



Family Bulldog Bulletin

October 2, 2023

Dear Mortensen Parents,

Happy October to All! This is the month for our fall parent/teacher conferences at Mortensen. I have always held the belief that there is nothing more powerful in ensuring success for a child than having the parents, teacher, and child all on the same team. An analogy to this concept is the three legged stool. If you do not have one of the legs, the stool will not stand. Thus, the child will feel so much more steady and confident when the parent and school are standing with him/her.



Here are some very important reasons that parent-teacher conferences are important. Adapted from The International Preschools (New York City) Blog:

- **Social/Emotional Skills:** *At the conference you will learn about your child's ability to interact with his/her peers and teachers. This is a skill that spills over into all aspects of learning and growth. Children learn how to ask for (and obtain) what they need or want, initiate play, and navigate through daily routines. Self-confidence, taking on different roles in play, and regulating emotions when frustrated are also part of this skill area. You might learn whether your child has a friend that he/she gravitates towards. Teachers can give you suggestions as to who might be a good play date choice for your child as well. Play dates are a wonderful way for children to build friendships with their peers; it creates a "bridge" between school and home, and likely will lead to interactions within the classroom.*
- **Cognitive Skills:** *Your child's teachers, particularly in the primary grades will speak about his/her emergent literacy, writing, and math skills (i.e. an interest in sorting items, ability to write his/her name, counting with correspondence). A child's skills are measured in two ways: (1) against standard milestones and (2) in relation to his/her abilities from when he/she first entered the classroom. Teachers (and parents) want to see growth from point A to point B; if a child enters the classroom in September and does not recognize his/her name in print, but is able to in November, that is something to be proud of!*
- **Language Development:** *A child's ability to follow directions, listen to and retell stories read aloud, remember past events, and make connections between school and home are all part of your child's language development.*
- **Group Activity Interactions:** *You might hear about your child's interest level with regard to small and large group activities. Does your child enjoy whole group story time, or does he/she prefer working one-on-one or in a small group at Table Time? Attention span and ability to work independently are also observed and relayed during conferences.*
- **Areas of Strength/Interest:** *Is your child a master at puzzles? Does he/she have an innate ability to cheer up their friends when they are upset? You will learn all about your child's strengths and interests at this time as well.*

Teachers can suggest ways to build upon these interests and strengths outside of school (i.e. a child who shows an interest in science might enjoy attending an after school science program).

- **Goals:** *This may be the most important point of all to be learned at your conference. Working together, parents and teachers create a set of goals for your child to strive to achieve throughout the year. It might be to increase his/her gross motor skills, or to offer information more frequently at circle time. Goals are individualized to the needs of each child; the attainments of those goals are assessed throughout the school year.*

Parents: *Don't be afraid to take notes, ask questions, and if need be, follow-up for a future meeting or check-in via email or telephone call. Parents know their children best; your input, concerns, and interest in your child's school experience is valued and appreciated by his/her teachers.*

With parents' support over the past 8 weeks at Mortensen we have established the **three legged stool** that will serve our children well during the course of this year.

Thank you so much, parents, for your continued support and participation with us this year!

Sincerely,

Karla B. Hankins

Principal

303-982-0022

khankins@jeffco.k12.co.us



BIRTHDAYS CELEBRATED LAST WEEK :

Abel Tafolla, Riley Smith, Elizabeth Rauch, and Mrs. Deich!

****NEWS FROM PTO and PIE****

Our next PTO meeting is this Wednesday, October 4th at 6:30 pm in the LMC. Please join us!

