



Westgate Elementary School News

November 2018

Phone
303-982-9130

Attendance &
Bulletin
Board
303-982-9090

Westgate
Website

*Si necesita la
información en
español, por
favor mira
la página 9*

Westgate Community Food Drive

The Westgate Community Food Drive is Sunday, November 4th from 11:00-2:00. Please consider dropping off some food items at the Hub on Sunday to benefit our Westgate Community. Call Beth Parker at 303-862-1101 with any questions.



PreK - 12 Colorado Teachers!

Apply for a Teachers and Technology Grant for the 2018 - 19 school year for your school

Westgate Elementary School

Grants range from \$500 to \$5000 and are available to full-time classroom teachers in public or private school. The CenturyLink Clarke M. Williams Foundation's Teachers and Technology grants are designed to help fund projects that advance student success through the innovative use of technology in the classroom.

Click centurylink.com/teachersandtechnology

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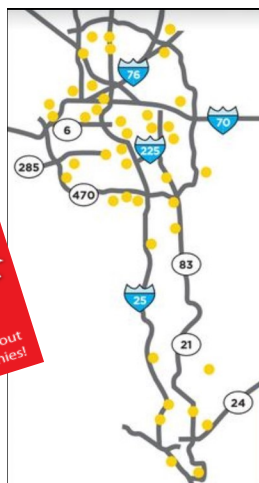


Westgate Elementary School, 8550 West Vassar Drive, Lakewood, CO 80227

Important Dates



- | | | |
|-----------|---|---|
| 1 | Choir 7:40-8:50 Habit 2 TLIM Assembly 3:00 PTA/Acct. Meeting 6:30-8:00 | |
| 2 | No School – Professional Planning Day | 14 Garden Club 3:50-4:30 |
| 4 | Westgate Community Food Drive 11:00-2:00 | Picture Make-Up Day |
| 6 | Choir 7:40-8:50 Stem Enrichment Program 3:50-4:50 Westgate vs. Molhom Hockey Game 4:30-5:15 Skate City Night 6:00-8:00 | Junior Coach 3:50-5:50 Whiz Kids 3:50-5:30 |
| 7 | Garden Club 3:50-4:30 Junior Coach 3:50-5:50 Whiz Kids 3:50-5:30 Area Orchestra Concert BCHS 7:00 | 15 Choir 7:40-8:50 16 Kindergarten Thanksgiving Feast Report Cards go home Turkey Trot in PE |
| 8 | Choir 7:40-8:50 Area Band Concert BCHS 7:00 | 19-23 Thanksgiving Break |
| 9 | End of 1 st Trimester | 27 Choir 7:40-8:50 Stem Enrichment 3:50-4:50 Westgate vs. Newlon Hockey Game 4:30-5:15 Cub Scouts 6:30-8:00 |
| 13 | Choir 7:40-8:50 Floor Hockey 4:00-5:00 Stem Enrichment Program 3:50-4:50 | 28 Vision and Hearing Screening Garden Club 3:50-4:30 Junior Coach 3:50-5:50 |
| | | 29 Choir |
| | | 30 TLIM Habit 3 Assembly |



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Westgate Performing Arts Workshop**Information Session****Monday, November 5th, 4pm-5pm**

Do you like to **Sing? Dance? Act?** Or have another **special skill**? Would you like to receive **individualized coaching**, learn **audition techniques**, how to be **confident** in front of a group of people, and give **your best performance**?



Not sure but want to find out?! Join us for a special information session. Participants will be guaranteed a spot in the upcoming **Westgate Talent Show**.

If you have any questions or can't make it this time but still want to learn more please email us at westgatetalent@gmail.com

Ashley Renz, Angela McLean, and Savannah Saxton

**Family Engagement Buddies Program**

The PTA is starting a family engagement buddies program to help foster community between school families. Are you a family that wants to help share your knowledge and excitement about the Westgate community with other families? Are you a family that wants to learn more about Westgate and be more connected and informed? Contact Ashley Renz at ashleyrenz@gmail.com or Cynthia Pacheco at cynthia.pacheco@jeffco.k12.co.us for more information and to sign up. A quick reminder that we also have our Family Engagement Survey 1 available for feedback. Please consider filling this survey out. It only takes one minute!

