



Paw Prints

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

Office
(720) 424-6880

Attendance
(720) 424-6961

November 2017

GRANT RANCH SCHOOL ECE-8



About Paw Prints 2017-2018

These publications are available online @
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>

BLACK FRIDAY SALE

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swimlabs.com/littleton

Upcoming Events

November 3 – No School

November 7 - 8th Grade Career Fair

November 7 - Middle School Choir Concert 6:00 pm

November 9 - Thanksgiving meal

Times:

- 10:30 - 11:00 - ECE & Kinder
- 11:00 - 11:30 - 8th
- 11:15 - 11:45 - 1st
- 11:30 - 12:00 - 7th
- 11:45 - 12:15 - 2nd
- 12:00 - 12:30 - 6th
- 12:15 - 12:45 - 5th
- 12:30 - 1:00 - 4th
- 12:45 - 1:15 - 3rd

November 9 – PTO Meeting – 6:00 – 7:00 pm

November 15 - Spelling Bee - 9:00 am

November 15 - Showcase Night 5:00 - 7:00 pm

November 16 - Picture Retake Day - 9:00 - 12:00

November 20 - 24 - No School



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\$3

SALE

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Grant Ranch Showcase Night

WEDNESDAY, NOVEMBER 15

5:00PM-7:00PM

Come see our Grant Ranch School students proudly display everything that our school has to offer. Support our students and staff by showing up to an evening of fun and allowing them to share their accomplishments.

Grant Ranch Showcase Night

MIERCOLES, 15 DE NOVIEMBRE

DE LAS 5:00 HASTA LAS 7:00 DE LA NOCHE

Venga a ver nuestros estudiantes de Grant Ranch mostrar orgullosamente todo lo que nuestra escuela ofrece. Apoye a nuestros estudiantes con su visita y pasen una noche divertida y dejen que les muestren sus logros.

FACT:
Social and emotional intelligence may be the most important determinant of a child's future success.



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Grant Ranch Spelling Bee

What: Grant Ranch School Spelling Bee Who: Grades 3 When: November 15, 2017 at 9:00 am Where: GRS Cafetorium. The TOP TEN spellers from the Grant Ranch School Spelling Bee will represent GRS at the interschool bees.

Grant Ranch Spelling Bee

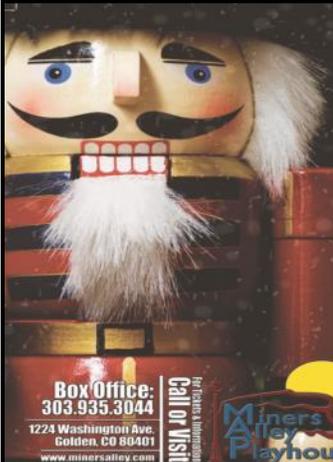
La abeja ortográfica de Grant Ranch - el 15 de noviembre de 2017 a las 9:00 a.m. en el cafetorio.

Los diez mejores deletreadores de Grant Ranch Bee representarán a Grant Ranch en abejas interestelares en la Primaria Gust el 7 de diciembre de 2017 y el 25 de enero de 2018.



Spelling Bee

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.



The story of the
Nutcracker
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GT Family Night

<https://studentequity.dpsk12.org/gifted-talented/>

11/16/17 from 6-8 pm

Thomas Jefferson High School

Library, 210 & 111



- Meet other GT Families
- Student Activities
- Learn about the many aspects of GT in K-12
- Special keynote presentation for Passion Pursuits

Los invitamos a la velada familiar GT

11/16/17 de 6 a 8 pm

Escuela Thomas Jefferson, Biblioteca 210 y 111

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The advertisement features a photograph of a smiling woman with a white towel over her shoulder, sitting on a stationary bike in a gym. The text is overlaid on the image, with the top part in white and the bottom part in a blue box.

Wellness Policy

As part of recent changes to the United States Department of Agriculture's regulations for school district's participating in the National School Lunch Program, Denver Public Schools has updated its school wellness policy.

Starting this year, food sold and provided to students during the school day, outside of the school meal program, must now meet new nutritional guidelines. The new guidelines are intended to reduce students' consumption of high calorie foods and sugary drinks. This means healthier options like fruits and vegetables and less food like chips and candy for students. The updated policy will help us continue to foster an environment where students are healthy, engaged and safe.

These guidelines apply in all locations and through all services where food and beverages are provided and/or sold, which may include, but are not limited to school stores, parties and celebrations, and food provided as rewards or incentives in the classroom.

