



PRINCIPAL - CHERYL GOMEZ, DEAN OF STUDENTS - MEGHAN WASCHBUSCH

JOHNSON ELEMENTARY SCHOOL THUNDERBIRD NEWS

FEBRUARY 2021

The Human Kind Network

The Human Kind Network is a not-for-profit organization, started by the Boulder, Colorado University community. Their mission is to serve the at-risk, quarantining, frontline, and pandemic-impacted community. They offer a variety of convenient services designed to make life feel a little more normal. Plus, their services are free! They find the best volunteers to help meet the needs of the assistance requests the team receives. This means that they spend the time finding and coordinating volunteers, so those who need it spend less time looking for help, and more time enjoying life. They are currently offering tutoring and elderly support in the Montrose area. Please visit their website humankindnetwork.co for more information.

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FEBRUARY 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5 *No School
8	9 *Robotics Club 3:15-4:15PM	10	11	12
15 *Parent Teacher Conferences	16	17 *Parent Teacher Conferences	18 *Half Day Dismissal at 12:05PM *Parent Teacher Conferences	19 * No School
22 *No School	23 *Robotics Club 3:15-4:15PM	24	25	26

Parent Corner

5 Tips for Raising Healthier, More Active and More Mindful Children in a Tech-Obsessed World~ Elisette Carlson

Full post <https://medium.com/thrive-global/5-tips-for-raising-healthier-active-and-mindful-children-in-a-tech-obsessed-world-d113b4f9b471>

I recently wrote a piece about **how hard it is to sit "idle,"** because in today's world, most of us are screen-obsessed in the office, at home and even on vacation (yes, those honeymoon photos, but are they necessary?) When I grew up (and likely the same for most of you reading), we did not have cell phones and it was a pretty low tech world, and yet, we are now fairly high tech parents using apps and technology to schedule our days, do our groceries, send photos and communicate with just about everyone.

When it comes to raising our kids, technology is a hot topic. Personally, I try to find a balance between teaching my boys to be tech savvy, meanwhile emphasizing face to face communication, reading "real" books, keeping them outdoors and active, and most important, teaching them mindfulness, or from a parenting standpoint, to not be so distracted by everything on screens these days. Beyond technology, there are other factors that have helped my husband and I raise fairly active, healthy, and mindful children. Aside from feeding them vegetables, some key strategies that have helped my husband and I raise healthier, active and more mindful children are below:

1) **Be a good role model.** In the same way we teach kids good manners, we limit our time on the phones and completely put them aside at certain points of the day.



2) **Teach them to meditate, breathe deeply and reflect.**



3) **Play outside with them.**a 15 minute block of outdoor play, even if it's right before dinner or over the weekend, is great for strengthening the bond with your children and encouraging healthy active lifestyles.



4) **Be Where Your Feet Are.** ...Don't start thinking about something else or scanning your Instagram feed while someone is talking to you.



5) **Sing and Dance.** Studies have shown that singing releases endorphins, which is associated with a feeling of pleasure. Take some time, find music and artists that they enjoy and sing and dance together.





Winners



Congratulations and Good Luck to our Spelling Bee winners! In 1st place we have Kevin Romines (middle). Our 2nd place winner is Aden Johnson (left). Coming in 3rd place we have Gavin Jessop (right). These three students will move forward to our District Spelling Bee that will be happening online this year.

physical education



Happy New Year to all in JES LAND!

The PE department is excited to welcome students back after the break. We will be focusing on starting the new year right with our Tabata routines that students can take home and work on afterschool and on the weekends. Please ask your child about this thing called Tabata and perform a round or two with your child at home!

Right now, we are focusing on light aerobic activities that can be carried out in the cold weather we are having currently here in the valley. Our younger students are showcasing their loco motor movements coupled with moving in various pathways throughout the gym. Our upper grade students are working on the components of fitness that incorporate the following: agility, coordination, balance, and speed to carry out certain tasks within the physical education setting.

