

KNOWLEDGE QUEST ACADEMY

Volume 2 Issue 6 | February 2020

A NOTE FROM MRS. SPREITZER

KQA Kindness "2020"

I am so proud to share with our KQA family that our school was able to make a donation of \$2020 to the Make a Wish Foundation! It is amazing to think that the money was raised in only four short days. Our students were so thoughtful and caring in helping make our spirit week a success.

inspire
kindness®



PTO's 50s Dance Success!

I want to be sure to thank our fabulous PTO for sponsoring a 50s themed family dance on Friday, January 31st. This was a family event and all who attended had a wonderful time. We were lucky enough to have Brandon Harrington, our favorite DJ, keeping things rocking!



Did you know...

that KQA is governed by a 7 member board of directors? The board is tasked with making all high level decisions for KQA.

We are actively seeking a parent or community member, with a background in accounting or finance, legal. If this describes YOU or someone you know, please join us at one of our monthly meetings. Board. Meetings are held the 1st and 3rd Thursday of each month or contact Linda Spreitzer at (970)587-5742 x 104.

We're looking forward to meeting you!

KEY DATES

2/6 - 2/7; No School

2/6; Board Meeting 6:30 pm

2/10; PTO Meeting 2:45 pm

2/17; President's Day - No School

2/20; Board Work Session 6:30 pm

3/5; Board Meeting 6:30 pm

3/6; No School / End 3rd Quarter

3/9; PTO Meeting 2:45 pm

3/13; Report cards home

3/25 - 3/26; PT Conferences

3/27 - 4/3; Spring Break - No School

KINDERGARTEN

Kinders are learning so much this 2nd semester.

Literacy

We are doing more review of letters and reading with more confidence. We are up to at least 50 of the sight words we need to know.

Writing

We are continuing proper sentence structure and making sure that our letters are formed accurately. We are learning writing can be fun.

Math

We are continuing addition and subtraction, and learning which numbers are greater and less.

Science

We are learning about ice, snow, and crystals.

Social Studies

We are learning about Antarctica.

FIRST GRADE

Can you believe we are already one month into the new year? This month we are incredibly excited to celebrate our 100th day of school, Valentine's Day, and continue to learn/grow every day!

Literacy

We will continue learning about change over time and begin a unit centered around animals.

Writing

We will continue working on informational texts.

Math

Our next unit will focus on higher addition, graphing, and comparisons.

Science

We will be studying light and sound!

Social Studies

We will be studying Mesopotamia and Egypt.

SECOND GRADE

We had a great start to the new year in January. There are a lot of activities coming up in February that we are very excited about. We will be celebrating the 102nd day of 2nd grade, Thursday, February 13! Time flies!

Literacy

Fantasy, non-fiction, and biography

Focus Skill: Predicting outcomes, words with air and are; cause and effect

Writing

singular and possessive, commas in a series

Math

Subtracting 2 digit numbers

Science

Magnets

THIRD GRADE

We are excited to start this new year. We have many wonderful things planned for this semester.

Literacy

Folktales have been an interesting part of our literacy unit and we will be working on some expository passages as well.

Writing

We are continuing our practice of expository writing with animal reports and Viking photo albums.

Math

Students have been tackling addition and subtraction with three-digits. They are learning to manipulate numbers and understand the principles of regrouping.

Science

In our science unit we will be discovering various life cycles and traits.

Social Studies

We just finished sailing with the Vikings and will be on some adventurous exploits with the explorers.

We learned so much about the symphony on our field trip last week to hear the Denver Symphony.

FOURTH GRADE

Happy New Year! We are off and running and can't imagine that we only have four short months left before the 4th graders officially become 5th graders!

Literacy

We are looking at a variety of genres and continuing to practice the skills from earlier this school year.

Writing

Each class continues to work on becoming better writers through direct instruction and practice, practice, practice.

Math

The classes will be looking at measurements (metric and standard) and then moving onward to fractions.

Science

Our scinterrific teacher, Lynn Gilbert, will have us investigating flowers and all the parts associated with them. In the end we will be creating our very own species of flower!

Social Studies

Colorado History is forever a part of our curriculum. We will be looking at our state government before heading to Denver on March 11th.

FIFTH GRADE

Hello fifth grade families! We are halfway through the quarter! Please keep checking on Infinite Campus for missing assignments and corrections that can be made.