<https://www.surveymonkey.com/r/JSPBG98>



Westgate's Turkey Trot

On Friday, November 16th, Westgate will be hosting our 3rd Turkey Trot. This event will be taking place during the students' specials times. The Run will take place outside of the building. The top boy and top girl will win a turkey for their family's Thanksgiving dinner.

Grades & Times

4th Grade – 9:15-10:00

5th Grade – 10:20-11:05

3rd Grade – 11:15-12:00

2nd Grade – 12:50-1:35

1st Grade – 1:40-2:25

Kindergarten – 2:30-3:15



Parents,

Please feel free to stop by and cheer your child(ren) on in Westgate's 3rd Turkey Trot. Help your child(ren) remember to wear proper clothes for the weather and of course TENNIS SHOES so they can run the fastest they can while being safe.

Hope to see you there!

Any questions please direct them to Tara Lavigna @ 303-982-2666(VM)

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**Supporting Schools
& Local Businesses**

20 Ideas to Cultivate an Attitude of Gratitude in Your Children

Author: Shannon Lambert

<https://biglifejournal.com/blogs/blog/grateful-children-printable-challenge>

1. Say please and thank you.

Our manners show that we do not believe we are entitled to anything, and that in fact, we appreciate whatever comes our way.

2. Help someone less fortunate.

This could be your neighbor down the street, grandma, or someone you know who is in a tough spot.

3. Volunteer.

Help out at a homeless shelter, soup kitchen or non-profit.

4. Send out thank you cards.

Express your gratitude for those who have added value to your life.

5. Look for awe-inspiring moments in your day.

If the sunset is particularly beautiful, comment on it. If the sound of the baby's laughter warms your heart, tell your children. Encourage them to look for their awe-inspiring moments and share them with you.

6. Share your gratitude at bedtime.

Take five minutes at the end of the day to ask your child what he is thankful for that day.

7. Share your gratitude at the dinner table.

Take a moment at dinner time to share what you are thankful for. Go around the table, allowing each family member a chance to vocalize their gratitude.

8. Compliment others.

Encourage your children to do the same. Share the things you appreciate about another person.

9. Keep a gratitude journal.

This can be in any form that works best for your child's age, skill level and desire. Some kids will want to spend time writing their thoughts down. Others may be more apt to express their gratitude through drawing or painting.

10. Write a letter.

Encourage your child to write a letter to someone who has touched his life in some way. If he is comfortable, make a visit to that person to read the letter out loud. If not, mail it.

11. Create a family gratitude list.

Post it on the fridge. Add to it when necessary.

12. Create a family gratitude journal. Leave it somewhere where everyone can access it and encourage your family to write in it whenever they are feeling grateful.

continued...

Continued...**13. Give someone a gift.**

Help your child earn the money and purchase the gift. Or make a gift together.

14. Always look for the positive.

Find something positive in frustrating situations and discuss it.

15. Practice turning complaints in to praises.

Coach your children to reword their complaint in to something that they appreciate instead.

16. Create a gratitude jar.

Encourage your kids to add to it anytime they are feeling grateful for something or someone.

17. Donate to a nonprofit.

Nonprofits serve people in need and at this time of the year they are always looking for basic necessities, meals and gifts to give to those in need.

18. Take gratitude walks.

While you walk, look for the simple pleasures in the day, such as the warm sun or the birds singing and express appreciation for them. Use this time to ask your kids what they are grateful for.

19. Ask why.

As your child gets better at expressing gratitude, dig deeper. Ask why he is grateful for something and how it affects his day.

20. Work through envy.

Help your child work through any feelings of jealousy she may have. Envy can come when we are not feeling thankful for what we have, and are focusing instead on what others have.

Gratitude is a skill. An *attitude of gratitude* is a positive way of looking at life. Gratitude can increase our children's happiness, teach them to be more empathetic and help them to be more thankful for everything they have.



