

March
2023



Principal
Joe Horky

5844
S. Timberline Rd.
Fort Collins
CO 80528

Main Line
970-488-5300

Attendance Line
970-488-5310

Website
bac.psdschools.org



Page 1

Principal Message

From the Desk of Mr. Horky



8 Keys of Excellence

At Bacon, we focus on one KEY each month. Mrs. Harbison and I find ourselves referring to these keys of excellence more and more in conversations with students. They provide us with an opportunity to celebrate successes with students who are exhibiting the keys on a daily basis as well as the opportunity to use the terms when times to reteach present themselves. The keys are displayed in classrooms in order to provide constant reminders for all Bacon Bulldogs. They are not just keys to being a successful student at Bacon, they also help adults be successful with the things we do each day.

As we begin a new month and enter the final stretch of the school year, I'd like to share a brief description of each key along with the wording we use at school when teaching them. In parenthesis, you will find the month in which each key is being emphasized.

This Is It! (September) – We have the power to choose our attitude. It's important to make whatever we are doing at any given time the most important.

continued on next page

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MEDICAL = PEDIATRICS = DENTAL = BEHAVIORAL saludclinic.org

March
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CHILD
STRUGGLING
IN SCHOOL?**

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...to learn more about
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Page
2

Principal Message

continued

Ownership (October) – We are responsible for our choices and consequences (both positive and negative). Ownership is knowing that we can't always control what happens, but we can control how we respond.

Speak with Good Purpose (November) – I know that my words can make people feel good or feel bad. Words are powerful!

Commitment (December/January) – Being committed means we have the discipline to follow through with our commitments to others and to ourselves, even when it is challenging. Always Work Hard – NEVER give up!

Failure Leads to Success (February) – It's important for students to know that they are not always going to get things right the first time and to see failures as feedback. We learn from our mistakes and make changes needed to be more successful in the future.

Integrity (March) – Simply put, this means, "know what's right - do what's right." When these two things are put together – we are showing integrity. I share with students that integrity is EASY to lose and HARD to get back!

Flexibility (April) – You don't always get what you want and that's Okay. It's important to understand that sometimes our actions need to be changed to get the desired result.

Balance (May) – Healthy Body + Smart Brain = Happy Heart

We appreciate your support! Thank you for sharing your child with us!

Mr. Horby

We understand the stress
of caring for a sick child.

Our providers are here to help get
your family on the fast track to healthy.



The Youth Clinic
caring for our future generations



Pediatric
Urgent Care
OF NORTHERN COLORADO



March
2023



Intermediate News – 1st Grade

We've been very busy in first grade. It's hard to believe we'll soon be entering our third trimester. Here's a preview of some upcoming things we'll be learning. In social studies, we'll be learning about U.S. symbols (flag, eagle, Statue of Liberty, Liberty Bell, and the Great Seal). After spring break, we will move into famous Americans. Our three main areas of focus will be Civil Rights Leaders, Inventors, and National Heroes. In math, we will begin subtracting with double-digit numbers. When subtracting with tens, we will use our knowledge of single-digit subtraction and apply it to double-digit subtraction. We teach students that if you know a basic fact such as $4-1=3$, you can see the relationship and easily solve $40-10=30$. Throughout the school year in writing, students have learned how to write small moments, opinion papers, and nonfiction chapter books. This month, students will have the opportunity to write the genre of their choice! During our daily phonics instruction, we will continue to work on long vowels and vowel teams (ea, ee, ai, oa, etc.). Our end of year testing will be here before we know it! At the end of first grade students are expected to read a passage and retell the story. When reading with your child at home, please encourage them to tell you what happened in the beginning, middle, and end of the story, adding as many details as they can recall. We are also very excited to be planning a field trip to the Environmental Learning Center in May. This field trip will tie into everything we have been learning about animals this year. It's going to be a great Spring Semester in First Grade!



