Hello KLES families!

It is so crazy to think that we are heading into November! It is one of my favorite months of the year; the temperature is finally where it is cold in the morning and beautiful during the day. The fall colors are in full swing and Thanksgiving is right around the corner. We have so much to be thankful for here at KLES. We have a wonderful, caring staff from our FM, custodians, our Paraprofessionals, all of our office staff, SPED teachers, to all of our classroom teachers. I am thankful every day for the opportunity to work with all of them and I know your children are in good hands!

Thank you teachers for all of your hard work and commitment that made our fall conferences a great success! #BetterTogether

5 things to ask your kids instead of “How was school?”

1. What made you smile today?
2. Who did you sit with at lunch?
3. If you could change one thing about today what would that be?
4. What was the hardest rule to follow today?
5. Tell me something you know today that you didn’t know yesterday.

Thanks again for supporting your student and our school.

Sarah Roberts,
Principal
School Calendar:

**NOVEMBER**

November 4 - Lifetouch Picture Retake Day
November 12 – End 1st Trimester
November 19 - Hearing & Vision Screening
November 19– Report Cards Go Home
November 16 – PTA Meeting 6:00 – 7:00 / Accountability Meeting 7:00 – 8:00 pm
November 22 - 26 – Thanksgiving Break – **NO SCHOOL**

Reminders from the office:

- Please have an extra mask in your student's backpack.
- All visitors need to sign in and out through the main office and must wear a mask.
- Every absence must be called into the attendance line: 303-982-8331
- Remember to check the lost and found!
- With the changing weather conditions, please make sure your child is dressed appropriately for the weather. We will go outside every day for recesses unless the temperature is below 20 degrees or if precipitation or playground conditions warrant staying inside. Please make sure your child is prepared to be out in the cold weather.
Notes from the Kitchen:

The Kendrick Lakes kitchen is hiring! If you would like to put a smile on kids' faces while serving them lunch, please contact Dianna Garcia at 303-982-6747. The hours are flexible with no nights, weekends, or holidays!

Please see attachment on page 13

Or you can volunteer on days that work best for you! ~ see attachment on page 14

Orchestra Concert date:

Wednesday November 10th
Location: Bear Creek HS Gym
Student Arrival Time: 6:15 pm
Concert Start Time: 7:00 pm

Earn cash for your school! Save Longmont Dairy Milk Caps.
Longmont Dairy Farm will donate 5¢ per LDF produced product bottle cap. Schools are free to spend these funds as they wish to benefit students.

To sign up, go to LongmontDairy.com/savecaps or click here.
November Library News

**Digital Citizenship:** Our digital citizenship topic this month is *News and Media Literacy*. Students will identify credible and trustworthy information sources and reflect on their responsibilities as thoughtful media creators and consumers.

**Motto:** We are critical thinkers and creators.

**Guiding question:** How can I be a critical consumer and creator of news and media?

**Family Resources:** Check out the Jeffco Tech for Ed newsletter for more information and lots of family resources! [November Digital Citizenship Family Letter](#)

Book Fair: Thank you Kendrick Lakes community for a very successful Book Fair! This is the library’s biggest fundraiser of the year. We appreciate all the donations and time you have volunteered to make our Book Fair a success! We will be using the funds raised to purchase much needed books and materials for the library. If you would like to donate to the library throughout the year, please contact Rae Jones in the office. Your continued support of our library is greatly appreciated! We love our Kendrick Lakes community!
PTA:

Thank you to everyone who joined us in-person and on Zoom for our October PTA meeting! In case you weren’t able to attend the meeting, we have posted the meeting minutes on Facebook (Facebook.com/klespta) and the PTA website (klespta.org).

We have some exciting PTA events coming up in November:

- Nov 1 - Sugar Skulls workshop w/ Ms. Runyan 3p-4p
  *Please be advised if your student has food allergies, this project uses an egg mixture

- Nov 11 - Veterans Appreciation

- Nov 12 - Deadline to turn in orders for Holiday Plant Fundraiser

- Nov 15 - Community Night at Chick-Fil-A 4:30pm-8:30pm

- Nov 16 - PTA Meeting at 6pm in the KLES library and virtually, followed by Accountability at 7p

Veteran’s Day is November 11 and we would like to honor all of our KLES Veterans. Due to COVID restrictions, we are unable to host our annual Veteran’s Day Breakfast so this year we will have a table at the front of the school from 7:45am-8:15am and will be handing out goodies.