Literacy

We are reading Folktales and Expository texts. We will begin reading Where the Mountain Meets the Moon very soon.

Writing

We have been working on an expository piece about one of the men who helped write the U.S. Constitution.

Math

We will continue to work on fractions. There is a special prize for the first student to tell Mrs. Engels or Mrs. Miller the answer to $\frac{2}{5}$ of 3.

Science

We are focusing on Earth's systems and how water moves through these systems

Social Studies

We are continuing our discovery of early Americans.

MIDDLE SCHOOL

3rd Quarter IF Field Trip

Middle School students who are eligible will be invited to go to the Summit as a reward for their 3rd quarter grades. This day of bowling, laser tag, arcade games, and pizza will be on March 26th as a great way to celebrate those who earned passing grades before we go on Spring Break! The cost is \$20 to cover games, bus and lunch.

Eligibility: Students will be invited to attend the field trip if they do not have an F or two Ds on their 3rd quarter report card. Students who are not eligible to attend will have the opportunity to work on their missing assignments in order to get them turned in before Spring Break.

Please continue to encourage your child to stay on top of missing and late assignments throughout this quarter so they do not miss out!

Girls Basketball

Girls basketball is well into its season and the girls are having a great year! As a reminder, practices get over at 4:30 p.m. so please make sure you are picking up your student or making arrangements for them to be picked up.

-B team plays at 4p and A team plays at 5p

-B team please arrive at away games at 3:40p and A team at 4:30p. Please do not enter our opponent's gym until 3:30p.

Girls Soccer

Girls soccer practices will begin on March 16th. All students must have a physical on file before the first practice. Please check to see when your athletes' physical expires to make sure that they have an up-to-date copy.

Middle School Shout Outs



The middle school teachers are excited about our Student Shout Outs. Students can earn shout outs for extra class participation, acts of kindness, helping a teacher etc. These work as money at our Student Leadership concessions and can be used to buy candy, drinks, snacks and prizes. If you would like to donate gift items or money to help support our student shout outs, please contact jennifer.cherico@weldre5j.org.

Trailblazer Girls' Basketball

2/3 Windsor

2/6 @ Dayspring

2/10 Ridgeview

2/13 @ Loveland

2/24 St John

2/27 New Vision

3/2 @ Heritage

3/5 @ Immanuel



NEWS FROM OUR SPECIALS...

Mr. Stody's Physical Education Class

February is going to be an exciting month in physical education! We will be finishing up our January units during the first three days, and then moving on to hockey. Third grade through middle school will practice and improve the fundamental skills necessary for playing floor hockey, while the first and second graders will be focusing on basic stick handling and puck dribbling skills.

Additionally, fourth grade will finish out the month by starting their square dancing unit.

The kindergarten classes will continue to build on all of the movement, tossing, catching, and foot dribbling skills we've already been working on, with the addition of leaping.

Mrs. Dermer's Art Class

We are continuing to learn about famous artists, movements, and cultures around the world that celebrate art.

Kindergarten is drawing that starts with O, P, Q, and R in their ABC Drawing Books.

1st grade is finishing their prehistoric art and will start Ancient Egyptian Art.

2nd grade is working on still lifes and Pointillism.

3rd grade is making Native American kachina dolls that help tell a story.

4th grade is working on tints and shades for Gothic Architectures.

5th grade is learning about Renaissance Art and will create a plaster mask using color theory.

Mrs. Ortiz Library News

Thank you to all the wonderful KQA families for supporting our winter book fair! Once again, it was a huge success and our library will be gaining dozens of new books.

READ QUEST

Friday, February 28, 2020

ALL DAY!

Come dressed as your favorite book character and be prepared to read and take AR quizzes all day. We will have guest readers and lots of great prizes.



Save Those Can Tabs!

We are still collecting can tabs to benefit The Ronald McDonald House.

The money from the recycled can tabs will go into their house operation funds, which pays for everything they need to keep the house open and running.

Up to 73 families sleep at the Denver house at any given night, and they also have a house in Aurora that serves up to 45 families.

Please save those can tabs and send them to school with your child!

KQA MUSIC CONCERTS SPRING 2020

Thursday, March 12th @ 1:45 & 6:30 – Fourth Grade "Go West!"

