From Mrs. Drury

Dear Parents,

We are in the midst of registration for NEXT YEAR here at Legacy Point. Did you know we are funded in January for the following school year? We get money to budget based on our total student enrollment. If your child is staying at LPE you don't need to do anything. If you are moving, please let the front office know. If you have a new Kindie, please come in at any time to fill out new registration paperwork. If you know of anyone who is interested in Open Enrollment, please have them contact the office. It is important we gain an accurate picture of our enrollment so we can budget staff accordingly. Thank you!

We've had some special celebrations here at Legacy Point. Lindsey Montgomery, a kindergartener here at Legacy Point, inspired her class to donate 35 birthday bags to families at the Sacred Heart House of Denver. We are so proud of you giving back, Lindsey!

Additionally, the Legacy Point Elementary Choir was selected by the Douglas County Administration to sing at the Leadership Team meeting that took place on December 2nd! Our students, under the direction of Mr. Kyler Baxter, sang at the PACE center for over 100 Douglas County Principals, Directors and Central Office Administrators. What an honor!

I very much hope you had a wonderful time with your families for Thanksgiving and are looking forward to additional time spent with loved ones during the winter break.

Kristin
Habit #4 - Think Win-Win

by Nolan (1st Grade) and Evan (2nd Grade)

To think Win-Win means to let people have their things first then we can do our things together. We shouldn’t be just one way or another. We should combine our ideas and our friends’ ideas to make an idea that we both want to do. Make sure you do your friend’s idea and your idea and then connect them. That will help us with thinking Win-Win so we both get what we want to do. Thinking Win-Win helps us in being happy.
Thank you to everyone that helped with signs, kid notes, food and drinks, and a fun drive through to celebrate our amazing veterans. We even had a special surprise homecoming for one of our kindies. It was super emotional and amazing. Members of the Legacy Point SLC presented a fun, virtual assembly with speeches, songs and dances.
Meet Mrs. Walker!

by Waylon (4th Grade)

Mrs. Walker loves to go running, hiking, she loves being out in the mountains, and snowboarding for fun when she is outside of school. Mrs. Walker came to Legacy Point because it was close to her home and it was a lighthouse school and she loves lighthouse schools. Mrs. Walker keeps her students engaged and motivated by giving them some choice for what they are learning. She became a teacher because she enjoys helping kids and she has fun teaching. Mrs. Walker's favorite part about working here is the people here and all of the kindness. An instrument she plays is the flute. She used to play track and basketball. The last book Mrs. Walker read was “Little Fires Everywhere.” She does not watch any cartoons normally but she does watch them with her kids, a 5 year-old at Legacy Point, and a 2 year-old. 3rd Grade is lucky to have Mrs. Walker!
Published Authors!

The kindies in Mrs. Peterson’s class are officially published authors. Each student wrote about a favorite food accompanied by a colorful picture. Check out the front cover and the adorable authors themselves :)

The 2021-2022 Apple Awards

Do you know an exceptional educator or staff member who is going above and beyond for our students? Follow this link to submit a nomination for the 2021-2022 Apple Awards: https://www.foundationdcs.org/legacy-point-elementary-aa-nominations-schools

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From the desks of your mental health team!

LPE Mental Health Team

Katherine Walter, School Social Worker
LPE (M-F)
kwaalter1@dcsdk12.org

Tricia Brown, School Psychologist
LPE (Thursday) and SVE (M, T, W, Th)
tmbrown@dcsdk12.org

Sarah Sanniola, School Counselor
LPE (M-F)
ssanniola@dcsdk12.org

Tips for Nurturing Mental Health in Children

Did you know that families play one of the most important and influential roles in nurturing well-being, teaching resiliency, understanding and managing emotions, and fostering positive relationships? Evidence has shown that supporting and encouraging positive family relationships and choices from infancy has an overall positive effect on someone’s mental health. It’s not probably something we think about on a daily basis but many of our interactions with our children help develop their mental health and ability to handle anything that comes their way. One of the joys of parenting is encouraging, supporting, and watching our children grow physically, socially, and emotionally. In general and very briefly, mental health is the way we think, feel, and act. Taking care of our mental health is as important as taking care of our bodies. We want our children to not only reach their developmental milestones but also their emotional milestones.

Below are some quick ideas to help you foster mental health in your child:

1. **Model Healthy Behavior**: if we show our kids healthy behavior and choices they are more likely to make good choices

2. **Share your feelings and validate theirs**: we need to be willing to share our own feelings so that kids know that feelings aren’t good or bad-just how we feel

3. **Be Honest and Truthful**: as much as can answer their questions and concerns truthfully and honestly

4. **Actively listen before offering advice**: sometimes we want to jump in with a solution or answer to a problem first though we have to listen to support

5. **Be Patient**: feelings and behavior are not always easy to deal with but as adults, we need to be patient when we respond to them

6. **Be consistent and follow through with what you promised**: making promises and breaking them shows that we can’t be trusted or counted on. If we can’t follow through explain why and make sure children understand

7. **Teach them how to be safe**: teach them your expectations for safety and what they can do when they don’t feel safe

8. **Have family time**: schedule family time so that your kids know that you are giving them your undivided attention-watch a movie, go to the park, take a bike ride, play a game, etc. just be present

Continued...
From the desks of your mental health team!, continued...

