



# Paw Prints

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

Office  
(720) 424-6880

Attendance  
(720) 424-6961

May 2019

GRANT RANCH SCHOOL ECE-8



## About Paw Prints 2018-2019

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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## Message from the Principal,

As my second year ends as your school leader, I have been reflecting on what an amazing and vastly different year it has been. The staff had the opportunity to support our teachers during the strike making us a much stronger staff. This was followed by a bob cyclone winter storm and another school closure. Another in which the primary goal was ensuring everyone's safety followed this closure. I thank you for your flexibility and support during this year and look forward to next year! We have had many successes this year to celebrate including a fun field day, middle school team building, many field trips and many parent volunteers. Thank you for this successful year! We hope to see all of you next year too!

Speaking of next year, our first day of school is Monday August 19, 2019. We will have our Back to School Bash on August 15<sup>th</sup> from 4-6 pm. Come bring your child's school supplies and meet the teachers! Our first PTO meeting will be August 20<sup>th</sup>. We hope you can join us!

Enjoy your summer relaxing with your family. I hope you have the opportunity to learn something new, spend some time in nature and enjoy family time. The office and school will be closed June 5<sup>th</sup> through July 29<sup>th</sup> when I will be back in the office. You may reach me through email if you should need anything during that time, [patricia\\_hurrieta@dpsk12.org](mailto:patricia_hurrieta@dpsk12.org).

*Thanks,  
Pat*

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## GT News from Mrs. Holden

The Destination Imagination season is coming to a close for our three teams. The Prickly Pineapples, a group of sixth graders, earned a spot to compete at Global Finals in Kansas City, MO where there are teams from 15 countries and more than 8,000 students competing! Our team is able to compete at this magnitude due to the support of the community. Thank you for supporting our students as they work on creative problem solving with a team approach. The last six weeks have been full of fundraisers in order to help offset the expense of the trip. We would like to thank all of the Grant Ranch community for the support and the following businesses for their partnerships:

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## Inspire the Joy of Learning

The summer is a crucial time to keep our students engaged and prevent the summer slide. Partner with Scholastic to provide [evidence-based](#) summer learning resources for a new generation of lifelong readers and learners.

Please visit this website for plenty of summer learning programs, websites, videos and book suggestions for kids of all ages! There is a lot of information for parents and teachers as well. Encourage your kids to fall in love with reading this summer!

<http://teacher.scholastic.com/products/summerlearning/>



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## Managing Screen Time in the Summer

Stacie Keller

As a child during summer break, my challenge was to get home before dark. We'd be outside for hours exploring the woods nearby and playing in parks, riding bikes, swimming, and hanging out outside with friends...in person... not through a headset. Now that I'm a parent, the challenge is often to get the kids to play outside. They still like to bike, swim, and play with friends, but it's often after negotiating how much screen time they will get after an outdoor activity. So, how do we encourage more outdoor time and stop battling all summer over technology? Delaney Ruston, M.D., and [Screenagers'](#) Filmmaker has some ideas.



1. Summer Projects. Come up with a couple specific things.
2. Set screen time limits and/or encourage more pro-social games.
3. House help. Fix things, paint things, and help with the cooking and household chores.

*"The longest longitudinal study of humans ever conducted is called the Harvard Grant Study. It found that professional success in life, which is what we want for our kids, that professional success in life comes from having done chores as a kid, and the earlier you started, the better, that a roll-up-your-sleeves-and-pitch-in mindset, a mindset that says, there's some unpleasant work, someone's got to do it, it might as well be me...I will contribute my effort to the betterment of the whole, that that's what gets you ahead in the workplace." ~ Julie Lythcott Smith, former Stanford University Dean of Freshmen, [TED Talk](#).*

4. Creative technology projects like create your own music or movie or learn how to program.
5. Read! Check out the [Screenagers' website](#) for a list of pre-teen and teen books.

