



# Paw Prints

Grant Ranch School  
5400 S. Jay Circle  
Denver, CO 80123

Office  
(720) 424-6880

Attendance  
(720) 424-6961

February 2018

GRANT RANCH SCHOOL ECE-8

## About Paw Prints 2017-2018

These publications are available online @  
[http://grantranch.dpsk12.org/?page\\_id=432](http://grantranch.dpsk12.org/?page_id=432)

Grant Ranch Webpage - <http://grantranch.dpsk12.org>



Paw Prints is a monthly newsletter for Grant Ranch School. This is an important communication link for parents and includes important happenings at our school.

You can read, download, and print this newsletter monthly on the Grant Ranch Webpage.

<http://grantranch.dpsk12.org>

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## UPCOMING DATES

- 2/8 Full PTO meeting 6:00 pm
- 2/8 Grant Ranch night at Chick-Fil-A SPIRIT NIGHT
- 2/9 Informative PTO Meeting for parents who can't make Thursday nights 7:15am
- 2/15 The First Lady of Colorado, [Robin Hickenlooper](#), will visit Grant Ranch
- 2/19 & 2/20 - No School
- 2/23 - 4th grade to Denver Museum of Nature and Science
- 2/23 – Father/Daughter Dance 6:00-8:00 pm
- 2/26 - 5th grade to Denver Museum of Nature and Science

Save  
the  
Date

## Looking Ahead

- March 16 – Moms and Muffins 7:00 – 7:40 am
- March 16 - Class Pictures
- March 18 – April 23 – CMAS Testing
- March 26 – April 2 - No School – Spring Break



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## Snapchat Contest for Colorado Teenage Students

*Teens compete to design top Geofilter to celebrate International Women's Day*

Grant Ranch students helped create and design this contest for Colorado teens aged 13-18

To enter this contest, go to <https://www.worldforwardfoundation.org/snapchat/>

### 1st Annual World Forward

### Innovation Contest

The World Forward Innovation Contest is an annual competition that encourages and empowers young adults to express their desire for positive change through visual storytelling.

This year, Colorado students aged 13-18 are invited to create a Snapchat Geofilter addressing 'How do Colorado's women inspire you?' to be showcased on International Women's Day. Both female and male teenagers across Colorado are encouraged to apply. Entries must be submitted by February 27th, 2018.



For more details and entry forms for the contest visit:

<https://www.worldforwardfoundation.org/snapchat/>

Submission guidelines can be found at:

<https://geofilters.snapchat.com/submission-guidelines>



### *Missing Assignments? Fighting about Homework?*

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## 1er Concurso Anual de Innovación Forward Mundial

El World Forward Innovation Contest es una competencia anual que alienta y faculta a los adultos jóvenes a expresar su deseo de un cambio positivo a través de la narración visual.

Este año, los estudiantes de Colorado entre 13 y 18 años de edad están invitados a crear un Snapchat Geofilter que se enfoca en '¿Cómo te inspiran las mujeres de Colorado?', Que se exhibirá en el Día Internacional de la Mujer. Se anima a los adolescentes femeninos y asculinos de todo Colorado a inscribirse. Las inscripciones deben enviarse antes del 27 de febrero de 2018.



Para más detalles y formularios de inscripción para la visita del concurso:

<https://www.worldforwardfoundation.org/snapchat/>

Las pautas de presentación se pueden encontrar en:

<https://geofilters.snapchat.com/submission-guidelines>





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## A visit from Robin Hickenlooper, First Lady of Colorado



The First Lady of Colorado, [Robin Hickenlooper](#), will visit Grant Ranch on Thursday, February 15 to meet the students involved in the World Forward Innovation Session held in December regarding **National Women's Day on March 8, 2018**. Additional local dignitaries are invited including Lieutenant Governor Donna Lynn, Speaker of the House of Crisanta Duran, and prominent women CEO's from the area.

This is a great opportunity for our students, families, and the Grant Ranch community to recognize the work our students have done to recognize the contributions of women, and to change the narrative around social media.

## English Club

Grant Ranch is looking for parents who would like to be a part of the English Club. This is a beginners English class that will be held after school at Grant Ranch and will be available for 12 participants. If you have any more questions please contact [astrid\\_duhamer@dpsk12.org](mailto:astrid_duhamer@dpsk12.org). Flyers will be passed out to students. Registration deadline is Feb. 23rd 2018.



