



# THE RAPTOR REPORT

April 2020

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## A Message From The Principal

Dear Families,

We want to take this opportunity to reach out and provide some information regarding remote learning. Our sincere hope is that you and your loved ones are healthy and taking good care of one another. As you know, the Governor has suspended all in-person learning in public and private school across the state from March 23<sup>rd</sup> to April 17<sup>th</sup>. We feel the gravity of our current circumstances and understand that keeping our school community safe is our highest priority. With that said, we also know how important the school setting is providing our students a sense the well-being and security and how crucial it is to keep our children involved in learning.

While we embark on a new normal, for now, I want to reassure you that we may have a change in *how* we do things, but the *WHY* of what we do is still firmly cemented in each of us. I know we will need to rely on one another to figure things out over the next several weeks, and I have confidence in the Rice community. We are the constant in our

*continued on next page*

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## Rice Elementary Newsletter

### A Message From The Principal *continued*

little people's lives, and the school's mission is to be a reassuring presence for our students and their families, even if it happens to be remotely! It is likely each family is experiencing a wide variety of situations, emotions, and worries. Making connections with our students is extremely important to us.

One last important piece of information we want to provide is about food resources in Wellington. PSD will offer free meals to PSD students during the closure at three school locations, using a grab-and-go system, weekdays through April 17<sup>th</sup>. In Wellington, meals will be distributed at Eyestone Elementary. More detailed information is included on the PSD webpage at <https://www.psdschools.org/node/1477>.

Please reach out to your classroom teacher if you have any questions. You are your children's best teacher. Take every opportunity to engage with them in reading, writing, math, or life skill activities. Enjoy games, cooking, and getting outdoors together. Thank you for all you do to support our Rice community. Wishing you health and wellness!

Warm regards,

Melissa



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## Rice Elementary Newsletter

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## WHAT CAN I DO IF I'M FEELING **worried?**

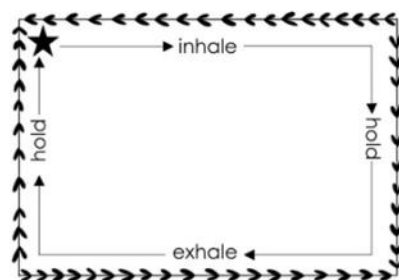


### Circle of Support

1. Talk about how you are feeling with the people you trust at home.
2. If you have questions, ask the people you trust to help you understand.
3. Keep in touch with friends, even if you're not seeing them at school every day.
4. Video chat or call loved ones who don't live near you.

### Breathe it Out

If your body is feeling restless or keyed up, take some time to sit and slow your breathing. Try these easy exercises by tracing your finger over the lines and breathing along with them. Repeat at least 5 times!



### Set Small, Daily Goals

Keep your focus on real things you can do! Set small, daily goals for yourself and keep track of your goals. Set a goal about how much you will read each day, how long you'll practice your free throws each day, how many nice things you'll say to family members each day, or something else that's important to you!

### Look for the Fun

Shift your focus away from the worries and do something fun!

1. Play a board game with your family.
2. Have a dance party.
3. Paint, draw, write, or create!



### Let the Worries Go

Having trouble letting go of the worries? Try these strategies:

1. Set a 3-minute timer. During those 3 minutes, think about the worries all you want. When the timer goes off, worry time is over! Get up, move to a new space, and think of something else!
2. Write your worries on a piece of paper. Tear or wad it up and toss it in the trash can.

**Remember, it's okay to have worries. Talk to someone you trust about how you are feeling!**

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**Counselor Email:** [smcwilliams@psdschools.org](mailto:smcwilliams@psdschools.org)

# Rice Elementary Newsletter

## PE

Hey Raptors!

I hope everyone is enjoying our extended spring break! Remember to wash your hands a lot, using soap and warm water, for 20 seconds!!

The whole reason I teach you physical education is to give you the skills necessary to be healthy and fit inside and outside of school hours. Take a moment to remember the week before the break and all the activities you performed. These will help guide you to stay active during your time away from school. Your goal should be to move for at least 1 hour each day.

During this time of year in PE we are beginning our track and field unit for all grades. Get outside and practice your sprints, long-distance runs, jumps, and throws. You can practice running relays using the center of a paper towel roll as a baton to pass. The sprints we do are the 50m, 75m, 100m, and 200m. We practice the long jump, shot put and softball throw. 4<sup>th</sup> graders practice and qualify for the 800m long distance run and 5<sup>th</sup> graders 1600m. If we have the event, the PSD District Track meet will be held in May at French Field. The District Track Meet is for 4th and 5th graders, who qualify from their individual schools, to compete against other area track stars. For students who qualify for sprints or field events (50m, 75m, 100m, 200m, long jump, shot put, softball throw, triple jump) they will compete on Saturday, May 9th. Students who qualify for the long distance events (4th graders - 800m, 5th graders - 1600m) will compete on Wednesday, May 6th.



