

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 at 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

SAVE THE DATES:



-Love of Learning –

February 14th



-Sock Hop

February 21st



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



MAY YOU BE HAPPY
AND HEALTHY IN
THE NEW YEAR.



Girls On the Run

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.



PTO MEETING

WHEN: JANUARY 27 @ 4:15 pm

WHERE: LIBRARY

We have many events planned this year. Please come to see where you might be able to help!



HANDWASHING PREVENTION

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.



Parent/Teacher Conferences

(Invitation Only)

Parent/Teacher
Conferences will be on
January 23rd and January
30th from 4-8pm.

Please check for notes
from the teacher.



BREAKFAST CHANGES LIVES

HOW?

KIDS WHO EAT SCHOOL BREAKFAST...

MISS LESS SCHOOL



They attend an average of
1.5 more days
per year

DO BETTER IN MATH:



They average
17.5% higher
math test scores

MORE ATTENDANCE



HIGHER MATH SCORES =

20% more likely to
graduate high school





From the RN's Office

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.



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