faucet off and to open the door.







As you may have heard on the news or read in the newspaper, there have been confirmed cases of the flu in Mesa County. Influenza or "the Flu" is a respiratory illness that is contagious. It is a virus that is spread by droplets when a person coughs, sneezes, or talks.

Signs and symptoms of the flu **may include:** fever or feeling feverish, chills, cough, sore throat, muscle or body aches, headaches, runny or stuffy nose, feeling very tired, vomiting or diarrhea (more common in children).

A person may be contagious before they know they are sick. According to the Centers for Disease Control and Prevention (CDC), a person may spread the flu virus one day before they begin to have symptoms and up to five to seven days after they become sick. This is why washing hands is so important!

Ways to prevent the flu include a yearly flu vaccine, frequent handwashing, staying away from people that are sick and covering cough and sneezes.

If your child should develop flu-like symptoms, it is important they stay hydrated by drinking fluids and get plenty of rest. If you should have any questions or concerns, contact their health care provider. During this time, your child should stay home and rest. They should not return to school until they have been fever free for 24 hours without fever-reducing medication.

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Monday	Tuesday	Wednesday	Thursday	Friday
B-Breakfast L-Lunch This institution is an equal opportunity provider. See www.birt.ly/schoolmenus	Always available breakfast: Cereal variety, toast or yogurt parfait, milk variety Always available lunch:	1 No School Winter Break	2 No School Winter Break	3 No School Winter Break
for daily sides and nutritional information	PBJ Uncrustables or Salad Bar Meal with Fruit and Milk variety	Winter Dreak	Whiter broak	Thinker break
6 No School Teacher Work Day	7 ES Planning MS Inservice No School	8 B-WAFFLES L- ROASTED CHICKEN	9 B- BREAKFAST BURRITO L- SAMURAI RICE BOWL	10 B- VARIETY OF MUFFINS L- BRONCO BURGER
,		other options and sides listed above	other options and sides listed above	other options and sides listed above
13	14	15	16	17
B- PANCAKE WRAP L- CHEESE RAVIOLI	B- EGGS & TOAST L-TACO SPAGHETTI	B- BISCUIT WITH GRAVY L- GRILLED CHEESE	B- FRENCH TOAST STICKS L- BAKED POTATO	B- MONKEY BREAD L- HOMEMADE PIZZA VARIETY
other options and sides listed above	other options and sides listed above	other options and sides listed above	other options and sides listed above	other options and sides listed above
20	21	22	23	24
No School Holiday	B- EGG, SAUSAGE & CHEESE BISCUIT L- FRITO CHILI PIE	B- PANCAKE WRAP L- HOT DIGGITY DOG	B- MINI BAGELS L- BREAKFAST FOR LUNCH	B- FRENCH TOAST CASSEROLE L- BRONCO BURGER
	other options and sides listed above	other options and sides listed above	other options and sides listed above	other options and sides listed above
27	28	29	30	31
B- BREAKFAST SAUSAGE PIZZA L- CHICKEN ALFREDO	B- EGG & CHEESE BISCUIT L- BEEF CRUNCHY	B- WAFFLES L- MAC & CHEESE W/ SMOKIES	B- BREAKFAST BURRITO L- HOMESTYLE	B- VARIETY OF MUFFINS
other options and sides listed above	the options and sides listed above	other options and sides listed above	turkey other options and sides listed above	other options and sides listed above