Bulldog Bulletin for this Week

Monday, Oct. 2	5:00-7:30 pm	Fall Fest at Chatfield Senior High (see flyer below for more info!)
	2:35-3:30	Student Council
Tuesday, Oct. 3	2:35-3:15	Oral Interpretation Practice
	2:35-3:30	Sports Club
Wednesday, Oct. 4		Walk, Bike or Roll to School
	6:30-7:30 pm	PTO Meeting
Thursday, Oct. 5	2:35-3:20	Choir
	2:40-3:40	Young Librarians
	3:30-5:00	Children's Theater

Coming Up

Oct 10	Oral Interpretation Practice
Oct 11	PIE Meeting (5:30 - 7:00 pm)
Oct 12 - 18	Scholastic Book Fair
Oct 12	Young Librarians Club (2:40-3:40 pm)
Oct 13	Donuts for All (7:00-7:40 am)
Oct 17 - 18	Fall Conferences
Oct 19	No School - Teacher Work Day
Oct 20	No School - Fall Break
Oct 23	Butter Braid Sales Begin
Oct 24	Picture Retakes
Oct 28	Behind the Scenes Tap House Spirit Night
Oct 31	Halloween Parties and Parade

Keep scrolling for more information including...

- **The Young Librarians Club**
 - **Martial Arts Fundraiser**
- **Fall Fest at Chatfield Senior High**
 - **Homecoming Spirit Week**
 - **Donuts for All**
- **Behind The Scenes Tap House Spirit Night**
- **Guidance on when “how sick is too sick”**

THE YOUNG LIBRARIANS CLUB

2023-2024

Our 1st meeting will be Thursday, October 5th from 2:40pm - 3:40pm in the Library

This club will meet twice a month on Thursdays from 2:40pm - 3:40pm. This club will learn the behind the scenes tasks of the library to keep things going. As well, the group will serve as a leadership team to make suggestions for library improvement and potential new programs. The team will develop their own reading, writing and presentation skills as they work to promote library events and literacy for all!

Parents, we are so happy to be working with this exceptional group this year. Please email us with any questions you may have regarding Young Librarians. Also, let us know if you are interested in helping with events and activities!

Meeting Dates:*

**October 5th and 12th
November 2 and 16
December 7th
January 11th and 25th
February 1st and 22nd
March 7th and 28th
April 4th and 18th
May 2nd**

*** We understand there might be a conflict with some dates for Choir practice and we understand.**

Club Sponsors:

Melissa Adams	<u>melissa.adams@jeffco.k12.co.us</u>
Michele Mueller	<u>michele.mueller@jeffco.k12.co.us</u>
Jill Warwick	<u>jill.warwick@jeffco.k12.co.us</u>
Kris Bartuska	<u>kris.bartuska@jeffco.k12.co.us</u>

Mortensen Elementary Parents

Martial Arts School Fundraiser!!

Hello Parents,

We are Excel Taekwondo and we are inviting you to join our Elementary school fundraising program where we will show your child how to gain confidence in themselves, respect for parents and teachers and self control over their mind and body.

Our school fundraising programs have been hugely successful in raising money for local schools and building our community through our life changing martial arts program where we empower lives through martial arts and leadership training.

Here are the details of the fundraiser:

- 4 Weeks of Taekwondo classes AT EXCEL TAEKWONDO, 2x per week with options **Monday-Thursday @4:45 PM** OR **Monday/Tuesday @ 5:45 PM for 7-11** (Just pick 2x Week) **4:15 for 5/6 yr. olds**
- Cost is \$49. 100% of money goes directly to the school
- Ages: 5-11 Years old
- Dates of Participation: Start anytime between the **September 18th - October 30th**

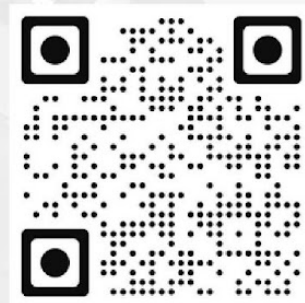
Register with the QR code and we will call you to set up your first appointment and you will see exactly how our program will impact your child in a positive way and help them become the confident leader they were meant to be.