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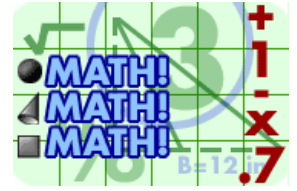
12 & UNDER THROUGH MAY 31, 2023
ADULTS \$29

March
2023



Intermediate News – 4th Grade

Wow! We can't believe we're heading into March! Fourth graders have been very busy. In math, students have learned so much. We have completed our study of fractions and are heading into angles. The important math concepts for fourth graders are multiplication, division and fractions.



In writing we are deep into our literary essay unit. The kids are doing a great job using evidence from a story to support their opinion about a character. They have learned to use mini-stories, quotes, and lists to “prove” their opinions. As we complete the literary essay, our next unit will see students comparing and contrasting two stories they've read.

In reading, we are getting ready to read *The One and Only Ivan*. As with the other novels we've read, students will learn about how a character can change throughout a story, how figurative language helps to make a story more interesting, and how we can determine the theme of a story. We will also focus on writing the main idea and support details, cause and effect, and writing a summary.

Counseling News

Hello Bacon Families!

Over the past month, we finished up our Bully Prevention units through Second Step.

Over the next few months, we will be exploring the Zones of Regulation. The Zones of Regulation helps define emotions as the best state of alertness of both the body and emotions for the specific situation. For example, when a student plays on the playground or in a competitive

continued on next page



March
2023



Counseling News

continued

game, it is beneficial to have a higher state of alertness. However, that same state would not be appropriate in the library. The lesson and learning activities are designed to help the students recognize when they are in the different zones as well as learn how to use strategies to change or stay in the Zone they are in. There are 4 basic Zones colors we work with: Blue, Yellow, Green, and Red.

- **Blue Zone:** Used to describe a low state of alertness. The Blue Zone is used to describe when one feels sad, tired, sick, or bored.
- **Green Zone:** Used to describe the ideal state of alertness. A person may be described as calm, happy, focused, or content when he or she is in the Green Zone. The student is in control in the Green Zone.
- **Yellow Zone:** Used to describe a heightened state of alertness. A person may be experiencing stress, frustration, anxiety, excitement, silliness, or fear when in the Yellow Zone. The student maintains some control of himself or herself in the Yellow Zone.
- **Red Zone:** Used to describe an extremely heightened state of alertness. A person may be experiencing anger, rage, explosive behavior, panic, extreme grief, or terror when in the Red Zone and is described as being “out of control.”

Lisa Sweet
Bacon Elementary School Counselor
lsweet@psdschools.org
970-488-5308

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March
2023



Page
6

Integrated Services



Thank You!

A huge thank you to all the families and community members who donated to our Wellness Room this year! With these resources we have been able to teach more students more often about regulation and how we can get our bodies and minds in a "Just Right" state for learning. This has made a world of difference this year!



Summer is (kinda) nearly here! Looking to sign your kids up for spring and summer activities? Did you know that the City of Fort Collins offers adaptive recreation opportunities for individuals with disabilities, as well as inclusion support for individuals who want to participate in a Recreator class but need accommodations and support? Find out more here: <https://www.fcgov.com/aro/>

Supporting our Schools



Joe Mivshek
Joe.Mivshek@KW.com

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PTO Newsletter

MARCH 2023

www.baconpto.org



MANY THANKS!

The PTO would like to send a BIG thank you to everyone who donated and helped with Classified staff appreciation week! They definitely felt the love!

Another BIG thank you to everyone who helped make our February fundraising challenge a great success! Fifth graders won the pancake party! Go fifth grade!

UPCOMING EVENTS

- 3/3 First grade sponsored staff luncheon.
 - First grade families can [Donate here](#)
- 3/7 March PTO meeting at 6:30pm in the media center.
- 3/13-3/17 Spring break!
 - No enrichments
- 3/22 Dinner night out at Matador (see flyer below)
- 3/23-3/26 Outdoor classroom FUNdraising challenge!

LEPRECHAUN FUNDRAISING CHALLENGE!

This month our FUNdraising challenge involves a little bit of mischief! The grade level that brings in the most donations from March 23rd to March 26th will get to participate in a Leprechaun candy hunt on the playground! Our little Leprechaun helpers will be placing treats ALL OVER for the kiddos to find.