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November 2018

Westgate Elementary
Lunch

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1

Choose one entree:

- Hot Dog
- Bean & Cheese Burrito

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

2

Choose one entree:

- BBQ Chicken Sandwich
- Twisted Cheesy Breadsticks
- Marinara Sauce

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

5

Choose one entree:

- Homestyle Mac & Cheese
- Dinner Roll
- Italian Hoagie

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

6

Choose one entree:

- French Toast Sticks
- Crispy Chicken Sandwich

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

7

Choose one entree:

- Twisted Cheesy Breadsticks
- Marinara Sauce
- Chicken Salad
- Dinner Roll

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

8

Choose one entree:

- Mandarin Orange Chicken
- Brown Rice Cup
- Yogurt, Granola, and Cheese Stick Meal

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

9

Choose one entree:

- Hamburger
- Cheeseburger
- Pancake Wrapped Sausage

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

12

Choose one entree:

- Breakfast Sandwiches
- White Pepper Gravy
- Smothered Burrito

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

13

Choose one entree:

- Steak Strips
- Dinner Roll
- White Pepper Gravy
- Yogurt, Granola, and Cheese Stick Meal

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

14

Choose one entree:

- Cheese and Pepperoni Pizza
- Variety
- Chicken Salad
- Dinner Roll

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

15

Thanksgiving Holiday Meal



- Roast Turkey with Dinner Roll and all the trimmings: mashed potatoes, green beans, and Pumpkin Pie
- Yogurt, Granola, and Cheese Stick Meal

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

16

Choose one entree:

- Frito Pie
- Baja Fish
- Dinner Roll

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

19

Fall Break

20

Fall Break

21

Fall Break

22

Fall Break

23

Fall Break

26

Choose one entree:

- Mucho Nachos
- Homestyle Nuggets
- Dinner Roll

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

27

Choose one entree:

- Turkey and Gravy
- Yogurt, Granola, and Cheese Stick Meal

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

28

Choose one entree:

- Cheese and Pepperoni Pizza
- Variety
- Chicken Salad
- Dinner Roll

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

29

Choose one entree:

- Hot Dog
- Bean & Cheese Burrito

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

30

Choose one entree:

- BBQ Chicken Sandwich
- Twisted Cheesy Breadsticks
- Marinara Sauce

Variety of Fruit and Vegetables Offered Daily

- Skim Milk or 1% Milk or Chocolate Skim Milk

Fechas de noviembre

| | | |
|-----------|---|---|
| 1 | Coro 7: 40-8: 50 | Entrenador junior 3: 50-5: 50 |
| | Hábito 2 Asamblea TLIM 3:00 | 15 Coro 7: 40-8: 50 |
| | PTA / Acct. Reunión 6: 30-8: 00 | 16 Fiesta de Acción de Gracias de Kindergarten |
| 2 | No hay clases - Día de planificación profesional | Report Cards ir a casa |
| 4 | Westgate Community Food Drive 11: 00-2: 00 | Turkey Trot en PE |
| 6 | Coro 7: 40-8: 50 | 19-23 Pausa de Acción de Gracias |
| | Programa de enriquecimiento de tallos 3: 50-4: 50 | 27 Coro 7: 40-8: 50 |
| | Juego de hockey Westgate vs. Molhom 4: 30-5: 15 | Enriquecimiento del tallo 3: 50-4: 50 |
| | Noche de Skate City 6: 00-8: 00 | Juego de hockey Westgate vs. Newlon 4: 30-5: 15 |
| 7 | Garden Club 3: 50-4: 30 | Cub Scouts 6: 30-8: 00 |
| | Entrenador junior 3: 50-5: 50 | 28 Examen de visión y audición |
| | Whiz Kids 3: 50-5: 30 | Garden Club 3: 50-4: 30 |
| | Concierto de Orquesta de Área BCHS 7:00 | Entrenador junior 3: 50-5: 50 |
| 8 | Coro 7: 40-8: 50 | 29 coro |
| | Area Band Concierto BCHS 7:00 | 30 TLIM Habit 3 Assembly |
| 9 | Fin del 1er Trimestre | |
| 13 | Coro 7: 40-8: 50 | |
| | Floor Hockey 4: 00-5: 00 | |
| | Programa de enriquecimiento de tallos 3: 50-4: 50 | |
| | Whiz Kids 3: 50-5: 30 | |
| 14 | Garden Club 3: 50-4: 30 | |
| | Día de maquillaje de imagen | |



Taller de artes escénicas de Westgate Sesion de informacion Lunes, 5 de noviembre, 4 pm-5pm.