Our focus will be hand-eye coordination utilizing manipulatives, crossing the mid-line, and reaction time.

It is a pleasure to be here with your child at JES and we look forward to a prosperous and healthy new year!

All the Best!

Mr. Hines and Mr. Beller



Dear Parents:

I am so excited to be able to teach your child about the beauty in the world around us! This year the Art department will create extra activities online as part of the Discovery Duffel Program.

Students in my classroom will encounter and explore a multitude of art media. They will participate in the artistic process from an idea's inception to creation. As part of the curriculum, we will learn about the basic elements and principles of art. While students are working on their projects, they will be assessed on their understanding of the individual concepts and techniques.

At Johnson Elementary School, all students will explore different art-making processes such as painting, drawing, collage, and multi-media type projects. In kindergarten and first grade, students will focus on tasks that build fine motor skills. Second and third graders will learn about different cultures and art around the world. Fourth and fifth-grade students will dig deeper into the creative problem solving and self-motivation processes of art.

Thank you for supporting the art program at home!

Feel free to use the supplies in the art duffel bags to explore and participate in the art making and creative thinking with your child.

There are ideas for using the supplies in the art duffel bag on my teacher website:

https://sites.google.com/d/1JpkeHHWP9Cv342UFXNgIRMLwfEoh23gp/p/158I3ttc4MwN_lz4hWR01oK32TMp2FfVz/edit?authuser=1

Feel free to contact me with any questions or comments at elvira.butler@mcsd.org or by phone at 249-2484 (X-3139)



Hello Johnson Families!

This month in the library we have some exciting things happening! First of all, the kids are getting the opportunity to visit the library, some of them for the first time! I am VERY excited about this! World Read Aloud Day is February 3, and we will celebrate in the library! Also happening this month the kids can look to see books their Teachers LOVE featured in the library. Who doesn't enjoy a good book recommendation? Lastly and perhaps most importantly....drumroll



please.....BOOK FAIR is coming up! Again, because of some procedures in place we will be having an ONLINE Book Fair. The dates for the fair are Monday February 15- Sunday February 28! Look for flyers to come home with your children along with more instructions about shopping online! You can visit <https://www.scholastic.com/bf/jestbirds> to preview the exciting titles at the fair!

Thank you all and happy reading!!
Mrs. Whitcomb aka "Mrs. Books" (as my Kinder friends are calling me! :-)

Health News

Did you know it's impossible to lick your own elbow?
Try it!

It is important to be active everyday and eat healthy, which seems impossible with the cold, gloomy weather. I know I'm ready for spring and summer to get outside, play, and adventure.

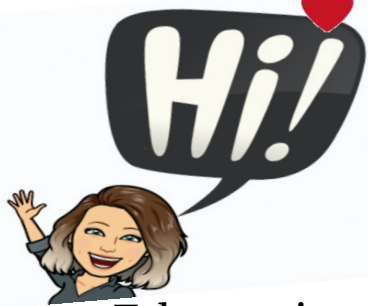
Let's Move gives five simple steps to eating right and staying active during the cold months:

1. Move every day, get creative!
2. Try new fruits & veggies
3. Drink lots of water
4. Do jumping jacks to break up TV time
5. Help make dinner

Stay healthy, stay active, and most importantly stay warm!

Nelly Carmack
JES Health Tech





Mrs. Jaramillo School Counselor

February is a month to celebrate kindness. Johnson students have been working to build community and promote kindness by celebrating each other. Students are working within their classrooms to be friendly, generous, and considerate of others. As a school we have begun the Johnson Flyby. Students from one class color Thunderbirds and place them on the door of another class, with a Johnson Flyby sign. The class who was surprised then colors Thunderbirds to surprise another class. This is meant to build community and put a smile on students' faces. It is a fun way to brighten their day.



We Have Had A
Johnson Elementary
School
Flyby



If you need to talk to me, I can be reached at (970)249-2584 or you can email me at Marcie.jaramillo@mcsd.org. Please don't hesitate to contact me.