 <p><b>DuBé</b> MUSIC STUDIO <a href="http://dubemusicstudio.com">dubemusicstudio.com</a></p>	<p><b>PIANO &amp; VOICE LESSONS</b></p> <p>TEACHING EXCELLENCE &amp; ARTISTRY FOR MORE THAN 40 YEARS.</p> <p>STUDIO OPEN TO ALL TO LEARN AND CONTINUE TO LOVE MUSIC</p> <p>Click <a href="#">HERE</a> for more information.</p> <p>5365 W. Leawood Drive Littleton, CO 80123</p> <p>(303) 703-1894 <a href="mailto:carol@dubemusicstudio.com">carol@dubemusicstudio.com</a></p>
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## Spelling Bee

The Grant Ranch Spellers concluded their spelling season on January 25, 2018 in the final interschool spelling bee at Gust Elementary. The Spellers showed kindness and humility as they competed with each speller being a great example of a Grant Ranch Grizzly. The maturity our students displayed was tremendous. We are proud to celebrate Sierra McLaughlin, a Grant Ranch sixth grader, who earned fourth place! Way to go, Sierra!

Congratulations to all our Grant Ranch Spellers:

**Sierra McLaughlin**

**Celesta Oliver**

**Evan McDaniel**

**Dominic Esquibel**

**Isabella Abbott**

**Jaden Zalesova**

**Kyri Thompson**

**Jamison Brown**



## Art Room Blog

Please check out the art room blog <http://grantranchartroom.weebly.com>

Learn about what we are learning in art!! See what we are making in art!!



## Geography Bee Finalists

Congratulations to the 2017 - 2018 GRS Geography Bee finalists –

4<sup>th</sup> graders: **Ian Thorstad & Evan McDaniel,**

5<sup>th</sup> graders: **Karissa Delitz & Gavyn Heppel,**

6<sup>th</sup> graders: **Landon Delzer & Aissa Finley,**

7<sup>th</sup> graders: **Sydney Smith & Panda Martinez,** and

8<sup>th</sup> graders: **Conor Peoples & Carlos Palacios.**



All finalists competed in several tough rounds with some challenging questions in front of an audience of their peers. Way to go Grizzlies!!



Our school winner this year is **Landon Delzer** (6<sup>th</sup> grade)...

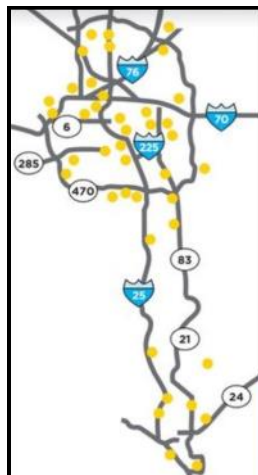
congratulations!! Landon will complete a written qualification test to see if he will advance to the state & national bees. Best of luck to him!!!!

Start studying for next year at the National Geography Bee website.

[www.nationalgeographic.com/geobee](http://www.nationalgeographic.com/geobee)

[www.nationalgeographic.com/geobee/quiz/today](http://www.nationalgeographic.com/geobee/quiz/today)

[www.nationalgeographic.com/geobee/study-corner](http://www.nationalgeographic.com/geobee/study-corner)



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## GIRLS AND SCIENCE 2018



### BE INSPIRED BY WOMEN IN SCIENCE!

The Denver Museum of Nature & Science and CBS4 are excited to host the fourth annual Girls & Science event. Come explore a variety of Science Clubhouses, where girls (and boys!) and their families will meet women Career Mentors in STEAM and experience the many diverse opportunities a future career in science, technology, engineering, art, and math can bring. This day is all about igniting a passion for science—so try it on, test it out, and play!

### Tickets

This event is included in the price of Museum admission.

**Ages 3–18:** \$4 general Museum admission

**Members:** Free

**SNAP Access:** Free, just show your EBT card at Ticketing

**Military** (*current, reservist, and National Guard members*): Free

**Organized Youth Groups:** Free with advance reservations at 303.370.6000

**Scholarships Available\***

Follow the fun at #girlsandscience

*\*Free admission is available for families that need financial assistance to attend this event. Please call 303.370.6000 in advance or see a Museum ticketing agent on March 3 for information.*

**ADVENTURE STARTS HERE**

At The Westin Denver Downtown enjoy 50% off your second room, with connecting rooms based upon availability. Plus kids eat free with delicious and nutritious options.

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## February 23 -PTO Annual Father/Daughter Dance

# Father Daughter Dance

*Come enjoy a fun and funky family night! Dads, grandparents, uncles, etc. come dance the night away with your daughter(s) at this years GLOW themed father daughter dance.*

*Who:* Fathers and Daughters

*What:* A fun "glow" dance for fathers and daughters

*When:* February 23, 2018 6:00-8:00pm

*Where:* Grant Ranch Cafetorium

*Cost:* \$20.00 per couple, \$5.00 for each additional daughter.



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### *RSVP Today!*

If possible, please RSVP as soon as possible. Return this slip to your classroom teacher, or the Grant Ranch main office.

Please do not turn in money with this form, payments will be collected during the night of the dance.