¿Te gusta **cantar**? ¿**Danza**? ¿**Acto**? ¿O tiene otra **habilidad especial**? ¿Le gustaría recibir **coaching individualizado**, aprender **técnicas de audición**, cómo tener **confianza** frente a un grupo de personas, y dar tu **mejor rendimiento**?

¿No estoy seguro pero quieres averiguarlo? Únase a nosotros para una sesión de información especial. A los participantes se les garantizará un lugar en el próximo **Westgate Talent Show**.

Si tiene alguna pregunta o no puede hacerlo esta vez pero aún desea obtener más información, envíenos un correo electrónico a westgatetalent@gmail.com



Programa de amigos de participación

El PTA está iniciando un programa de compañeros de compromiso familiar para ayudar a fomentar la comunidad entre las familias de la escuela. ¿Es usted una familia que quiere ayudar a compartir su conocimiento y entusiasmo sobre la comunidad de Westgate con otras familias? ¿Eres una familia que quiere aprender más sobre Westgate y estar más conectada e informada? Póngase en contacto con Ashley Renz en ashleyrenz@gmail.com o con Cynthia Pacheco en cynthia.pacheco@jeffco.k12.co.us para obtener más información y para inscribirse. n recordatorio rápido de que también tenemos nuestra Encuesta de participación familiar 1 disponible para comentarios. Por favor considere completar esta encuesta. ¡Solo toma un minuto!

<https://www.surveymonkey.com/r/BL6MS36>

20 ideas para cultivar una actitud de gratitud en tus hijos

Autor: Shannon Lambert

<https://biglifejournal.com/blogs/blog/grateful-children-printable-challenge>



1. Di por favor y gracias.

Nuestros modales demuestran que no creemos que tenemos derecho a nada, y que, de hecho, apreciamos lo que se nos presente.

2. Ayudar a alguien menos afortunado.

Este podría ser su vecino en la calle, la abuela o alguien que usted conoce que se encuentra en un lugar difícil.

3. Voluntario.

Ayudar en un refugio para personas sin hogar, comedor o sin fines de lucro.

4. Enviar tarjetas de agradecimiento.

Expresa tu gratitud por aquellos que han agregado valor a tu vida.

5. Busque momentos inspiradores en su día.

Si el atardecer es particularmente hermoso, coméntalo. Si el sonido de la risa del bebé calienta su corazón, infórmeselo a sus hijos. Anímelos a buscar sus momentos impresionantes y compártelos con usted.

6. Comparte tu gratitud a la hora de acostarse.

Tómese cinco minutos al final del día para preguntarle a su hijo qué agradece ese día.

7. Comparte tu gratitud en la mesa de la cena.

Tómese un momento a la hora de la cena para compartir lo que está agradecido. Vaya alrededor de la mesa, permitiendo a cada miembro de la familia la oportunidad de vocalizar su gratitud.

8. Elogie a los demás.

Anime a sus hijos a hacer lo mismo. Comparte las cosas que aprecias de otra persona.

9. Mantenga un diario de gratitud.

Esto puede ser de cualquier forma que funcione mejor para la edad, nivel de habilidad y deseo de su hijo. Algunos niños querrán pasar tiempo escribiendo sus pensamientos. Otros pueden ser más propensos a expresar su gratitud a través del dibujo o la pintura.

10. Escribe una carta.

Anime a su hijo a escribir una carta a alguien que haya tocado su vida de alguna manera. Si está cómodo, visita a esa persona para leer la carta en voz alta. Si no, envíelo por correo.

Continuado...

Continuado...**11. Crea una lista de gratitud familiar.**

Colóquelo en la nevera. Añadir a ella cuando sea necesario.

12. Crea un diario de gratitud familiar.

Déjelo en un lugar donde todos puedan acceder y anime a su familia a escribir en él cada vez que se sientan agradecidos.

13. Dale a alguien un regalo.

Ayude a su hijo a ganar el dinero y comprar el regalo. O hacer un regalo juntos.

14. Siempre busca lo positivo.

Encuentra algo positivo en situaciones frustrantes y discútelo.

15. Practica convirtiendo las quejas en elogios.

Entrene a sus hijos para reformular sus quejas sobre algo que ellos aprecian.

16. Crea un frasco de gratitud.

Anime a sus hijos a agregar algo cada vez que se sientan agradecidos por algo o alguien.