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## Rice Elementary Newsletter

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### PE, continued...

\*Try performing each **station** for 1 minute each: Jumping Jacks, wall sits, wall clappers, push-ups, leg lifts, v-sits, one-leg balance, line jumps, cross-country ski, burpees, mountain climbers, plank, side plank, sit and stand with a friend, donkey kicks, crab kicks, bird dog.

\*Try performing these **movements** for 1 minute each: Skip, gallop, hop on one leg, jump with 2 legs, bear crawl, crab walk, army crawl, hopscotch, butt kicks, Frankenstein, helicopter spins, log rolls, lunges, frog hop, backwards, tightrope walk on a line, tippy toes, heel walks, move freely how you want to move.

\*\*Here is a website to help with proper form for certain skills: <https://sites.google.com/site/psdpecommunityconnections/home>

\*Keep the challenge going!! The 5210 challenge is designed to help you build these healthy principals into your everyday lives. Remember 5210: 5 - At least 5 servings of vegetables and fruit daily; 2 - Try to limit your screen time to less than 2 hours; 1 - Get outside and move your bodies for at least an hour every day; 0 - Avoid all sugary drinks.

\*We live in amazing Colorado and we have many free outdoor opportunities available to us. Get outside and be active in the sunshine! Walk, hike, run, bike, scooter, skateboard, pogo stick, etc. Try visiting one of the many natural areas and take a walk on a trail in nature: [www.fcgov.com/naturalareas](http://www.fcgov.com/naturalareas) or [naturalareas@fcgov.com](mailto:naturalareas@fcgov.com). Ride your bike on one of the paved trails (Poudre Trail, Spring Creek Trail, Mason Trail, Power Trail). Play disc golf at your Wellington disc golf course across the street from Rice (map is on sign in parking lot), or one of the other 10+ courses in the area, all free. ([wrightlife.com/disc-golf-courses/](http://wrightlife.com/disc-golf-courses/)).



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## Rice Elementary Newsletter

### PE, continued...

\*\*Cosmic Kids Yoga (free) <https://www.youtube.com/user/CosmicKidsYoga>

\*\* *Academics in Action* website- <https://sites.google.com/site/academicsinaction/>

As always, please be safe with whatever moving you decide to do. I look forward to seeing all the healthy and fit Rice Raptors when school resumes.

Mr. Hannen

**Below is an offer for speed stacks cup stacking you may be interested in:**

We have had a wonderful response to our new **Stacking @Home** remote learning videos. Taking into consideration the current economic situation, Speed Stacks is offering **\$10.00 sets plus \$5 flat shipping on all orders over \$20.00**. This is a 50% discount off standard pricing so we are limiting this offer to two sets per household and it's only available through Friday March 27th. We hope this can ease a bit of the economic strain while still accomplishing your remote learning goals. Use the link below to redeem this offer. [www.stackingathome.com](http://www.stackingathome.com)



## Art Newsletter

Hello Rice Families,

While sitting down to write this newsletter today I am finding it hard to believe that we are already into April and I have only a short few weeks left with your students for the school year. The Coronavirus has proven to be a challenging hurdle because I am missing all the wonderful Rice students! I miss their smiles, energy, and enthusiasm for creating and truly HOPE we get to see each other before the school year is over!



Many of you know that I have three of my own kids at home. Making sure they stay on schedule for their homeschool activities and subjects has been the primary focus recently. I have noticed that inserting Art, PE, Music, and Technology as brain breaks have been so essential for them to be able to focus on the school subjects they work on. My emphasis has not been on creating projects that are beautiful, but rather emphasizing the creative process. My hope is that I can provide you with a list of possibilities for your students to create, or experiment with to provide those breaks or make connections to what they might be learning! Many of the below ideas were found in the book, "How To Be An Explorer Of The World" by Keri Smith.

- Make A Collection (round things, flat things, colors, really tiny things, things that hang, textures, office supplies, feathers, and anything else you can think of!)
- Put your collection into groups according to size, shape, color, textures, patterns.
- Draw, trace, record, photograph, or even video your findings.
- Treat this like an experiment! Record your observations!
- Once you have made one collection, start a second one.
- What excites you? Why did you decide to collect what you did?
- Put your objects in color wheel order (red, orange, yellow, green, blue, violet).
- Draw a map of where you found your collected items.

Create something new out of your collection or glue the objects to paper if possible.

As always, if you have any questions please feel free to contact or email me at [btennyso@psdschools.org](mailto:btennyso@psdschools.org)!