Monday, March 16th @ 1:45 & 6:30 – First Grade "Temples and Tombs"

Wednesday, March 18th @ 1:45 & 6:30 – Second Grade "Bugz!"

Monday, March 23rd @ 2:00 ONLY – Third Grade Recorders

Tuesday, May 12th @ 1:45 & 6:30 – Band/Orchestra

Click here for Winter 2019 [Concert Files](#)

OTHER NOTEWORTHY NEWS



KQA announces a Social Studies Special Event, Around the World.

On Tuesday, March 3, Knowledge Quest Academy will be hosting a special Around the World event celebrating cultures from Around the World! Join your students and explore.

Our event doors will be open from 5 p.m to 7 p.m. with each classroom hosting a different country with information, student work, and activities.

- Ask your students which country their class will be representing.
- At the point of entry, students can pick up their Around the World passport to collect stamps from each country they visit.
- Our gym will be converted to the United Nations with special music and dancing shows, activities, and guests.
- Food trucks will be open around 4 p.m. with at least 4 food trucks specializing in sandwiches, burgers, tacos, barbecue (The Iron Grid with Chef Simon Fletcher), and mac & cheese parked in our north parking lot. The cafeteria will be open so you can enjoy your dinner in the warmth of the building while admiring the artwork in the "pop-up" Louvre Art Museum.

We hope you can all join us! Talk to your student's classroom teacher to see how you could help volunteer with them for this event.

See you Tuesday, March 3!



American Heart Association - Kids Heart Challenge Fundraiser

The Kids Heart Challenge starts in February. Order forms will be coming home. This is an opportunity for our students to raise money to help fund research for the American Heart Association, while additionally helping our school earn PE equipment. To register: Download the app or visit [Kids Heart Challenge](#).

The Elementary Level is also kicking off the 5210+ program.

The Healthy Kids 5210+ Challenge is an annual program held in February where students and staff keep track of their activity minutes and other 5210 healthy habits. A family log was sent home and student logs will be kept at school. Join KQA for a healthy February.



Johnstown-Milliken Re-5J School District



FREE

Developmental Screening (Child Find and Preschool)

~birth through five year olds~

To schedule an appointment call:
(970) 373-5401



****APPOINTMENTS REQUIRED****

Tuesday, February 18, 2019

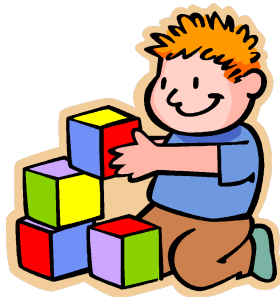
8:30am to 3:00pm (30 minute appointments)

Screening location:

United Methodist Church of Johnstown

108 King Avenue

Johnstown, CO



- ❖ For more information call the Administration office at (970) 587-6050
- ❖ Children/Families must meet eligibility requirements for the CO Preschool Program
- ❖ Screening is required to determine eligibility for Preschool

- ❖ **Examen de Desarrollo es Gratis** Los exámenes son para todos los niños de recién nacidos hasta 5 años (no hay requisitos de ingreso para recibir un examen)
- ❖ Para más información llame a la oficina de Administración al (970) 587-6050
- ❖ Los niños/familias deben cumplir con los requisitos de elegibilidad para el Programa de Preescolar de Colorado
- ❖ Se requiere el examen de desarrollo para determine la elegibilidad para el preescolar

A DAY OF LOVE AND LOGIC FOR EDUCATORS & PARENTS

100% Satisfaction
Guarantee

HOW DO I GET THESE KIDS TO BEHAVE?



April 9, 2020
Arvada, CO
8:30 am - 2:30 pm

Dr. Charles Fay

\$99.00*



loveandlogic.com
800-338-4065

For over 40 years, Love and Logic has been
the trusted leader in helping parents and
professionals bring out the best in kids.

Location:

Arvada Center
6901 Wadsworth Blvd.
Arvada, CO 80003
720-898-7330

Love and Logic offers effective techniques for getting kids to behave. More importantly, it provides tools for teaching youth how to make themselves behave! Join Dr. Charles Fay for a fast-paced, entertaining day of strategies for educators, parents, and professionals.

What Others Have Said...

"We found Dr. Charles Fay's presentation to be practical, engaging, and entertaining-two thumbs up!"

"I'm excited to use these principles in my classroom this year!"