9. Use open-ended questions: we tend to ask yes/no questions of our kids but when you don’t provide them a choice they have to expand and provide more information

10. Practice relaxation exercises together: if you meditate, meditate with your child, if you take deep breaths, teach them how to take deep breaths, if you do yoga, let them do it with you

11. Recognize positive choices: make sure that we recognize when they have made a good choice with their siblings, with friends, etc.

12. Respond calmly to their elevated emotions: if we respond emotionally to our kid’s emotions, they will learn that we may not be able to be counted on to help them when they are upset

13. Model forgiveness: admit when we make a mistake and show them how to apologize, help them accept responsibility by accepting our own mistakes

14. Set and Respect Boundaries: it is okay to set boundaries but we also have to respect our children’s

15. View behavior as a window to their feelings and needs: a child’s behavior is a manifestation of how they are feeling or what they need-

16. Limit screen time for everyone: one of the harder ones but if we don’t set limits for all of us, your children may believe it is unfair

17. Make play and exercise a requirement: children need to run, explore, and play make it a part of everyday

18. Hug Them: touch conveys so much, even if they act like they are too old, they still want a hug and touch from their parent

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December STEM and Library happenings from Mrs. Knox...

I feel so excited to teach STEM this year because I believe that students today should learn how to create technology, not just use it. STEM for December will be exciting as we participate in The Hour of Code, a worldwide event to celebrate computer science. Students will complete coding lessons and programming activities for at least one hour during the event. Our 2nd-5th graders are mastering coding by learning to write code for Minecraft, Frozen, and Star Wars games in Code.org. Our Kindergarteners and 1st graders are engaging in “unplugged” activities that help nurture problem-solving skills, logic, and creativity. They are tackling engineering challenges by building with Keva Planks, dominos and marshmallows.

Our LPE library will be bustling in December with lots of holiday books, bookmarks to color and stories by a cozy fireplace. A new friend will be popping up on our library shELF to join in the December fun, so keep your eyes open! Happy Holidays!

Mrs. Knox
Seasons Greetings from Essentials!

Hello, LPE families! This month in December the kiddos will be playing a mixture of instruments and singing their favorite holiday songs. The 5th, 4th, and 3rd graders can expect to learn the basics of guitar, a continuation of ukulele, and an introduction to the keyboard. These kids will be learning how to play chords to a variety of songs. Kindergarten, 1st, and 2nd grade will be singing some holiday tunes and tying them in with games and other fun activities. These kids will also be exploring different instruments that are played in the band and orchestra. Music class in December will be jam-packed with tons of fun games and activities!

*Kyler Baxter*

In December students will be working on the skill of striking! Students will participate in games and activities that use hockey sticks, pillow polo sticks and paddles. Classes will also identify what it looks like to work in an effective team. We will also discuss what good sportsmanship looks like. Students will also work together to set class goals around safety and our classroom environment. The week before break students will get the opportunity to Sharpen Their Saws and participate in a variety of activities and games such as Battleship and Indiana Jones!

*Mrs. Merritt*

Dear Students and Families,

Wow I can’t believe that winter break is almost here and we are halfway through the school year! We’ve had an extremely productive first half of our year in the art room. The whole staff can witness the students' pride, as they admire all their artwork in the hallways.

The past few months students have created Jeff Koons inspired balloon dogs, spooky spooky skeleton drawings, peacocks, the homecoming parade float, "Outside Inside" houses and puzzle designs, Dia De los Muertos ofrendas and sugar skills, Jen Stark inspired trippy drippy, and Vincent van Gogh inspired sunflowers. And there's so much more! I can't tell you enough how talented and hardworking these kids are! I can't wait to see what they do next semester.

After winter break, you can look forward to another "Original Works" art fundraiser as well as the family "Canvas and Cookies" painting night. I will keep you updated in future Beacon's about a few art shows in the late spring. As always, Thank You for your support of the Arts!

*Dianna Montano*
December Dates to Remember

Monday, Dec 6 and 13
Orchestra
4:00pm

Tuesday, Dec 14
Student Lighthouse Council
8:00am-8:45am

Tuesday, Dec 7 and 14
Band
7:30am-8:45am

Thursday, Dec 2, 9, 16
Choir Practice
8:00am-9:00am

Thursday, Dec 2
Kindergarten Round Up
5:30pm

Friday, Dec 3 and 10
Run Club
8:15am-9:00am

Dec 2-4
Make-Up CogAT Testing

Wednesday, Dec 15
Ugly Sweater Day!

Thursday, Dec 16
Winter Class Parties
3:15pm

Friday, Dec 17-Jan 3
WINTER BREAK - no school