



NEWSLETTER

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Winter Wonders



RCES MISSION STATEMENT

The purpose of the RCES newsletter is to provide insight into the culture of our school. It is designed and formatted to be read on a computer screen. The RCES website is designed to provide comprehensive information about all aspects of our school. Please call the school at 234-5500 if you have any questions or suggestions regarding our website.

Our mission at Ranch Creek Elementary School, a collaborative, internationally-minded learning community, is to cultivate, educate, and equip the whole child, by fostering innovative, reflective thinking through inquiry-based experiences, and empowering active, principled participants in our world.



Letter from the Principal

Dear Parents and Students,

It's hard to believe that the holidays are around the corner already and we are half way through this exciting school year!

Time does fly when you're having fun, --or when we are deeply involved in activities we love, and which are meaningful and purposeful. My hope and belief is that school is fun for all of us, as well as meaningful and purposeful. Our staff members love what they do, and we do our very best every day because we care deeply about our students. Our teachers, and all of our staff members, have a heart for children. We have the best jobs in the world. Parents, your great gift to us is the privilege to teach and guide your children every day.

I wish you all a warm and memorable winter holiday season and break from school.

Season's Greetings to all! And Happy New Year!

Susan Paulson, Principal



Library Media Center Highlights



The library has been a busy place! Thanks to our community and volunteers, we raised \$1700 for books for the library during our Scholastic book fair in October. New books requested by students and teachers have been ordered and should arrive soon. On December 2nd, our third and fourth grade students supported our library once again by serenading shoppers at Barnes and Noble. With our dedicated weekly library volunteers who shelve books and help our students, our students and staff are indeed fortunate to have such a supportive and committed Ranch Creek community.

Our students and staff are anxiously waiting to use the new iPads given to our school by the Ranch Creek PTA. Fifteen iPads are here and have been added to the district network. Griffin cases were received last week and were placed on the iPads along with the PTA label. The apps have been ordered through a special district process to assure we are not charged sales tax, and the last remaining step is to configure each iPad with the appropriate apps and security settings using a Macbook program called Configurator. Since these mobile devices are new to the district, many issues and processes have needed to be resolved in order to proceed forward. The Board of Education approved new iPad policies and processes two weeks ago to help clarify and streamline this process. Thank you for your understanding and patience as we move forward. Our students will have a new and exciting learning tool to explore.

Have a wonderful Winter Break!

Jessica Babbs
Teacher Librarian
jessica.babbs@asd20.org



Coordinator's Corral



Curiosity

Curiosity is an IB Attitude that leads us all to greater knowledge, better problem solving, more harmonious relationships and a joyous life experience. As a parent, grandparent and educator I've often found myself wishing to embody more of the "spark" for life that I see in the faces of children. The questions they ask continue to surprise and delight me. When I was little my mom would direct me to the dictionary or to the Book of Knowledge encyclopedias for answers to my wonderings. Now, when curiosity strikes I often "google it". The web search invariably results in a trip to amazon.com and the Pikes Peak Library District website, then conversations with others who have similar interests. Sometimes I realize my search resembles a version of the book [If You Give a Mouse a Cookie](#) in that one answer leads me to a new question and a new trail of musings.

Take some time this winter to engage your curiosity. Follow your questions wherever they lead you. Invite your child to join your search and enjoy the trip with its twists and turns and even dead ends.

Mary Anne Threet, IB PYP Coordinator

Counselor's Corner



At this time of year we seem to be moving in fast forward as we add more and more to our already busy schedules. Ironically, this is also the time of year that many strive for peace whether as a part of religious teachings or as a natural expression of the cold winter season that drives us indoors earlier each day.

Peace is present at Ranch Creek if you know where to look. In classrooms children are learning to refocus their wiggly bodies and chattering thoughts in order to really listen, focus and cooperate with others. Students disappear into the pages of a book at every possible opportunity. They listen to great music and look at beautiful artwork. An observer would notice a stillness that seems out of character. Students experiment with water, sand, glue, scissors, words, sounds, numbers and their athletic bodies. Each of these ventures is a step into peace. It is a kind of peace that allows for a sense of awe. It is a kind of peace that encourages growth, appreciation and sometimes enough quiet for reflection.

Take time over winter break to slow down with your families. Enjoy the night sky from the patio, sip hot chocolate after skiing, reread a favorite holiday picture book, or share the family photo album. Enjoy the peace of the season.

Mary Anne Threet, Counselor

A Note from Your School Nurse



DIET and EXERCISE in America - HEALTHY LIFESTYLE DECISIONS

In recent years, government health agencies have been paying close attention to our nation's obesity epidemic. According to the Department of Health and Human Services (HHS), two thirds of Americans are overweight or obese, and 50 percent don't get the recommended amount of activity. Inactivity and poor diet, when left unchecked, can lead to a number of chronic health problems. And what's perhaps even more troubling is that more and more children are obese as well.

Every five years the HHS and the U.S. Department of Agriculture (USDA) release guidelines to help Americans live healthier lives. Their latest guidelines emphasize the importance of a nutrient rich, varied diet with plenty of whole grains and fresh produce. The HHS and USDA also recommend that you get regular physical activity. Here are some of their specific recommendations:

- Select low fat dairy and lean sources of protein, such as lean meats
- Consume a variety of fruits, as well as more dark green vegetables (*broccoli or kale*); more orange vegetables (*carrots, sweet potatoes, or winter squash*); and beans and peas
- Get in 3 ounces or more of whole grain products per day
- Limit your intake of fats and oils that are high in saturated fat and/or trans-fatty acids
- Avoid foods that contain an excess of added sugars and salt
- Be sure to exercise, and try to do so for at least 30 minutes a day, most days of the week

Your children depend on you and I support you in making healthy lifestyle decisions for your family.

Penny Bost
School Nurse

PTA Newsletter



Congratulations to all of our students who participated in Reflections Magic of the Moment Art Contest!

Primary Photography:

Abigail Tussey 1st
Madison Uhlmeyer 2nd
Madison Uhlmeyer 3rd
Madison Uhlmeyer 4th
Lauren Uhlmeyer 5th

Secondary Photography:

Jason Kenny 1st

Primary Visual Arts:

Lauren Uhlmeyer 1st
Madison Uhlmeyer 2nd
Lauren Uhlmeyer 3rd
Michael Delmolino 4th
Lauren Uhlmeyer 5th

Secondary Visual Arts:

Felix Delmolino 1st
Alex Delmolino 2nd
Luke Little 3rd

Dance Choreography:

Amarie Thompson 1st

Start thinking about how you can help PTA. We will have 3 board positions open, President, Treasurer, and Secretary.

Happy Holidays!

From your RCES Executive Board