As the year moves on we find the holiday season quickly
approaching. This is typically a happy and fun filled time of year. However, it can also be stressful for those families with financial struggles. The last few holiday seasons, Steck staff and families successfully organized and fulfilled the needs of families in our school community. In keeping with the holiday spirit, we would like to continue this tradition of generosity and ask for your help in doing so.

This year we have an online gift list through Amazon so families may easily sign up for the gift they wish to donate and it will be sent to the school directly. Please visit the link below to purchase these gifts. We also like to include a gift card for each family to help purchase a holiday meal. There is a link below to purchase these gift cards as well.

These altruistic acts are a wonderful way to anonymously receive and give support to help fulfill needs and wishes during the holiday season. In years past, it has been heartwarming to witness the generosity on the part of Steck families. Participating in these activities is a great opportunity to teach your child about gratitude and generosity. What a wonderful way to start the giving season!

[Steck Winter Holiday Outreach Amazon Gift List](#)

[Holiday Outreach Gift Cards for Steck Families](#)

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**All Staff and Interested**

**Adults—Wrapping Party 12-19-17**

Pay it forward for our families in need by volunteering after school on December 19th from 3:00 to 4:00 by wrapping
donated gifts for our community. Join us in the lounge for a wrapping party! If you would like to donate wrapping paper or tape, please drop it by the office. Thanks for any and all contributions of supplies and/or time that you provide!

Cherry Creek Arts Festival-Create Your City

This past summer Steck was a part of a great program at the Cherry Creek Arts Festival called Create Your City. A parent volunteer and a group of third grade students came down to the event to work with a professional artist to create a mosaic cityscape inspired by this year's festival commemorative art Denver Cityscape by Daryl Thetford, here's a peak at that work of art:

https://www.cherryartshop.org/art/summer-denver-2017

Lucas Vinterella, Ava Stout and Thea Shaff spent a day working with a professional artist to create their own view of their vibrant community of Steck within the city of Denver. The Arts Festival
partnered with the Denver Chalk Art Festival to provide this outreach. The piece is now grouted and finished and we can bring it by sometime soon. attached are some photos of the students working on the piece at the event.

Many thanks to Mike Usalavage for hanging this piece for us! Please come and see it adjacent to the Art Room.

This week in ECE-2nd grade, students learned the definition of Growth Mindset; the belief that intelligence and personality can be developed. People who adopt a growth mindset value learning over looking smart, possess traits like persistence, grit, and optimism, and view challenges, setbacks, and failures as opportunities for growth.

Grades 3-5 focused on Mindset – Fixed vs. Growth. In contrast to a growth mindset, a fixed mindset is the belief that intelligence and personality are fixed, that it is more important to look smart than to learn. Students with a growth mindset show greater motivation in school, earn better grades, and achieve higher test scores.

"Sometimes what we call 'failure' is really just that necessary struggle called learning." - Unknown
Dec. 4, 2017

Dear Families:

We want to inform you that a number of community members have been experiencing an influenza-like illness with symptoms of fever, vomiting, stomach cramps and general fatigue. It is likely that seasonal flu is the cause.

If your child has these symptoms, you should inform your physician of possible exposure to flu and have your child examined. If your physician suspects flu, there is a lab test that can be performed to confirm it. The usual treatment for influenza illness is rest at home, plenty of fluids and non-aspirin pain relievers for fever or discomfort. Treatment typically does not include antiviral medications unless the sick person has a higher risk for serious complications, such as children younger than 5 years of age, people over 65 and people with impaired immune systems, pregnant females or anyone with very severe symptoms.

Denver Public Health states that an annual flu shot is the best way to prevent influenza illness. If you or your child has not yet had a flu shot, you should contact your primary healthcare provider to get one. People who have influenza are contagious for 5 to 7 days after the symptoms start.

Denver Public Health recommends the following:

- Contact your health care provider if your child has influenza-like symptoms or you have concerns about his/her health.
- Please consider getting an annual flu shot for everyone in your household.
- If diagnosed by a physician with influenza, or if you suspect influenza because your child has flu symptoms, please keep your child home until 7 days after the start of symptoms, while he/she is contagious to others.