You will learn:

- How to bring the best out of challenging kids
- Evidence-based concepts for fostering social-emotional learning, intrinsic motivation, and resilience
- Skills for providing and enforcing healthy limits
- A relational approach for teaching youth to make good decisions about technology
- How to take good care of your own social and emotional health... and avoid burnout
- And much more!

Graduate-Level Credit

One Semester Credit Hour
Brandman University
\$95.00



April 9, 2020

Event Registration

Arvada, CO

Mail: 2207 Jackson St., Golden, CO 80401

Fax: 800-455-7557

Email: cservice@loveandlogic.com

Attendee Information

Name _____ Day Phone _____ Email _____
Address _____ City _____ State _____ Zip _____

☐ I would like to receive Love and Logic's FREE Insider's Club weekly email tips.

Billing Information (Leave blank if same as attendee information.)

Organization _____ Billing Contact _____ Phone _____
Address _____ City _____ State _____ Zip _____

Payment Method \$99.00 *(includes parking and \$10 non-refundable deposit)

☐ Check (Attached, payable to Love and Logic Institute, Inc.)

☐ Visa ☐ Mastercard ☐ Discover ☐ American Express ☐ Purchase Order (Attached)

Card Number _____ Exp. Date _____ Validation Code _____

Amount _____ Signature _____

RHS MINI SHOW CHOIR CAMP 2020

THE LION KING

March 2nd-4th, 4:00-5:30 and March 5th, 4:00-5

This year they will be performing songs from Disney's The Lion King, taught by our very own varsity show choir, the RHS Rhythm Bandits

Included in the mini camp (covered with fee)

- Four days of singing and dancing instruction
- CD of the performance pieces
- T-Shirt
- Snacks during each practice

(Please indicate any food allergies below)

Grades K-8th welcome to participate!
Practices will be held in the RHS music room.



Children who participate will be performing on March 5th, 2020 at 7:00pm at the
RHS mid-winter concert

(Children performing get in free, all attendees pay a fee of \$1)

The bottom half of this form must be turned into your school office **NO LATER** than
Friday, February 21st, 2020

RHS Show Choir Camp 2020

Name: _____

Age: _____ Grade: _____

School: _____

Parent/Guardian's Name (print)

Address: _____

Home: _____

Cell: _____

Cost of camp: 1child, \$35. 2 children, \$50. 3children , \$60.

DVD (\$10 extra): YES _____ NO _____

T-shirt size (included in fee):

Youth S Youth M Youth L Adult S Adult M Adult L

Total price: _____

(Please make checks out to RHS show choir)

***RHS Show Choir instructor is not liable for any accidents or injuries
that may occur during camp.***

Parent/Guardian's Signature: _____

Please list any allergies or other medical issues here: _____



CHALLENGE!

JOIN THE HEALTHY KIDS 5210+ CHALLENGE!

What is it? A school-wide program to learn and practice the 5210+ healthy habits. Nearly 100 northern Colorado schools are participating!

What are the 5210+ healthy habits?

- 5 fruits and vegetables.
- 2 hours or less of recreational screen time.
- 1 hour or more of physical activity.
- 0 sugary drinks.
- + 9 or more hours of sleep. (**New this year!**)

EVERY DAY!

Who can participate? Students, teachers, staff and families!

When? February 2020

Why? Practicing healthy habits daily for 4 weeks helps to create and maintain lifelong healthy habits.

How? Complete the blue family log below to help your school earn prize money (over \$20,000 will be awarded!). Get 20 or more checks for a chance to win a \$50 King Scoopers gift card (one per school).

TURN YOUR LOGS IN BY WEDNESDAY, MARCH 4!

- Add up the total number of checks on your log.
- Complete the 5210+ Challenge participant form at the top of your log.
- Participant form must be filled out completely in order to be counted.
- Parent/Guardian signature is required.

QUESTIONS? Contact your PE teacher or laurie.zenner@uchealth.org. If you misplace your log, additional logs are available online at healthykidsclub.org.

5210+ Challenge Family Participant Form - THIS PARTICIPANT FORM MUST BE COMPLETED IN FULL AND SIGNED BY A PARENT OR GUARDIAN to be counted towards your school's participation. Completed logs must be turned in by Wednesday, March 4, 2020. Please turn your family log in to your oldest child's teacher.