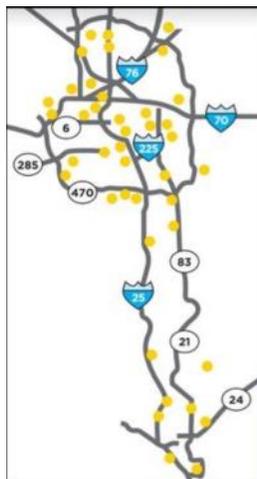
<http://foodservices.dpsk12.org/school-wellness.php>

News From The Library

Looking for Library Volunteers



We are seeking parent volunteers to help in the library. Please contact Jacquie Hemphill, jacquie_hemphill@dpsk12.org or 720-424-6933, if you're interested in helping out. Volunteers are needed throughout the year in the library.



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 **The School
Communications
Agency**

Sleep the New Non-Negotiable?

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!*

continued...



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

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.

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?

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Appreciating Diversity and Keeping Schools Safe

By: Maureen Perkins, Health Resources and Services Administration

Media coverage of social issues has a profound impact on how communities understand and address problems. Research and expert opinion suggest that certain trends in media coverage of bullying have the potential to do harm. In fact, an [analysis of media articles](#) has shown that certain elements of bullying stories are often missing key information, which can lead to misrepresentation of the facts. And, news stories may not be an indication of a trend--journalists are often reporting local incidents.

In light of recent news coverage, it is important to revisit what [science](#)  has shown regarding bullying, how to prevent it, the impact it has on those who bully as well as those who are bullied, and what to do when bullying happens.

Here are some things you can do:

1. [Look beyond differences](#) in beliefs and cultures to appreciate the person.
2. Understand how creating a [healthy school climate](#) that is [safe and supportive](#) can prevent bullying.
3. Ensure that kids understand [what bullying is](#) and [what to do](#) if it happens.
4. Realize that [bullying doesn't only happen in the classroom](#) – it can happen elsewhere in the school, on the school bus, or during extracurricular activities. And cyberbullying can happen anywhere.
5. Know which [groups might be at higher risk](#) for bullying –be aware and build protective factors to prevent bullying.
6. Understand the [warning signs](#) that someone may be experiencing bullying.
7. Engage [school resource officers](#) to prevent bullying and keep schools safe.
8. Know the [federal and legal obligations](#) that school districts have to respond to harassment and bullying.

Schools throughout the United States have been integrating practices that improve school climate and reduce bullying and violence such as social emotional learning and trauma- sensitive approaches. School districts recognize the importance of building empathy and understanding at a young age. This is something whole communities can support and reinforce with children.

While this positive cultural shift is taking place in schools across the country, there are other things schools can do to promote a safe and supportive learning environment. [Classroom meetings](#), for example, can give kids a forum to discuss issues and concerns. Teachers can address anything that could lead to bullying or compromise safety. Classroom rules can also be reviewed as a reminder to students about what is acceptable and what is not.

For teachers, parents, or caregivers who struggle with how to start a conversation about bullying, the free [KnowBullying app](#) can be helpful. The guided conversation starters explore different aspects of a child's life where bullying might become a concern.

And, by following suggested [media guidelines](#), journalists can ensure that the news they are reporting on important social issues, including bullying, accurately reflects the complexity of the events. This will help ensure

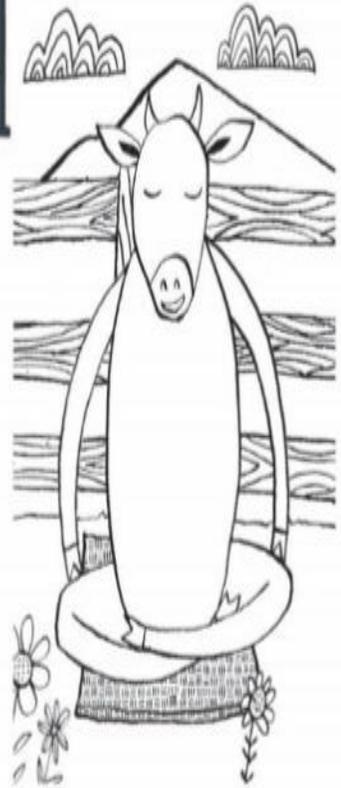
Talking with children about acceptance and looking beyond the differences in others can only help in the bigger conversation of prevention. When kids appreciate the benefit that stems from learning and living in a diverse community, there is less interest in labeling what might be different or calling it out to others. It's in that place that prevention occurs and schools stay safe.

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