Name: \_\_\_\_\_ Adults: \_\_\_\_\_ Daughters: \_\_\_\_\_

## Sleep - the New Non-Negotiable?

For complete article, go to <https://theschoolcommunicationsagency.com/blog/>

I was working with a client that was trying to figure out how he could get more work done instead of procrastinating and going down the YouTube & Facebook bunny trails. He finished each day feeling anxious and wrapped in guilt that he had not accomplished more. Sound familiar? Maybe you or your student have been on the hamster wheel to nowhere and can't figure out how to get off. After peeling back the onion, what we realized was that he wasn't getting enough sleep. We had to focus on how to wind down his day to setup a good night sleep before thinking about strategies to get his work done.

You have probably seen some of the latest research regarding sleep deprivation and the effects on the brain. Just one night of poor sleep can affect cognitive ability, mood, coordination, attention, decision making, etc. Absent enough rest, the brain functions at a much slower rate and we have trouble concentrating, thinking clearly, and become more emotional. Have you ever noticed when you don't get enough sleep, just finding your keys in the morning can be a struggle? Maybe your sleep deprived kids seem pricklier and more defiant (this also applies to adults.)

Sleeping provides the brain with an opportunity to do a "rinse cycle" and get rid of all the toxins that have accumulated throughout the day. When you go to sleep, the flow of cerebrospinal fluid increases significantly, washing away the harmful toxins and waste proteins that build up between the brain cells during waking hours. These toxins have been linked with Alzheimer's disease. Not only are you removing toxins, sleeping is also what enables your brain to consolidate and move information into long term memory. It is this process that then allows the brain to recall and use information to solve problems. One study showed that teenagers receiving just 18 extra minutes of sleep improved their grades in math and English. Even the great inventor Thomas Edison recognized the power of sleep to stimulate new thoughts and ideas. He would put ball bearings in his hand, doze off and when they fell to the ground and the noise woke him up he was able to come up with new approaches. (p. 30-31 *a Mind for Numbers* by Barbara Oakley, Ph.D.) *This explains why our greatest ideas often come to us during our morning shower!*

Ok, so now that I've bored you with the science of why it's so important, what is it that prevents us from getting enough sleep? Unless you have Sleep Apnea or some other medical explanation, I've got one word for you...screens! Screens can be anything from browsing the internet, social media, video games, Netflix, youtube, etc... The issue of endlessly pursuing electronic devices isn't unique to our kids or millennials. It does not discriminate by gender, age, or ethnicity. I too have fallen into this trap that takes away from my ability to do my best the following day.

*continued...*

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## **Sleep - the New Non-Negotiable?, *continued...***

While staring at screens during the day can be detrimental to our productivity and connection with actual human beings, it's at night that it sets us up for disaster when it comes to sleep. It is so easy to get sucked into staying up way past our bed time reading the news or catching up on facebook. The blue light emanating from our devices tricks your brain into thinking its daytime. This keeps it in a higher state of arousal and hyper focus similar to the effect of caffeine or even amphetamines. You might as well just drink a cup of coffee right before going to bed.

“So, am I ok if I just dial up the orange light on my device at night” you ask? It's not just the blue light that causes problems. When you are watching or interacting with a screen, you are increasing the release of certain chemicals into the brain, like Dopamine, and stimulating natural reward pathways that feeds the need for additional gratification. This is why it is so easy to say just 10 more minutes and then end up binge watching an entire season of Game of Thrones late into the night...Silicon Valley's got you.

In our household, there is a no electronic devices in the bedroom rule when it is time to go to bed (that includes the adults). Before implementing this rule, I would keep looking at work emails after climbing into bed which kept my mind racing well after turning off the light. Now I pick up a book instead and I'm fast asleep in ten minutes. Our goal is screens off at least 30 minutes before bed. Are these evening habits always executed perfectly? Nope, we have good days and bad. But I do notice a huge difference in how the end of my day sets me up for the next. I feel better, am more inclined to work out, go for walks, and am more patient with my kids when they are being knuckleheads. Even they freely admit that they are wrecked the next day when they slip and sneak a peek at their devices before bed. Having one policy that applies to everyone reduces resistance and from the minions as we are modeling the behavior we expect from our kids. They love to point out any hypocrisy. In this case, it's hard to argue.

So how are you going to close out your day? What is your evening routine? Is it worth finding a way as a family to get an extra 18 minutes of sleep?

*About the Author: Roxanne is a Board Certified Life Coach with extensive training in ADHD and executive functioning, focusing on the process of getting things done.*

For complete article, go to <https://theschoolcommunicationsagency.com/blog/>

Sponsorship space in this newsletter is extremely affordable! Reach parents in your local community & support schools! Businesses that want to sponsor this school, please contact TSCA at info@tscaschools.com or 970-239-1641.

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