And, so how do we get our kids to try out these ideas? Dr. Delaney suggests we start the conversation with these questions:

- What are 2 things you would like to accomplish this summer?
- Is there a new skill, like video editing or creating music or coding that you might be interested in learning more about?
- How much time do you think is reasonable per day this summer for you to spend doing things like playing video games or scrolling social media?
- What "house help" projects can you come up with that would teach you a skill you are interested in—or at least mildly interested in? Or at least not completely dreading?

Visit [Screenagers](#) to read the full text and find more ideas on [How To Manage Screen Time This Summer](#).



## BOYS AND GIRLS SUMMER DAY CAMPS

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AGES 5-13

## BOYS YOUTH RESIDENTIAL CAMP I

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## BOYS YOUTH RESIDENTIAL CAMP II

JULY 28-30, 2019  
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## 6 Reasons Children Need to Play Outside

Claire McCarthy, MD

Faculty Editor, Harvard Health Publishing

Here's something really simple you can do to improve your child's chance of future health and success: make sure he spends plenty of time playing outside.

There are many ways in which this generation's childhood is different from that of the last generation, but one of the most abrupt contrasts is the degree to which it is being spent indoors. There are lots of reasons, including the marked increase in time spent interacting with electronic devices, the emphasis on scheduled activities and achievements, concerns about sun exposure — and, for many families, the lack of safe outdoor places to play. It's not just children; adults are spending less time outdoors as well.

Here are six crucial ways playing outside helps children:

- 1. Sunshine.** Yes, sun exposure — especially sunburns — can increase the risk of skin cancer. But it turns out that [our bodies need sun](#). We need sun exposure to make vitamin D, a vitamin that plays a crucial role in many body processes, from bone development to our immune system. Sun exposure also plays a role our immune system in other ways, as well as in healthy sleep — and in our mood. Our bodies work best when they get some sunshine every day.
- 2. Exercise.** Children should be active for an hour every day, and getting outside to play is one way to be sure that happens. They can certainly exercise indoors, but sending them outdoors — especially with something like a ball or a bike — encourages active play, which is really the best exercise for children.
- 3. Executive function.** These are [the skills that help us plan, prioritize, troubleshoot, negotiate, and multitask](#); they are crucial for our success. Creativity falls in here, too, and using our imagination to problem-solve and entertain ourselves. These are skills that must be learned and practiced — and to do this, children need unstructured time. They need time alone and with other children, and to be allowed (perhaps forced) to make up their own games, figure things out, and amuse themselves. Being outside gives them opportunities to practice these important life skills.

*continued...*

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**Rob Mangelson**  
(720) 878-4107

[Rob@tscacolorado.com](mailto:Rob@tscacolorado.com)



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## 6 Reasons Children Need to Play Outside, *continued...*

**4. Taking risks.** Children need to take some risks. As parents, this makes us anxious; we want our children [to be safe](#). But if we keep them in bubbles and never let them take any risks, they won't know what they can do — and they may not have the confidence and bravery to face life's inevitable risks. Yes, you can break an arm from climbing a tree — and yes, you can be humiliated when you try to make a friend and get rejected. But that doesn't mean you shouldn't try; the lessons we learn from failure are just as important as those we learn from success.

**5. Socialization.** Children need to learn how to work together. They need to learn to make friends, how to share and cooperate, how to treat other people. If they only interact in very structured settings, such as school or sports teams, they won't — they can't — learn everything they need to know.

**6. Appreciation of nature.** So much of our world is changing, and not for the better. If a child grows up never walking in the woods, digging in soil, seeing animals in their habitat, climbing a mountain, playing in a stream, or staring at the endless horizon of an ocean, they may never really understand what there is to be lost. The future of our planet depends on our children; they need to learn to appreciate it.

So try it. Do what our parents did: send your children outside. Even better, go with them. And do everything you can to be sure that every child can do the same.



Sponsorship space in this newsletter is extremely affordable! Reach parents in your local community & a significant portion of your investment goes back to the school! Want to sponsor this school?

Please contact Rob Mangelson at  
[Rob@tscacolorado.com](mailto:Rob@tscacolorado.com)  
or  
(720) 878-4107.