Register Here



Excel Taekwondo
6657 W. Ottawa Ave
Littleton, CO 80128

720-485-4196
www.exceltaekwondo.com



Chatfield Senior High Student Government Presents

FALL FEST 2023



*Bring the family and enjoy food, games, and
a bonfire to end the night!*

**MONDAY, OCTOBER 2ND • 5 - 7:30 PM
AT CHATFIELD SENIOR HIGHSCHOOL
7227 S. SIMMS ST. LITTLETON CO**

Homecoming Spirit Week

October 2nd- October 6th



MONDAY

Spirit Day
Sleeping
Beauty Day

Wear Your PJs to School!



FALL
FEST (FOOD
TRUCKS)
5- 7:30 P.M.



TUESDAY

Spirit Day
Teen Beach:
Surfers V.



Bikers



Dress as a
Surfer or a
Biker!



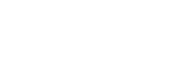
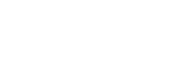
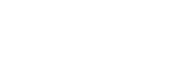
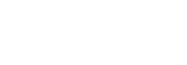
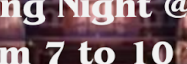
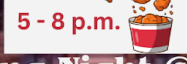
FREDDY'S
4-8 P.M.



WEDNESDAY

SPIRIT DAY
DISNEY DAY

SHOW YOUR DISNEY



Chick-fil-a

5 - 8 p.m.



THURSDAY

SPIRIT DAY
TOY STORY:
COWBOYS V.

ASTRONAUTS

DRESS AS EITHER
AN ASTRONAUT OR
A COWBOY!



QDOBA

4-8 p.m.



FRIDAY

Spirit Day
Class Colors

Fresh: Grey

Soph: **Burgandy**

Juniors: White

Seniors: Black

Spirit Night

FOOTBALL GAME

AT 7 P.M. @ JEFFCO

STADIUM

Nella's

5-10 p.m.



Saturday: Homecoming Night @ Chatfield Senior High
from 7 to 10 p.m.



Donuts for All

**Friday, October 13, 2023
7:00 to 7:45am**

**Bring your one favorite person for a special morning at Mortensen.
Donuts and beverages will be served!
(Enter through the front doors)**



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Behind the Scenes Tap
House Spirit Night

Saturday, October 28th
4-9 PM

\$25 Meal Deal Includes:

- 10" pizza
- 2 side salads
- 2 soft drinks

\$5 from each meal deal sold goes back
to Mortensen!

10488 W. Centennial Rd. Suite 600
Littleton, CO 80127



Family Halloween Movie Playing on the
Big Screen!

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SAVE THE DATE! THE FALL BOOK FAIR IS COMING!

Dates: **October 12th-18th.**

More Information can be found at: [Mortensen Fall 2023 Book Fair](https://bookfairs.scholastic.com/bf/mortensenelementaryschool)



A SAFE, CASHLESS WAY TO SHOP THE FAIR

Easy to setup, [eWallet](#) funds are immediately available for use at both the in-school and online. Plus, family and friends can contribute too! Create an eWallet account [now](#) through October 18th!

<https://bookfairs.scholastic.com/bf/mortensenelementaryschool>

How sick is too sick?

Public guidance document

This document outlines guidance for routine decisions about when children and staff should stay home from school or child care. There may be situations where public health determines more stringent return-to-school requirements.

There are four main reasons for children and adults to stay home:

1. The child or staff member could infect others with a contagious illness, either because of symptoms, a diagnosis, or recent exposure to a contagious illness.
2. The child or staff member does not feel well enough to take part in usual activities. For example, a child is overly tired, fussy, or will not stop crying.
3. A child needs more care than teachers and staff can give while still caring for the other children.
4. The child or staff member has symptoms or an illness on this list, and staying home is required.

When to seek emergency medical attention

- Trouble breathing
- Persistent pain or pressure in the chest
- Confusion
- Inability to wake or stay awake
- Pale, gray, or blue-colored skin, lips, or nail beds, depending on skin tone

These are not all possible indications of a medical emergency. Call 9-1-1 or your health care provider for any other symptoms that are severe or concerning to you.