If you have specific questions, you can contact your school nurse. Another option is to contact DPS’ Manager of Nursing and Student Health Services Donna J. Shocks or Lindsay Albanese, Chronic & Infectious Disease Nurse Specialist (720-423-1416 or donna_shocks@dpsk12.org or lindsay_albanese@dpsk12.org). You can also call Carol McDonald, RN, (303) 602-3626 or Maggie McClean, RN, (303) 602-3641 at Denver Public Health, Monday through Friday, between 8:00 am and 4:00 pm.

Sincerely,

Donna J. Shocks, MSN, CNS, RN
Manager

Lindsay Albanese, M.Ed, BSN, RN, NCSN
Chronic & Infectious Disease Nurse Specialist
Dept. of Nursing and Student Health Services
Whole Child Supports

Student Equity and Opportunity
Success in School, Success in Life

Student Equity & Opportunity continues to work with school leaders to put students first by providing resources to prevent student suicide. We have developed two short public service announcements (PSAs) on risk factors and prevention, one for parents and one for staff. Please feel free to share them. If you need further supports on
suicide prevention, please reach out to our Safety Coordinator at jane_lineman@dpsk12.org.

Suicide Prevention Information for Parents Video

Girls on the Run

Coming this spring!

What is Girls on the Run?
Stretch yourself – physically, mentally, socially and emotionally. Girls will be inspired to a lifetime of self-respect and a healthy lifestyle through an innovative program that combines training for a 3.1 mile run/walk race with a fun, health education lesson plan. This program promotes individual achievement and self-confidence. Girls gain self-esteem and learn healthy lifestyle habits while training for a 5K run/walk race.

Girls on the Run is a nonprofit organization dedicated to helping girls stay out of the “Girl Box” – a place where girls are valued more for their outward appearance than their character inside. We are working to reduce at-risk behaviors such as substance abuse, eating disorders, teen pregnancy, and poor nutrition.

What if I don’t like to run?
We use the term “running” loosely – girls can run, hop, skip, speed walk or dance towards their goals. The lessons promote self-challenge instead of competition, self-worth instead of societal worth; and cooperation instead of rivalry.

Our goals for each girl are to:
• Understand her place in the community
• Have strong sense of identity
• Learn how to give and receive support in a group
• Learn to stand up for herself in a healthy manner
• Have an improved body image
• Complete a 5K run/walk event in the community

Save the date
Online registration opens February 5th.
Practice begins week of March 5th and ends the week of May 14th.
Practices are twice a week for 90 minutes.
www.girlsontherunrockies.org

Original Works

Thank you for the support of
Steck’s art program through Original Works. We have hundreds of items being delivered to Steck, with delivery expected by the end of next week. Unless you let us know otherwise your orders will be sent home with your child. I hope you and your child enjoy seeing the products!

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**Jammin' Minute**

On December 12th, Holly Grady, our PE Teacher, will be leading the whole student body and staff to a one minute exercise routine that will be out on the west blacktop at 8:05 am! We hope that parents will join in that day too!
For the past 19 years, I’ve been fortunate enough to work with so many amazing people in Denver’s educational community. My experiences with creative thinkers...
began in 2002 when I fatefully discovered Dr. Howard, a seriously inspirational being, and the inquisitive nature of gifted minds. Since then I’ve learned an unbelievable amount about teaching, learning and life. My teaching journey began in ACSD 14 in Commerce City in a Kindergarten classroom. After moving to Denver, I taught in a multi-age setting with 1st and 2nd graders at Teller Elementary before I jumped into the gifted and talented world at Polaris for the next 16 years as a 2nd grade teacher. In 2010 I became a mom while starting a picture framing shop with my husband. I’ve really enjoyed my time here at Steck and am looking forward to my 3rd year in the community. I’m honored to spend my time with your children each day! Outside of school, I spend as much time as possible enjoying Colorado with my 6-year-old son Gibson, my husband, and our incredible friends. You can find us in the mountains... hiking, skiing, camping, dancing and exploring any chance we get!

Courtney Rossman

My name is Courtney Rossman, I am originally from Manassas, VA. I moved to Colorado in 2001 where I attended the University of Northern Colorado for both undergrad and graduate school. I have worked in a variety of settings and school districts. I have been with DPS for 7 years. I am married to Brian Rossman and we have two little boys, Easton who is 3, and Olan who is 2. In my spare time I enjoy running, road biking, hiking, and escaping to the mountains whenever possible!
Volunteer For Steck! We have opportunities for everyone!

STECK VOLUNTEER
For more information, visit the Steck website below!

Steck Elementary School

School Name | Phone | Email | Website

Facebook | Twitter | Instagram