Our Holiday Plant Fundraiser is in full swing and we are accepting orders until November 12th. You can place your order through this link my.cheddarup.com/c/kles-holiday-plant-sale or send in the order form with a check made out to KLES PTA. Please check your email for more information or contact the PTA if you have any questions.

Membership Drive is over, but if you still have not joined the PTA we encourage you to sign up. Just go to our Cheddar Up website: https://kles-pta-membership-drive-21-22.cheddarup.com and become a member! It is just $15 (individual) and $25 (family).

We also offer business memberships ranging $100-$500, which are a great way to sponsor the PTA and get more visibility for your business!

Calling all volunteers! We are starting to look for volunteers for one-time events and committee chairs. If you are interested in getting involved in ANY capacity please let us know! Send us an email and we’ll be happy to answer any questions you may have or click on the link https://www.signupgenius.com/go/20f0b44a5af2ea75-kles2 to sign up for volunteer opportunities.

We look forward to seeing you at all our PTA events! If you have any questions or comments please don’t hesitate to contact us:

Email: klespta@gmail.com
Facebook: facebook.com/klespta
Instagram: @klespta
Website: klespta.org
Helpful parent information:

Tips for Parents Around Executive Functioning:
Executive function and self-regulation skills are the mental processes that enable us to plan, focus attention, remember instructions, and juggle multiple tasks successfully. Just as an air traffic control system at a busy airport safely manages the arrivals and departures of many aircraft on multiple runways, the brain needs this skill set to filter distractions, prioritize tasks, set, and achieve goals, and control impulses.

- Watch this video from Edutopia explaining what executive function is and why it is important. Then, have a conversation guided by the following questions:
  - What do you know now that you didn't know before you watched the video?
  - What is one thing we can do at home today to help practice executive function skills?
  - How will you know that you are improving your EF skills?

1. Things to keep in mind:
   - How can I help my child build independence with these skills?
   - Does my child need visual reminders (pictures or checklists)?
   - Does backwards planning help my child?

2. Here are some great suggestions from Harvard University’s Center on Developing Child for fun ways to build EF skills at home. Try one!
   - Activities for building EF in kids aged 5-7
   - Activities for building EF in kids aged 7-12

3. Brainstorm a list of at-home ways that you and your student use executive function skills each day. Examples might include:
   - Preparing lunch and backpack the night before
   - Prioritizing what needs to be done first, second, third to achieve a goal
   - Setting a goal and deciding what success will look like and sound like
   - Taking pictures of what “ready” looks like and taping by the front door (backpack on, homework in backpack, etc.)

4. Peek at this EF Skills Matrix from Life Skills Advocate to see what is appropriate for different skills and age levels. Work to set a goal for something you might like to improve. Then, decide how you will track progress towards the goal...a daily reflection, tally marks, a shared conversation, a sticker chart, etc.?

<table>
<thead>
<tr>
<th>Goal: I can ____________________________ (what you will do) by ________________ (specify a time frame). This is important because _____________________ (what will this allow you to do/be?).</th>
</tr>
</thead>
<tbody>
<tr>
<td>Success Indicators: (specify 2-3 ways you will know you've been successful).</td>
</tr>
<tr>
<td>Here is an example of a goal statement:</td>
</tr>
<tr>
<td>I can prepare my backpack, shoes, and socks each night and put them in a designated space to access when I leave for school. I will do this each day so that I am ready to leave for school and begin learning without rushing around or forgetting things.</td>
</tr>
<tr>
<td>Success Indicators:</td>
</tr>
<tr>
<td>- I get to school on time for 3 or more days in a row</td>
</tr>
<tr>
<td>- I will have all my work and supplies packed in my backpack, so I have them for school for 5 days in a row</td>
</tr>
<tr>
<td>- I will have a calm mind and a calm body when I get to school on the days that I prepare my backpack, shoes, and socks so that I am ready to learn</td>
</tr>
<tr>
<td>- I will remember to bring home what I need for homework (Chromebook, homework, etc.)</td>
</tr>
<tr>
<td>Positive Reinforcement:</td>
</tr>
<tr>
<td><em>Find a way to celebrate your child's success in accomplishing a set goal. 😊 This can help foster continued motivation to work on improving these skills.</em></td>
</tr>
</tbody>
</table>
Executive Function Activities for 5- to 7-year-olds

Games can exercise children’s executive function and self-regulation skills—and allow them to practice these skills—in different ways. At this age, children start to enjoy games that have rules, but do so with widely varying levels of interest and skill. Since an important aspect of developing these skills is having a constant challenge, it’s important to choose games that are demanding but not too hard for each child. As the child players become familiar with these games, try to decrease the adult role as soon as possible; the challenge is greater for children if they remember and enforce the rules independently. Just be prepared with some techniques for negotiating conflict. Flipping a coin or drawing a straw are some methods used by Tools of the Mind, an early education program designed to build self-regulation.

