



*Communiqué* – January 18, 2010

## Schools on Skis

### A Reminder from the Nurse

Parents must come and pick up their children if they have a temperature of 100 degrees and/or flu-like symptoms. All students and staff who have been home with a fever of 100 degrees and flu-like symptoms must be free of fever for 24 hours, without any type of fever reducing medications, before they can return to school or work. Thank you for helping keep our school healthy!

### Thursday Hot Lunch Program

The Thursday Hot Lunch crew could use more help! If you have time to research lunch offerings or help serve for an hour or two, please contact Renita McColley at [cchlm97@tds.net](mailto:cchlm97@tds.net).

If you would like your child to participate in the hot lunch program but are unable to afford it financially, we have a limited amount of scholarship meals available. Please contact Miss Trezise at 970-243-1771 or [k.trezise@caprockacademy.org](mailto:k.trezise@caprockacademy.org).

**Thursday, January 21, 2010**

**Restaurant: Kentucky Fried Chicken**

**Meal: Grilled chicken leg and thigh, mashed potatoes and gravy, biscuit and a drink.**

**Cost: \$3.50 Cash only and please pay each individual child's teacher.**

### DATES TO REMEMBER IN JANUARY:

**January 22 and 29 - School on Skis at Powderhorn Ski Area.**

**January 19 - Public Informational Meeting; 5:45 - 6:30 p.m. in 7<sup>th</sup> grade room**

**January 26 - Accountability Committee - 3:30 p.m. in Science room.**

Please remember to sign up in the office by Tuesday the 18<sup>th</sup> for Skiing/snowboarding Friday the 22<sup>nd</sup>.

Here is the pricing: (this is for each time)

Full day lesson, lift ticket and rental \$45.00 (only new skiers and snowboarders will do this)

Half day lesson, lift ticket and rental \$40.00

Half day lesson, lift ticket or rental \$37.00

Half day lesson only \$30.00

Helmets \$5.00 (we strongly encourage helmets)

Parent lift tickets will be available for \$30.00 with rentals \$15.00 (parents can do the lessons and get the same price as the kids).

Please pay in full when you sign up and make checks payable to Powderhorn. When you sign up we will send home the detail of when to arrive, etc. The rest of the dates are: January 29<sup>th</sup>, February 5<sup>th</sup>, 12<sup>th</sup> and 26<sup>th</sup>. This is a lot of information and if you have any questions, please contact Mrs. Dollar at 263-0496 or [j.dollar@caprockacademy.org](mailto:j.dollar@caprockacademy.org), or Mrs. Miller-Forrest at [n.miller-forrest@caprockacademy.org](mailto:n.miller-forrest@caprockacademy.org)

Hope to see you there! Mrs. Dollar

### Language Flash Cards

Mrs. Hedda Marg, the after school German teacher, created flash cards that have the German, Spanish, English and Latin words for numbers 0-31. The set includes two sets of cards so students may play concentration or review the numbers in the different languages with a partner. If you are interested in purchasing a set, they are available in the school office for \$5.00.

### BUNDLE UP PLEASE!

As winter has arrived, please remember the Child Care Weather Watch system we use which is endorsed by the Colorado Dept. of Education and the State Health Dept.

When it is 30-40 degrees, students must have a coat to go outside. When it is 20-29 degrees, students must have a coat, hat and gloves to go outside and are limited to 20 min. of outside exposure. When the temperature is below 20 degrees, students are not allowed outside to play.

# SCRIPS IS STARTING AGAIN

Our next order will be January 19<sup>th</sup>. For those of you who are not sure what scrip is or how it works, please check out [www.shopwithscrip.com](http://www.shopwithscrip.com). While you are there you might as well enroll (our enrollment code is **7616951A14997**) and sign up for Presto Pay. If you have any questions contact Becky Behrens at 250-2421 or [bbehrens@gjhomes.com](mailto:bbehrens@gjhomes.com).

## Spring Scrips Schedule

### Order by 8am

January 19<sup>th</sup>  
February 2<sup>nd</sup>  
February 16<sup>th</sup>  
March 2<sup>nd</sup>  
March 16<sup>th</sup>  
March 30<sup>th</sup>  
April 13<sup>th</sup>  
April 27<sup>th</sup>  
May 11<sup>th</sup>  
May 25<sup>th</sup>

### Delivered

January 21<sup>st</sup>  
February 4<sup>th</sup>  
February 18<sup>th</sup>  
March 4<sup>th</sup>  
March 18<sup>th</sup>  
April 1<sup>st</sup>  
April 15<sup>th</sup>  
April 29<sup>th</sup>  
May 13<sup>th</sup>  
May 27<sup>th</sup>

## Like to Play Co-Ed Softball?

We are looking for Caprock parents to form a CAPROCK co-ed softball team. This is a great opportunity for us to come together as a group, meet new people, and have a lot of fun.

We only have room for 12 people so it will be first come first serve. First season starts March 28 and the registration deadline is March 12.

For more information or to add your name to the list, please contact Tim or Nicole Bentley at 970-773-0335.

PLAY BALL!!!

## Community Service Needs Your Help!

The Community Service Committee is requesting donations for new or used bags. These can be any size, from overnight bags and backpacks, to suitcases. Mrs. Vidmar and Ms. Hutto's Goal hour classes will be decorating luggage at the end of February for Ariel Foster Care. These bags will be used for the children to carry their belongings. The bags can have stains since the kids will paint them. Please contact Melissa Werkmeister at: [werkme@q.com](mailto:werkme@q.com) or (970) 210-0048. If you have a bag, bring them into the school office.



## Send in your Box Tops Today!

As a reminder, Caprock is participating in the General Mills Box Tops for education program. For every Box Top collected by our families, this generous fundraiser gives Caprock five cents. Last year we collected over **\$1,600.00**, designated to fund the water provided in our classrooms. **THAT'S A LOT OF BOX TOPS!!!**

We have a submittal to General Mills coming up quickly! So PLEASE send the Box Tops that you have collected into school by February 20<sup>th</sup>. We need to boost our numbers this year!

Also...General Mills is currently running their Return To School Sweepstakes, giving away 100,000 box tops. That's \$5,000.00 for simply making a phone call. If you are interested, simply call General Mills at 1-888-280-0257 and provide you name, address and phone number. You must be 18 to enter, and you may only make one entry per person. The sweepstakes ends on January 31<sup>st</sup>.

For more information about this wonderful and easy program as well as their ongoing sweepstakes and promotions, please check out their website at [www.boxtops4education.com](http://www.boxtops4education.com). You are also welcome to contact me with the below contact information.

Thanks for your valuable participation!

Angie Ingalls

Caprock Academy Box Top Coordinator

Home: 314-7877

Email: [jingalls@bresnan.net](mailto:jingalls@bresnan.net)

## VALENTINE ROSES AT MESA VIEW!

Friday, February 5, 2010; 10:30am at Mesa View Retirement Home. Help us make Hershey Kiss roses for the residents. They loved them last year. We could especially use older kids to help, but younger kids will have plenty to do as well. Contact Kristi Ballif with any questions [kristiballif@me.com](mailto:kristiballif@me.com)