17. Dona a una organización sin fines de lucro.

Las organizaciones sin fines de lucro atienden a personas necesitadas y, en esta época del año, siempre están buscando artículos de primera necesidad, comidas y regalos para los necesitados.

18. Toma los paseos de gratitud.

Mientras caminas, busca los placeres simples del día, como el sol cálido o el canto de los pájaros y expresa aprecio por ellos. Aproveche este tiempo para preguntar a sus hijos de qué están agradecidos.

19. Pregunte por qué.

A medida que su hijo mejore expresando gratitud, profundice más. Pregunte por qué está agradecido por algo y cómo afecta su día.







20. Trabajar a través de la envidia.

Ayude a su hijo a superar los sentimientos de celos que pueda tener. La envidia puede venir cuando no nos sentimos agradecidos por lo que tenemos y, en cambio, nos enfocamos en lo que los demás tienen.

La gratitud es una habilidad. Una actitud de gratitud es una forma positiva de ver la vida. La gratitud puede aumentar la felicidad de nuestros hijos, enseñarles a ser más empáticos y ayudarlos a estar más agradecidos por todo lo que tienen.

Noviembre 2018

Westgate Elementary
Lunch

| LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
|---|---|---|--|---|
| | | | 1 Elija una entrada: <ul style="list-style-type: none"> Hot Dog Frijoles y queso Burrito Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada | 2 Elija una entrada: <ul style="list-style-type: none"> Sandwich de pollo barbacoa Picos de queso trezado Salsa marinara Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada |
| 5 Elija una entrada: <ul style="list-style-type: none"> Homestyle Mac & Cheese Rollo de cena Hoagie Italiano Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada | 6 Elija una entrada: <ul style="list-style-type: none"> Pallitos de pan France's Sandwich de pollo crujiente Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada | 7 Elija una entrada: <ul style="list-style-type: none"> Picos de queso trezado Salsa marinara Ensalada de pollo Rollo de cena Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada | 8 Elija una entrada: <ul style="list-style-type: none"> Pollo naranja mandarina Taza de arroz Integral Yogurt, Granola y comida de palo de queso Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada | 9 Elija una entrada: <ul style="list-style-type: none"> Hamburguesa Hamburguesa con queso Pancake envueltos de salchicha Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada |
| 12 Elija una entrada: <ul style="list-style-type: none"> Sándwiches de desayuno Salsa de pimienta blanca Burrito pecho Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada | 13 Elija una entrada: <ul style="list-style-type: none"> Tiras de bistec Rollo de cena Salsa de pimienta blanca Yogurt, Granola y comida de palo de queso Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada | 14 Elija una entrada: <ul style="list-style-type: none"> Variedad de Pizza de Pepperoni y queso Ensalada de pollo Rollo de cena Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada | 15 Comida de vacaciones de acción de gracias  <ul style="list-style-type: none"> Pavo asado con Rollo de cena y todas las guarniciones: puré de papas, ejotes y calabaza pastel Yogurt, Granola y comida de palo de queso Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada | 16 Elija una entrada: <ul style="list-style-type: none"> Empanada de frito Peces de baja Rollo de cena Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada |
| 19  Caer se rompe | 20  Caer se rompe | 21  Caer se rompe | 22  Caer se rompe | 23  Caer se rompe |

| | | | | |
|---|---|--|---|--|
| 26 Elija una entrada: <ul style="list-style-type: none"> Nachos de mucho Croquetas caseras Rollo de cena Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada | 27 Elija una entrada: <ul style="list-style-type: none"> Pavo con salsa Yogurt, Granola y comida de palo de queso Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada | 28 Elija una entrada: <ul style="list-style-type: none"> Variedad de Pizza de Pepperoni y queso Ensalada de pollo Rollo de cena Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada | 29 Elija una entrada: <ul style="list-style-type: none"> Hot Dog Frijoles y queso Burrito Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada | 30 Elija una entrada: <ul style="list-style-type: none"> Sandwich de pollo barbacoa Picos de queso trezado Salsa marinara Ofrece variedad de frutas y verduras diariamente <ul style="list-style-type: none"> Leche descremada o 1% leche o Chocolate con leche descremada |
|---|---|--|---|--|