Card games and board games

- Games that require players to remember the location of particular cards are great at exercising working memory. At the simplest level, there are games such as Concentration, in which children uncover cards and have to remember the location of matches. At a more complicated level are games that require tracking types of playing cards as well as remembering their locations, including Go Fish, Old Maid, Happy Families, and I Doubt It.
- Games in which the child can match playing cards, either by suit or number, are also good at practicing cognitive flexibility. Examples include Crazy Eights, Uno, and Spoons. Blink and SET are newer card games in which cards can be matched on more than two dimensions.
- Games that require fast responses and monitoring are also great for challenging attention and inhibition. Snap and Snapjack are card games that fall into this category. Perfection draws on similar skills.
- Any board game that involves some strategy provides important opportunities to make and hold a plan in mind for several moves ahead, consider the varying rules that govern different pieces, and adjust strategy in response to opponents’ moves. Through strategizing, a child’s working memory, inhibitory control, and flexibility have to work together to support plan-based, effective play. Sorry!, Battleship, Parcheesi, mancala, checkers, and Chinese checkers are some of the many examples of these types of games for children this age.

Physical activities/games

- Games that require attention and quick responses help children practice attention and inhibition. They include freeze dance (musical statues); musical chairs; Red Light, Green Light; or Duck, Duck, Goose for younger children. Some of these games also require the person who is “It” to mentally track others’ movements, challenging working memory as well; these games include Mother May I? and What Time Is It, Mr. Fox? Others require selective responses and test inhibition, such as the Magic Word Game, in which children wait for a “magic word” to start an action.

continued
Fast-moving ball games, such as four square, dodgeball, and tetherball, require constant monitoring, rule following, quick decision-making, and self-control.

Simon Says is another great game for attention, inhibition, and cognitive flexibility, as the child has to track which rule to apply and switch actions, as appropriate. Other versions are the Australian Do This, Do That or the variation, Do As I Say (Not As I Do).

Children are now old enough to enjoy structured physical activities, such as organized sports. Games that require coordination and provide aerobic exercise, such as soccer, have been shown to support better attention skills. Physical activities that combine mindfulness and movement, such as yoga and Tae Kwon Do, also help children develop their ability to focus attention and control actions.

**Movement/song games**

- **Copy games**, in which the person imitating has to hold in mind the model's actions, draw on working memory. Punchinella is one example, with the model watching during the second verse (“I can do it, too”). Call-and-response songs provide a similar auditory challenge, like Boom Chicka Boom and I Met a Bear.

- **Songs that repeat** and add on to earlier sections (either through words or motions) also challenge working memory, like the motions to She’ll Be Coming ’Round the Mountain, or the words to Bought Me a Cat. The classic memory games of Packing for a Picnic or Packing a Suitcase for Grandma’s fall in this category, too. Older children can enjoy the added challenge of alphabetizing the list.

- **Singing in rounds** is a challenge for older children that requires use of working memory and inhibition. Row, Row, Row Your Boat is a simple round to start with, but there are many with greater complexity.

- **Complicated clapping rhythms** also practice working memory, inhibition, and cognitive flexibility, and have been popular with generations of children in many cultures. Miss Mary Mack and Down Down Baby are familiar examples.

**Quiet activities requiring strategy and reflection**

- Children become increasingly independent at this age, and puzzle and brain teaser books that include mazes, simple word finds, matching games, etc., exercise attention and problem-solving skills (requiring working memory and cognitive flexibility).

- **Logic and reasoning games**, in which rules about what is possible need to be applied to solve puzzles, start to become interesting and provide great working memory and cognitive flexibility challenges. ThinkFun, a game and puzzle company, provides some appealing and age-appropriate versions with Traffic Jam and Chocolate Fix, while Mastermind is another old favorite that now has a simpler version for younger children. Educational online game sites provide many similar activities as well.

- **Guessing games** are also popular and require players to use working memory and flexible thinking to hold in mind previous responses while they develop and discard potential theories. Some examples are 20 Questions or Guess My Rule (often played with blocks of different colors, sizes, and shapes, so that children try to guess which attribute, or set of attributes, defines the rule for the set).

- **I Spy** and the books derived from this game require children to think about categorization and use selective attention in searching for the correct type of object.