Date: Wednesday, 3-22-23
Time: 7:00 AM—8:00 PM
Location: Matador Mexican Grill
1823 East Harmony Road
Fort Collins, CO 80528
Just west of the Harmony &
Timberline intersection

Join us for a Fundraiser at
Matador Mexican Grill!

Voted Best Mexican Food,
Best Fish Tacos &
Best Breakfast Burritos

▶ Eat a delicious meal at Matador Mexican Grill
& raise money for **Bacon Elementary PTO**

Please join us for a fundraiser! To help support the Bacon Elementary PTO fundraising efforts, please visit *Matador Mexican Grill* for Breakfast, Lunch or Dinner on

Wednesday March 22nd.

- When ordering, show this flyer and 20% of your total will go to supporting

— Bacon Elementary PTO —

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Matador Mexican Grill — Independently Owned and Locally Operated by a Couple of CSU Grads

Fossil Ridge Cheerleading



Mini Clinic

The mini clinic is \$50 which includes a t-shirt, poms, and snack. If your child attended the summer 2022 clinic and already has a t-shirt to wear you will get \$5 off the price.

Mini clinic attendees will learn a cheer, a dance, a stunt, and end with a performance, all while having fun with Fossil Ridge cheerleaders.

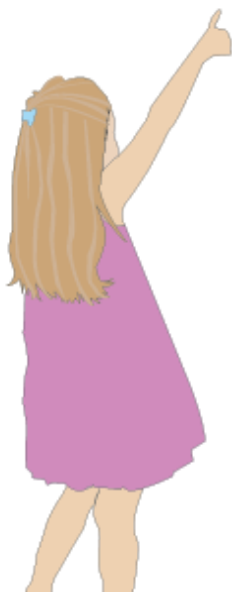
Date: March 25th

Time: 9am - 12:30pm

Location: FRHS gym

GRADES: k-5

frhsminiclinics@gmail.com
858-864-6022



Register: <https://frhscheer.com/mini-clinics/frhs-cheerleading-spring-mini-clinic>



Children's Hospital Colorado

www.childrenscolorado.org

HEARTS & HORSES

Therapeutic Riding Center



est. 1997

The **Children's Hospital Colorado/University of Colorado** and the **Hearts & Horses Therapeutic Riding Center** are working together to test if measures of physiological states of arousal, heart rate and electrodermal activity, can help to tell us why therapeutic horseback riding (THR) can be helpful for children and teens with autism.

There is increasing evidence that human-animal interventions such as therapeutic horseback riding can lead to improved emotional health and social wellness outcomes in children. However, what we do not know is how or why these positive outcomes occur. It has been proposed that being with an animal or riding a horse can produce a physiologic state of alert relaxation or mindfulness in humans that can then lead to positive outcomes.

We are looking for children with ASD, ages 6-16 years old, who might be interested in participating in our study!

What are the benefits to being involved in this study?

- Your child will receive 10 weeks of group sessions at Hearts and Horses Therapeutic riding center, free of charge
- Monetary compensation for pre- and post-intervention testing

To learn more about the study and to see if you qualify to participate, please scan the QR code below or visit <https://redcap.link/3imqxtqw>




Thank you!

Robin Gabriels, Psy.D.
Principal Investigator
COMIRB# 19-1962

March 2023

Bacon Elementary


Breakfast

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<ul style="list-style-type: none"> • French toast sticks • Sausage Patty • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Mini Pancakes • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Egg, Cheese & Bacon Breakfast Burrito • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice
6	7	8	9	10
<ul style="list-style-type: none"> • Breakfast Sausage Pizza • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Mini Cinnamon Rolls • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Pancake & Sausage Wrap • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Breakfast Round • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Whole Grain Waffle, Chocolate Chip • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice
13	14	15	16	17
	<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today
20	21	22	23	24
<ul style="list-style-type: none"> • Egg, Cheese & Bacon Breakfast Burrito • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • French toast sticks • Sausage Patty • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Breakfast Sausage Pizza • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Mini Pancakes • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Mini Cinnamon Rolls • Muffin Assorted & Yogurt Variety • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice
27	28	29	30	31
<ul style="list-style-type: none"> • Whole Grain Waffle, Chocolate Chip • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Egg, Cheese & Bacon Breakfast Burrito • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Breakfast Round • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • WGR Grahamz Crackers • Yogurt • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice 	<ul style="list-style-type: none"> • Pancake & Sausage Wrap • Assorted Muffins • Assorted Cereal • Assortment of Fruit • Milk Variety • Assorted Juice