Beth Tennyson

## Music News

**Congratulations 5<sup>th</sup> grade students in the musical. You performed two amazing shows!**

**Here are some ideas for students to do at home during this time.**

<p>Play freeze dance! Or just dance freestyle to one of your favorite songs!</p> 	<p>Teach dance steps to someone.</p>  <p>Ideas are dancing down the alley (sashay), do-si-do, allemande, and swing!</p>	<p>Make an instrument. Use it to play with a song you know.</p>  <p>For ideas, Google 'homemade musical instruments.'</p>
<p>Listen to a song, and write down all of the instruments you hear.</p>	<p>Write a short poem. Can you make up a melody to go with it?</p> 	 <p>Practice writing music notes. Make patterns to clap and say.</p>
<p>Arrange toys or objects in your house on the floor to get 16 beats. Track the beats while singing a song from Music class!</p> 	<p>Make a commercial. Choose a favorite food or product at home. Write a rhyme and sing or rap it.</p> 	<p>Perform the Raptor Call!</p>  <p>(Raptor one, raptor all!)</p>

**[www.tinyurl.com/ricemusicfromhome](http://www.tinyurl.com/ricemusicfromhome)**

Please feel free to contact me anytime!

Sincerely,  
 Laura Davis  
 Music Teacher  
[ladavis@psdschools.org](mailto:ladavis@psdschools.org)

# Rice Elementary Newsletter



## Is it just a phase?



### CAYAC

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## Early Childhood

Hello families. We hope that you are all well during this time. We miss the kids terribly. Please make sure to check your emails at least once a day for important information and updates. Currently we are exploring instructional platforms to use and we will be sending links to you via email. Take care!

Ms. Cindy, Ms. Stacey, Ms. Leeann, Ms. Mary and Ms. Mindi.

## Kindergarten

Dear Rice Families,

We are off and running with our new remote learning! Thank you for supporting your kids at home with the resources we are gathering for you. When spring begins, we know that the end of the school year is going to come quickly. We have seen so much learning and growth and we have end of the year goals within reach! With your support, our kiddos will be ready!

We've started our literacy unit on communities. Make sure you are practicing those sight words – it sure makes a big difference with their reading. In writing we are telling stories and will begin working on "All About" books. It is so exciting to watch them able to stretch all the sounds and write independently.

In math, we have been counting, counting, counting! Forwards, backwards, by two's, five's, and ten's. We are also discovering the teen numbers and what that means. We are also working on making sure we can quickly and efficiently add and subtract numbers within five.

April is upon us and we are on the road to success! Thank you for all of your support at home. We value you!

Sincerely,  
Your Rice Kindergarten Team

Sari Bosch, Lyn Karnes, and Gretchen Lenzner

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# Rice Elementary Newsletter

## First Grade



Hi First Grade Families!

We appreciate all the things you are doing for your kids in this new adventure of online learning. We are aware that this is different and can be challenging. We are your partner in learning and are working hard to get your kids engaged in activities. Please continue to look for emails from your child's teacher! We will keep you updated through those emails, and emails are also the best way to reach out to us!

Keep reading! Math is everywhere!

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Are teachers unable to read their writing?

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## Second Grade



Happy April to all of our 2nd grade students, parents and families! We hope you all had a wonderful, relaxing and exquisite Spring Break! With all this new online learning, 2nd grade has gone to our lessons on SeeSaw. If you haven't had your student log in to SeeSaw, please email your teacher for their individual code to log in.

Students are working on reading and creating graphs in math. They have been working on line plots, bar graphs, picture graphs, and then drawing conclusions based on those graphs. Our next topic will be working on geometry. They will be naming different shapes as well as naming their attributes.

In writing, we are just finishing up with our How To writing and teaching the whole class about something we know a lot about. Our next writing unit, we will start sharing our opinions on topics and self-assess using rubrics and checklists.

Please continue working on achieving those AR goals in reading. We always have class rewards as well as individual rewards for meeting them! It is very important they read or are read to daily. When they bring home their library books, make sure after they have read those, that you send them in throughout the week so they can take AR quizzes.

As far as student led conferences, your teacher will be contacting you with updated information when we know more about what is happening.

Thank you for sharing your kids with us as we help them to be creative, unique and self-guided learners every day at Rice!

~The Second Grade Team

We completed a Mystery Science lesson about why we have Leap Year! Some totally understood the concept and some just made us laugh as to what they were thinking. Check out what several 2nd graders remembered from the video!