Revised September 2023

4300 Cherry Creek Drive S., Denver, CO 80246-1530 P 303-692-2000 www.colorado.gov/cdphe
Jared Polis, Governor | Jill Hunsaker Ryan, MPH, Executive Director

The contents of this document are not to be altered without the express permission of the Department.



Guidance for symptoms not due to a specific disease	Child or staff must stay home?
Severe or new cough	<p>Yes - Severe cough is often present in people with infectious respiratory illness. A person with severe, uncontrolled coughing, wheezing, or rapid or difficulty breathing (if new or worsening from baseline) should not attend school or child care and should talk to a health care provider.</p> <p>If all symptoms are consistent with the usual symptoms of a known chronic condition and the person is otherwise well enough to return to school, no further evaluation is necessary.</p> <p>Students and staff may return to school following discussion with a health care provider, even if the cough is not fully resolved.</p>
Diarrhea Frequent, loose, or watery stools (poop) compared to normal ones that are not caused by food or medicine	<p>Yes - Unless the diarrhea is related to an existing chronic condition, is explained by a diagnosed condition not requiring the person to stay home, or is consistent with the person's baseline.</p> <p>The child or staff member may return to school or child care 24 hours after their last episode of diarrhea unless the diarrhea is caused by an illness that requires them to stay home longer. If the diarrhea is explained by a specific illness, then the child or staff can return to school or child care following exclusion guidelines for that illness.</p>
Fever Fever is a temperature of 100.4° F or greater. Babies who are 3 months or younger need to see a health care provider right away for a fever of 100° F or higher. Call your health care provider for any fever in an infant aged 6 months or younger.	<p>Yes - The child or staff member may return to school or child care if the fever has been resolved for 24 hours without fever-reducing medications unless the fever is caused by an illness that requires them to stay home longer.</p> <p>If the fever is consistent with the usual symptoms of a known chronic condition and the person is otherwise well enough to return to school, no further evaluation is necessary.</p> <p>A temporary, elevated temperature due to overexertion or overdress, without other symptoms of illness, should not be considered a fever.</p> <p>For more information about fever, read Children's Hospital Colorado's recommendations on fever care for children.</p>
Flu-like symptoms Fever with sore throat or cough Other flu symptoms can include runny nose, congestion, fatigue, body aches, vomiting and diarrhea.	<p>Yes - Children and staff may return to school or child care as long as they are fever-free for 24 hours without the use of fever-reducing medications and other symptoms are improving, unless the symptoms are caused by an illness that requires them to stay home longer. If the symptoms can be explained by a specific illness, then follow the exclusion guidelines for that illness.</p> <p>In consultation with a health care provider, additional evaluation for flu-like illnesses, sore throat, and upper respiratory symptoms may be appropriate, including evaluation for strep throat.</p>



Guidance for symptoms not due to a specific disease	Child or staff must stay home?
Vomiting	<p>Yes - Unless the vomiting is related to an existing chronic condition or is explained by a diagnosed condition not requiring the person to stay home. If the vomiting is unexplained and inconsistent with the person's baseline state of health, the child or staff member may return 24 hours after their last episode of vomiting. If the vomiting can be explained by a specific illness, then follow the exclusion guidelines for that illness.</p> <p>If a child with a recent head injury vomits, seek medical attention.</p>