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

		1	2	3
	Food Offered Daily: <ul style="list-style-type: none"> • Salad Bar • Fruit Salad • Assorted Salad Dressings • Whole Wheat Dinner Roll • Chocolate Milk • Milk fat free • Milk low fat 1% • Assorted Condiments 	<ul style="list-style-type: none"> • Chicken Patty Sandwich • Chef Salad & Roll • Cold Deli Meat & Goldfish • ColdDeli Yogurt & Goldfish or Pretzels • Pb&J Sandwich • Steamed Veggies 	<ul style="list-style-type: none"> • Beef Taco & Rice • Chicken Strips • Cold Deli Meat & Goldfish • ColdDeli Yogurt & Goldfish or Pretzels • Pb&J Sandwich • Black Beans • Nugget Dipping Sauces • Mexican Condiments-ELEM 	<ul style="list-style-type: none"> • Cheese Pizza • Pepperoni Pizza • Cold Deli Meat & Goldfish • ColdDeli Yogurt & Goldfish or Pretzels • Pb&J Sandwich • Peas • Assorted Italian Condiments

6	7	8	9	10
<ul style="list-style-type: none"> • Meatball Sandwich • Cheese Calzone & Marinara • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Corn • Assorted Italian Condiments 	<ul style="list-style-type: none"> • Lasagna with Veggies • Chicken Drumstick & Roll • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Green Beans • Assorted Italian Condiments 	<ul style="list-style-type: none"> • Orange Chicken & Rice • Fish Sticks • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Steamed Broccoli 	<ul style="list-style-type: none"> • Chicken Burrito • Hot Dog • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Refried Beans • Mexican Condiments-ELEM 	<ul style="list-style-type: none"> • Cheese Pizza • Hot Dog • Hummus & Veggie Box • Cold Deli Yogurt & Roll • Pb&J Sandwich • Steamed Carrots • Assorted Italian Condiments

13	14	15	16	17
	<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today 	<ul style="list-style-type: none"> • No School Today

20	21	22	23	24
<ul style="list-style-type: none"> • Chicken & Waffles • Chicken Caesar Wrap • Cold Deli Meat & Pretzels • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Steamed Broccoli 	<ul style="list-style-type: none"> • Chicken Tacos & Rice • Pizza Bites • Cold Deli Meat & Pretzels • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Black Beans • Mexican Condiments-ELEM 	<ul style="list-style-type: none"> • Asian Meatballs & Rice • Chicken Patty Sandwich • Cold Deli Meat & Pretzels • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Steamed Veggies 	<ul style="list-style-type: none"> • Mac & Cheese • Cheese Calzone & Marinara • Cold Deli Meat & Pretzels • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Green Beans • Assorted Italian Condiments 	<ul style="list-style-type: none"> • Cheese Pizza • Pepperoni Pizza • Cold Deli Meat & Pretzels • Cold Deli Yogurt & Pretzel or Goldfish • Pb&J Sandwich • Peas • Assorted Italian Condiments

27	28	29	30	31
<ul style="list-style-type: none"> • Pork Chop Sandwich • Cheese Ravioli & Roll • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Corn • Assorted Italian Condiments 	<ul style="list-style-type: none"> • Chicken Drumstick & Roll • Yogurt Parfait • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Green Beans 	<ul style="list-style-type: none"> • Tomato Soup & Grilled Cheese • Fish Sticks • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Tomato Basil Soup 	<ul style="list-style-type: none"> • Beef & Bean Burrito • Hot Dog • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Refried Beans • Mexican Condiments-ELEM 	<ul style="list-style-type: none"> • Cheese Pizza • Pepperoni Pizza • Cold Deli Meat & Roll • Cold Deli Yogurt & Roll • Pb&J Sandwich • Steamed Carrots • Assorted Italian Condiments