### Mrs. Weedin's Class

"I learned that people from a long time ago created it because there's another 6 hours in a day every four years." ~ Monte

"Because every four years we have an extra 6 hour day." ~ Raegan

"Because the people a long time ago made a calendar." ~ Audrey

"We have an extra day in February because if you go back in time and stop the people all of the seasons will go coocoo." ~ Isabella

"Because that it will make the sun and if we didn't have a 29 the seasons will be changed." ~ Jax

"There are an extra day every 4 years because the ancient gods and 6 hours equal 24 hours." ~ D'Angelo

## Second Grade

### Ms. Leatherman's Class

"We have an extra day because there are 365 days & 6 hours in one year, so they save up the 6 hours every year and  $6 \times 4 = 24$ . Every day is 24 hours, so every 4 years there is one extra day." ~Penny

"Because if you took away leap day then the seasons would be off and there would be February 29th, but it would be 6 hours and that would be weird...wake up, eat breakfast and then go to bed, what? That is why we have leap year. Glad you understand." ~Samantha

"365 days + 6 hours". ~Taylum

"The reason we have Leap Year is because the seasons would be messed up." ~Nathan

"It is a quarter of a day because it's a tradition." ~James

### Mrs. Symsock's Class

"We have an extra day because the earth takes 365 days + 6 hours to go around the sun and the calendar needs to be even." ~Giovanni

"Because people might be born on February 29th." ~Kaisa

" $6+6+6+6=24$ , 24 is 1 day." ~Payton

"There is a extra day because people wanted 6 more hours." ~Aili

"Every year on is 365 days and 6 hours. Every four years it equals 24 hours which is one day." ~Jackson

### Mrs. Steketee's class

"We have leap year because there's six more hours every year  $6+6+6+6=24$  and 24 hours is a day so they add one more day." Ry

"Why do we have 4 years of February? I will tell you why because a long time ago all these people chose that." Bryan

"So March is in the winter season." Camila



## **Third Grade**

Third Grade teachers sure miss their students and can't wait to support them through remote learning. Third graders will get to use the following website as their main source of instruction and learning.



### **Rice 3rd Grade Google Classroom**

This will be third graders first stop for daily communication. It will also support students with many assignments and videos.

### **PSD Envision Math Tech Tips - Envision Sign in and Envision Game Center**

These two links will be your child's main entry for our math curriculum. The enVision Math link here will be used daily. The game center is for optional use to extend or reinforce learning.

### **Epic!**

This site will be a great resource and will be utilized for differentiated reading activities. Feel free to use this page as enrichment and an additional reading resource. It has audio books, read to me books, and read on your own books as well as fun learning videos!

### **Cengage**

We will utilize this site for the bulk of our reading instruction and practice. This site provides them with their student reading book, will read to them, and will provide activities and additional assignments and resources.

### **Khan Academy**

This website will be used for enrichment and reinforcement for math.

**Fourth Grade**



"Hello Rice families,

We have been amazed at the perseverance and growth every 4th grader has made thus far. In the wake of our current predicament, we thought it would be nice to reflect on the strengths our fourth graders have academically. Here are just a few quotes from students explaining what they believe their strengths are as a learner.

Thank you for all your help and support,

Mrs. Schnell, Miss A., and Mrs. Shannon

"My strengths as a learner this year are that I learned to love reading, and I now understand math (decimals)." -Harper R.

"My strengths as a learner are reading, math, writing, and art. I like them because they inspire you to do anything and they also inspired you to let your imagination run wild." -Abi B.

"My strength as a learner has been how to take tests. I have learned so much from Mrs. Schnell, that I have gotten better in reading and math from the beginning of the year."

-Braxon V.

"My strengths as a learner are math and reading. I love reading funny books and books about war. I love math because I like to work with numbers." -Madden M.

"My strengths as a learner are reading, writing, and decimals." -Bryn H.

"My strength as a student are math, reading, science, and history." -Tanner H.

"My strength as a student is my stamina. I am skilled in reading, math, being a strong test taker, and in social studies." --Ty R.

"My strengths as a learner are that I am a quick learner who is good at math, reading, and knows a lot about science." -Lizzy W.

"What makes me a strong learner is my work ethic to learn and to have a growth mindset." -Michael K.

"My strength as a learner is that I like to learn. I am good at writing and P.E." -Ali M.

"P.E., math, and reading are my strengths." -Cooper S.

"Somethings that are my strengths are math and reading." -Charli S.

"My strengths as a learner are taking tests and reading." -Zephyr H.

"My strengths in learning are math, P.E., and art." -Blake S.

"What my strengths as a learner are moving around to learn better, and math." -Cat R.

**5th Grade**

Dear 5th Grade Families,

Thank you for being patient with us as we navigate a new way of learning. Your students have enjoyed getting to spend time with each other on video chats. During distance learning students will be using Google Classroom to receive their assignments. Please make sure students are completing the assignments each week as we will be giving feedback to them. Many of the resources students are using have been used before in class. If at any point they are having a hard time logging in please let us know ASAP so we can help. Students will be able to take AR Quizzes at home and need to use this link (<https://hosted124.renlearn.com/246370/default.aspx> ).

During this time, encourage students to try something new and to get physical activity (at least 30 minutes each day). We will stay in contact with parents and students through email each week. If you have any questions, please let us know and we will be happy to help. We miss our students and are excited to continue learning with them.

Miss Holmes and Mrs. Neill



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