Guidance for specific diagnosed illnesses	Child or staff must stay home?
Chicken Pox	Yes - Exclude until the blisters have dried and crusted (usually 6 days), or in immunized people without crusting, until no new lesions within 24-hour period.
Conjunctivitis (pink eye) Pink color of eye and thick yellow/green discharge	No - Children and adults do not need to stay home unless they have a fever or are not able to participate in usual activities. Practice good hand hygiene.
COVID-19 (clinical diagnosis, symptoms after known exposure without testing, or a positive diagnostic test)	<p>Yes - Children and staff who have suspected COVID-19 (have symptoms following a known exposure) or who have been diagnosed with COVID-19 must be excluded and follow CDC's isolation guidance.</p> <p>If a COVID-19 test is negative and the symptoms are explained by a specific illness other than COVID-19, then the child or staff can return to school or child care following exclusion guidelines for that illness.</p> <p>If the COVID-19 test is negative and the illness is not explained by a new illness or a known chronic condition, the person may return to school as long as all symptoms are improving and fever, diarrhea, and vomiting have been fully resolved for 24 hours.</p>
Fifth's Disease (parvovirus)	No - The illness is no longer contagious once the rash appears.
Hand Foot and Mouth Disease (Coxsackie virus)	No - Exclusion is not necessary unless the child or adult meets other exclusion criteria, is drooling uncontrollably, and has mouth sores or is not able to take part in usual activities.
Head Lice or Scabies	Yes - Children and staff may stay at school or child care until the end of the day, but cannot return until after they have had the first treatment.
Hepatitis A, Salmonella, Shigella, or Shiga Toxin-Producing E. coli	Yes - Children and staff may return to school or child care when cleared by the health department.
Herpes	No - Exclusion is not necessary unless there are open sores that cannot be covered or there is uncontrollable drooling.
Impetigo	Yes - Children and adults need to stay home until 24 hours after antibiotic treatment has started.
Influenza	Yes - Children and staff should stay home until they are fever-free for 24 hours without the use of fever-reducing medications and other symptoms have been improving for 24 hours.



Guidance for specific diagnosed illnesses	Child or staff must stay home?
Norovirus	Yes - Exclude children and staff for at least 48 hours after their last episode of vomiting and/or diarrhea. During an outbreak, exclusion may be increased to 72 hours after the last episode of vomiting and/or diarrhea.
Ringworm	Yes - Children may stay at school or child care until the end of the day, but cannot return until after they have had the first treatment. Keep the area covered for the first three days if participating in activities with person to person contact.
Roseola	No - Exclusion is not necessary unless there is a fever or behavior changes.
Croup, RSV (Respiratory Syncytial Virus)	Yes - Children and staff should remain out of school or child care until they are fever-free for 24 hours without the use of fever-reducing medications and other symptoms have been improving for 24 hours. During an outbreak or when case rates are high, exclusion times may be increased to protect hospital capacity.
Strep Throat	Yes - Exclude for 12 hours after starting antibiotics.
Other vaccine-preventable diseases Measles, Mumps, Rubella (German Measles), Pertussis (Whooping Cough)	Yes - Children and staff can return to school once they are no longer contagious (see Infectious Disease Guidelines). Public health consultation may be necessary.
Yeast infections Thrush or Candida diaper rash	No - Follow good hand washing and hygiene practices.
Other Symptoms or illnesses not listed	Contact the child care center director or school health staff to see if the child or staff member needs to stay home (see Infectious Disease Guidelines). Public health consultation may be necessary.

This document was developed in collaboration with pediatricians, medical epidemiologists and public health professionals.

The information presented is intended for educational purposes only. It is not intended to take the place of your personal doctor's advice and is not intended to diagnose, treat, cure or prevent any disease. The information should not be used in place of a visit, call or consultation or advice of your doctor or other health care provider.

References

American Academy of Pediatrics. *Managing Infectious Diseases in Child Care and Schools: A Quick Reference Guide*. Aronson SS, Shope TR, eds. 5th ed. Itasca, IL: American Academy of Pediatrics; 2020.20.
Colorado Department of Public Health and Environment. *Infectious Diseases In Child Care and School Settings: Guidelines for Child Care Providers and Health Consultants, School Nurses and Other Personnel*. 2022.
Colorado Department of Public Health and Environment. COVID-19 Resources. <https://covid19.colorado.gov/>. September 2023.