**Resources**

**Online games**
- [www.coolmath.com](http://www.coolmath.com)
- [pbskids.org/lab/games](http://pbskids.org/lab/games)

**Game rules**
- [www.pagat.com](http://www.pagat.com)

**Fun songs**
- [www.scoutsongs.com](http://www.scoutsongs.com)
- [ThinkFun](http://thinkfun.com)
- [Tools of the Mind](http://www.toolsofthemind.org)

Helping your child manage social play
Executive Function Activities for 7- to 12-year-olds

These games provide challenges and practice for executive function and self-regulation skills among school-age children. For children in this age range, it is important to steadily increase the complexity of games and activities.

Card games and board games

- **Card games** in which children have to track playing cards exercise working memory and promote mental flexibility in the service of planning and strategy. *Hearts, spades, and bridge* are popular examples.

- **Games that require monitoring and fast responses** are great for challenging attention and quick decision-making in children at this age. *Spit,* for example, requires attending to your own play as well as your opponents’ progress.

- **For younger children,** card games requiring matching by either suit or number continue to test cognitive flexibility. *Rummy* games, including *gin rummy,* are popular examples. Games with more complicated sets of options, such as *poker* and *mahjong,* may challenge older children.

- **Any game involving strategy** provides important practice with holding complicated moves in mind, planning many moves ahead, and then adjusting plans—both in response to imagined outcomes and the moves of opponents. With practice, children can develop real skill at classic games of strategy like *Go* or *chess,* while challenging working memory and cognitive flexibility. Many more modern strategy games exist as well. *Mensa,* the high IQ society, holds a yearly competition testing new games, and provides an interesting list of favorites.

- **Children this age also enjoy** more complex games involving fantasy play, which require holding in working memory complicated information about places visited in imaginary worlds, rules about how characters and materials can be used, and strategy in attaining self-determined goals. *Minecraft* is a popular computer game of this sort, while *Dungeons & Dragons* is a longtime card-based favorite.

Physical activities/games

- **Organized sports** become very popular for many children during this period. Developing skill at these games practices children’s ability to hold complicated rules and strategies in mind, monitor their own and others’ actions, make quick decisions and respond flexibly to play. There is also evidence that high levels of physical activity, particularly activity that requires coordination, like soccer, can improve all aspects of executive function.

- **Various jump rope games** also become popular among children of this age. Children can become very skilled at *jump rope, double Dutch, Chinese jump rope,* and other such challenges. Developing skill in these games requires focused practice, as well as the attention control and working memory to recall the words of the chant while attending to the motions.

- **Games that require constant monitoring of the environment and fast reaction times** also challenge selective attention, monitoring, and
inhibition. For younger children, hiding/tag games, particularly those played in the dark, like *flashlight tag* and *Ghost in the Graveyard*, are fun. Older children may enjoy games like *laser tag* and *paintball*. Many video games also provide practice of these skills, but can include violent content, so care should be taken in selecting appropriate options and setting reasonable time limits. Common Sense Media, a non-partisan media information organization, provides useful reviews of popular games.

### Music, singing, and dance

- **Learning to play a musical instrument** can test selective attention and self-monitoring. In addition to the physical skill required, this activity challenges working memory to hold the music in mind. There is also some evidence that the practice of two-handed coordination supports better executive function.
- **Whether or not children learn an instrument, participating in music classes or community events can still require them to follow rhythmic patterns, particularly when improvisation is involved (e.g., clapping or drumming).** This can challenge their coordination of working memory, attention, cognitive flexibility, and inhibition.
- **Singing in parts and rounds, as is done in children’s singing groups, is also a fun challenge, requiring a similar coordination of working memory, monitoring, and selective attention.** As children’s musical skills grow, adults can present them with steadily increasing challenges.
- **Dancing, too, provides many opportunities to develop attention, self-monitoring, and working memory, as dancers must hold choreography in mind while coordinating their movements with the music.**

### Brain teasers

Puzzles that require information to be held and manipulated in working memory can be terrific challenges.

- **Crossword puzzles** are available for all skill levels and draw on manipulation of letters and words in working memory as well as cognitive flexibility.
- **Sudoku** provides a similar challenge but works with numbers and equations rather than letters and words.

- **Classic spatial puzzles** like *Rubik’s Cube* require children to be mentally flexible and consider spatial information in devising potential solutions.
- **Cogmed and Lumosity** provide computer game puzzles and challenges that are designed to exercise working memory and attention.