Last name: _____

(of child turning log in)

First name: _____

Grade: _____ Teacher: _____

School: _____

Total # of checks: _____

of family members: _____

Parent/Guardian signature: _____

Email/Text #: _____

(to receive additional Healthy Kids Club program info, optional)

5

Five servings of fruit and vegetables:

- Fruits and veggies are high in vitamins, naturally sweet and taste good!
- Healthy food:
 - Increases your energy levels.
 - Improves your mood and attitude.

Be a role model:

- Kids (and adults!) try to eat at least five servings of fruits and vegetables every day (that's two servings of fruit and three servings of vegetables!).
- A serving is about the size of your fist - it depends on your age.
- Frozen/canned fruits and veggies are nutritious too!

2

Two hours or less of screen time:

- Too much screen time:
 - Makes it hard to focus in school.
 - Takes up time for playing, being active and using your imagination!
 - Makes it hard to sleep well.

Be a role model:

- Turn off the screens during mealtimes.
- Watch, listen and play together. Talk about what is happening on the screen.
- Keep a balance: mix screen time with other activities.
- Turn off the screens an hour before bedtime.

1

One hour or more of physical activity:

- Physical activity:
 - Boosts brain power!
 - Makes you feel good.
 - Makes your heart happy.
 - Makes you stronger.
 - Helps you sleep better.

Be a role model:

- Schedule active family play time every day!
- Get your activity in small bursts throughout the day.

0

Zero sugary drinks:

- Water is the #1 thirst quencher!
- Kids who drink enough water, eat healthy and sleep well at night will have more energy for school and activities!

Be a role model:

- Drink water or milk instead of soda, sports drinks, juice or drinks sweetened with sugar.
- Make water more flavorful by adding fruits, veggies or herbs.

+

Nine or more hours of sleep:

- Sleep:
 - Helps your brain stay focused, calm and on task.
 - Improves your mood and attitude!
 - Keeps you from getting sick.

Be a role model:

- The amount of sleep you need depends on your age.
 - Ages 3-5 need 10-13 hours.
 - Ages 6-12 need 9-12 hours.
 - Ages 13-18 need 8-10 hours.
 - Adults need 7 or more hours.
- Be a role model:
 - Turn off screens an hour before bedtime.





CHALLENGE!

February 2020

Family Tracking Log

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Take the Challenge!

- Check the box when your family completes the daily 5210+ activity.
- Your goal is 20 or more checks for a chance to win a \$50 King Soopers gift card (one per school).
- Remember! Schools with the highest percentage of participants will win up to \$1500 in prize money!
- Free choice days - pick a 5210+ activity of your choice and write it on the line!

Logs are due **Wednesday, March 4.**

5210+ Checks

Week 1 _____

Week 4 _____

Week 2 _____

Week 5 _____

Week 3 _____

Total # of Checks _____



Healthy Kids Club

A program of UCHHealth

healthykidsclub.org

☐ Cook a healthy meal together.



☐ Screen free 2 Sunday.



☐ Go on a family walk. 3



☐ Only drink water and milk today. 4



☐ Read together for 20 minutes at bedtime. 5



☐ Fill half your dinner plate with fruits and veggies. 6



☐ Play a card or board game. 7



☐ Bundle up and play outside. 8



☐ Zero sugary drinks today. 9



☐ Go to bed 30 minutes earlier tonight. 10



☐ FREE Choice! 11

5210+

☐ Try a new recipe together. 12



☐ No technology during meal times. 13



☐ Play flashlight tag. 14



☐ Only drink water and milk today. 15



☐ Family breakfast in your PJs. 16



☐ Cook a healthy meal together. 17



☐ Read a book together. 18



☐ Family dance party! 19



☐ Only drink water and milk today. 20



☐ Turn off screens an hour before bed. 21



☐ Wash and chop fruits and veggies for the week ahead. 22



☐ Play a card or board game. 23



☐ Bundle up and play outside. 24



☐ Zero sugary drinks today. 25



☐ Read together for 20 minutes at bedtime. 26



☐ Fill half your dinner plate with fruits and veggies. 27



☐ No technology during meal times. 28



☐ FREE Choice! 29

5210+



American
Heart
Association.



**KIDS
HEART
CHALLENGE™**



**Alexa, age 8,
Houston, Texas**

"If you come in touch with kids who have heart problems, don't be scared at all. And for kids like me, I want them to keep being brave like me and do the things they want to do."