### Resources

- **Common Sense Media**
  - [www.commonsensemedia.org](http://www.commonsensemedia.org)
  - [www.commonsensemedia.org/game-reviews](http://www.commonsensemedia.org/game-reviews)

- **List of winning games from American Mensa’s Mind Games competitions**
  - [mindgames.us.mensa.org/about/winning-games/](http://mindgames.us.mensa.org/about/winning-games/)

- **Other programs**
  - [www.cogmed.com](http://www.cogmed.com)
  - [www.lumosity.com](http://www.lumosity.com)

- **Tips for using video games**
## Executive Functioning Skill Development by Age

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Developmental Milestones</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant (0-12 mos)</td>
<td>- Understanding of time concepts including passing, days, weeks, etc.</td>
</tr>
<tr>
<td>Toddler (1-4 yrs)</td>
<td>- Develops understanding of multi-step tasks that take up to 30-45 minutes</td>
</tr>
<tr>
<td>Early Learner (5-12 yrs)</td>
<td>- Follows complex school procedures combined with home routines,</td>
</tr>
<tr>
<td>Teen (13-18 yrs)</td>
<td>- Maintain self-control and manage daily living tasks in response to social changes.</td>
</tr>
<tr>
<td>Young Adult (19+)</td>
<td>- Manage emotions and the emotions of others.</td>
</tr>
</tbody>
</table>

**References**


FOOD & NUTRITION IS HIRING!
CALL or APPLY TODAY
Interview Tomorrow!

- Feed Jeffco’s kids!
- Flexible schedules
- Work w/your kids!
- No late nights
- No holidays
- Part- and full-time
- Benefits available

Have you always wanted to work with kids? CALL TODAY!
303-982-6747

jeffcopublicschools.org/employment/jobs

This institution is an equal opportunity provider.
Looking for ways to get involved and help?

Sign up to volunteer in your school's kitchen!

Staffing shortages have created a critical need in many school kitchens. If you're interested in volunteering to help, please contact:
Katie Jeter, 303-982-6879
Check out the partnership opportunities below that help raise funds for the Kendrick Lakes Elementary School PTA!

Purchase an engraved brick paver for the front entrance of our new school. Honor a student, past teacher or just write a “thank you” message on your brick. Purchase at: https://polarengraving.com/kendricklakeselementaryschool

Buy your gifts at smile.amazon.com or with AmazonSmile ON in the app. Choose to support Kendrick Lakes PTA and a percentage of your purchase will come back to KLES PTA! Get started at: smile.amazon.com/ch/23-7150822

Link your existing King Soopers Soopercard to our school and a percentage of your purchases will go back to KLESPTA! To link your card, sign in at: https://www.kingsoopers.com/, find “Community Rewards” and choose Kendrick Lakes or WS647

Use reloadable Safeway gift card designated for KLESPTA and Safeway will donate 5% for every $500 loaded! Email KLESPTA@gmail.com to receive a card and re-load all year round!

Keep it simple. Just want to help us meet our remaining goal of $10,000 for Mimio boards for the new school? Make a donation to the “Love Your NEW School” campaign at www.KLESPTA.org

Purchase a gift card and 50% of the value will be donated directly to KLES on a monthly basis. Gift cards never expire but cannot be used in combination with other discounts and promotions such as monthly memberships. To purchase a gift card or learn more, please visit: https://go.JimmySuds.com/KLES2

Scan the barcode below at the pay station as you arrive or enter the following code when purchasing a “Protect It!” wash: 6071 0072

Advertising in this newsletter does not imply endorsement by the school or district.
Celebrate your favorite memories with one-of-a-kind holiday cards and gifts. Shop through our custom Storefront and Shutterfly will give 8% of all purchases back to our organization. [http://klespta.shutterflystorefront.com/](http://klespta.shutterflystorefront.com/)

Make any purchase at any time at any AFW location, ONLINE or by phone. During check-out, mention our school or our ID below. For online orders, use the payment screen’s “Special Comments” box to submit this information. AFW will donate 2% on all purchases. Kendrick Lakes Elementary School ID: KLKS47

**PTA RECYCLING**

Remember, Beth is collecting trash, valuable items! *Donate your leftover packages and toys to KLESPTA and we will get funds back to help meet our goals. Visit KLESPTA.org for details on exact items including food pouches, Swiffer replacements, HASBRO toys and more!* Drop them off on Beth’s porch just blocks from KLES (9591 W FLORIDA PL.)! *All items are sent to Terracycle and will earn cash for our school!* A big THANK YOU to Beth Christenson, board member and KLES parent, for her personal investment in this program!