Alexa was born with a hole in her heart. She had heart surgery before she was one year old and another when she was seven. She loves unicorns, rainbows, rock climbing, gymnastics and anything sparkly!

**The donations
you collect will
help kids like Alexa.**

**YOU can be a Heart Hero
and help kids with special
hearts like Alexa!**

STEP 1

REGISTER

Download the Kids Heart Challenge app or go to heart.org/KidsHeartChallenge.



STEP 2

TAKE DAILY CHALLENGES



MOVE MORE



BE KIND



BE READY

STEP 3

COLLECT AND EARN

Collect donations and earn thank-you gifts and online badges.

**Register online to get
a buildable wristband!**



**Earn and attach
characters!**

Use our app to make characters come to life.



Look for these symbols to find characters you can bring to life!

Dear Parent or Guardian,

By participating in Kids Heart Challenge, your child will raise funds to help kids with special hearts and make all communities healthier. They'll also learn about taking care of their hearts and participate in cardio-pumping challenges. Plus, your school can earn money for PE equipment and your child can earn fun thank-you gifts!

**Thank you, from the bottom
of our hearts!**



American
Heart
Association.



DID YOU KNOW?

- ♥ Heart disease is the **No. 1 killer** of all Americans, but **80%** of it may be **preventable** through lifestyle changes.
- ♥ An estimated **40,000** babies are born each year with **congenital heart defects**.

Tech Tools Make it Easy — and Fun!

Download our app to:

- **REGISTER.** Easily set up your child's fundraising page.
- **GO PAPERLESS.** Scan checks and donations will immediately show up in your child's total.
- **AUGMENTED REALITY.** Scan heart heroes to bring them to life in AR.

OR

- Register and set up your child's fundraising page at heart.org/KidsHeartChallenge.



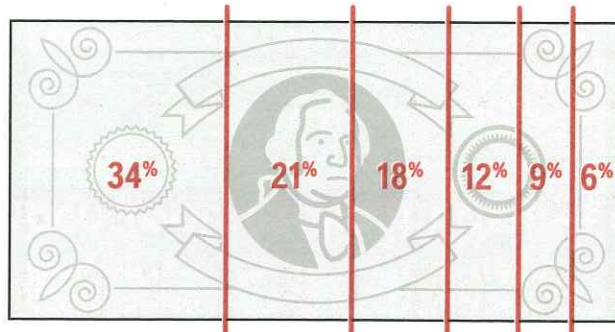
New Name. Even Better Mission.

Kids Heart Challenge is the American Heart Association's evolution of Jump Rope for Heart.* Our renewed focus is on children's total wellness — including heart as well as social and emotional health.

*Jump Rope for Heart was a joint program with SHAPE America.

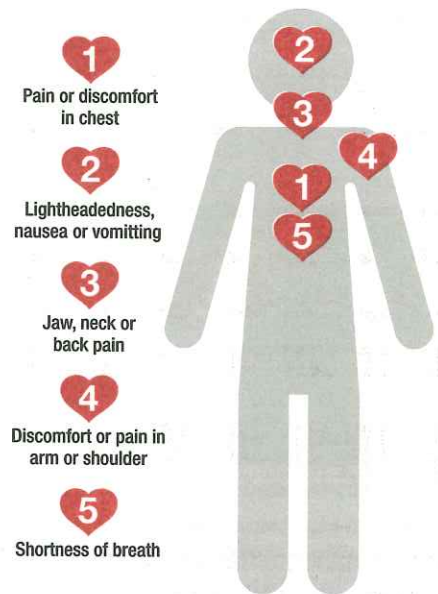
The Impact of Your Dollar

The American Heart Association funds more cardiovascular and stroke research than any U.S. organization except the federal government. In all, we spend more than 82 cents of every dollar on research, education and community outreach.



34%	PUBLIC HEALTH EDUCATION
21%	RESEARCH
18%	PROFESSIONAL EDUCATION AND TRAINING
12%	FUNDRAISING
9%	COMMUNITY SERVICE
6%	MANAGEMENT AND GENERAL

Common Heart Attack Warning Signs



★ ★ ★ ★
Charity
Navigator
Four-Star
Charity

☑
Better Business
Bureau Wise
Giving Alliance
Accredited Charity

🏆
National
Health Council
Standards in
Excellence Certified