

**October  
2025**



**Principal  
Lindsey Matkin**

**Assistant Principals  
Kyle Healy  
Erin LaRue**

**Main Line  
970-488-5400**

**Attendance Line  
970-488-5401**

Visit our  
**website**  
to learn more about  
Kinard.



**Page 1**

# Kinard Middle School



## Mustang News

### Community Extravaganza

Our fourth annual Community Extravaganza and Wellness Fair was a huge success! Despite some windy, rainy weather, we loved seeing our community come together for some good food, fun, dancing, and connecting with community partners. Thank you to all who came out to this event in early September and to the many local businesses who helped us to make it a success!

Go Mustangs!



## Kinard Middle School

Is it just a phase?



**CAYAC**

Child, Adolescent, and  
Young Adult Connections

*Helping youth and families find  
answers, options and support.*

**Health District**  
OF NORTHERN LARIMER COUNTY

CHILD, ADOLESCENT, AND  
YOUNG ADULT CONNECTIONS

970-221-3308

**CLICK IT**

Click on the  
Ads in this  
Newsletter

...to learn more about  
these great companies!

### Fall Athletics Wrap-Up

Our student athletes are working hard and representing their Kinard character on and off the field/court. We are excited to have almost 300 students participating in fall sports. We are proud of each of our athletes and their accomplishments and efforts and look forward to seeing how they finish their seasons in the coming days. Go Mustangs!



**S&A**  
HOMES

**Your Family's  
Future Starts Here**

WORK WITH SARAH TYLER

*your local realtor*





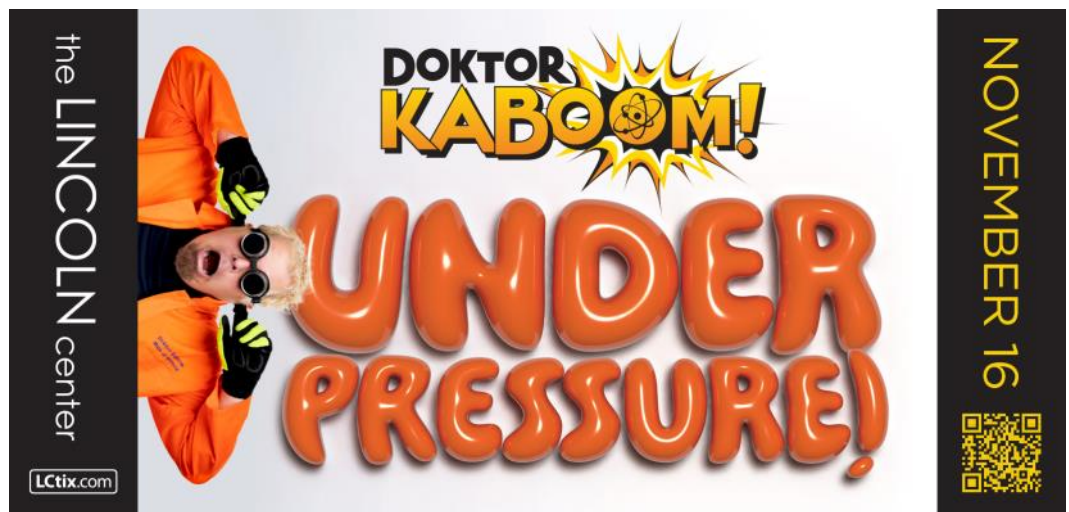
## Kinard Middle School

### **7<sup>th</sup> Graders Participate in P.E. Field Trip & Spark Interviews**

Our 7<sup>th</sup> grade class once again had the opportunity to participate in some fun and unique learning experiences this fall. Mr. Benson, Mrs. Jordan, and their P.E. students took advantage of the beautiful Colorado fall weather and some local resources to provide all 7<sup>th</sup> graders with an exceptional field trip experience at Colorado Youth Outdoors. Colorado Youth Outdoors exists to build relationships through traditional outdoor recreation. While at CYO, all students had the opportunity to rotate through stations, including archery, fishing, BB guns, and survival skills, run by trained professionals. At each station, students learned about safety and how to follow the instructor's guidelines in order to participate in the various outdoor activities.

While some 7<sup>th</sup> graders were on the field trip, we had the unique opportunity in the building to conduct "Spark Interviews" with the 7<sup>th</sup> graders who remained in their classes each day. As part of the Individual Career and Academic Plan (ICAP) process, Kinard staff members personally interviewed every 7<sup>th</sup> grader to learn about their hobbies, academic interests, and visions for their futures. Our goal is to connect with each child individually to learn more about their personal "sparks" or areas of passion and how our school can support the vision that students are creating for themselves.

*continued on next page*



## Kinard Middle School

### 7<sup>th</sup> Graders Participate in P.E. Field Trip & Spark Interviews *continued*



*continued on next page*

**BEST BIRTHDAY EVER**

LOVELAND LASER TAG FUN CENTER

Voted Best Birthdays in Northern Colorado 9 years in a row!

[LASERFUNCENTER.COM](http://LASERFUNCENTER.COM) | 970.663.9999

The advertisement features a vibrant background with colorful balloons and streamers. In the foreground, there is a birthday cake with lit candles. Two young girls are smiling and holding a large, white, unicorn-shaped balloon. A QR code is visible in the bottom left corner.



## Kinard Middle School

### 7<sup>th</sup> Graders Participate in P.E. Field Trip & Spark Interviews *continued*



Larimer County 4-H 

 Open to youth 5-18 years old

 Hands-on learning

 40+ projects to choose from

**Project Areas Include:**  
Animals • Creative Arts • Family and Consumer Sciences  
Natural Resources • Personal Development • STEM

If you are interested in learning more about what 4-H has to offer you and your family, visit our website for upcoming events!

Larimer4H.org  
970-498-6000

  LARIMER COUNTY  
COLORADO STATE UNIVERSITY  
4-H YOUTH



**FALL Festival**

WHEN YOU BOOK A 2 NIGHT STAY ALL ACTIVITIES ARE **FREE**

ALL DAY ARTS & CRAFTS, GAMES & ACTIVITIES

**FRI, OCT 24**

6:30 PM: A BROTHER'S FOUNTAIN FAMILY CONCERT

**SAT, OCT 25**

2:00 PM: BOREDOM FIGHTERS, A LIVE INTERACTIVE DJ (FOR KIDS)

4:00 PM: THE MOUNTAIN BUDDIES FAMILY CONCERT & PARENT HAPPY HOUR

8:30 PM: OUTDOOR MOVIE: "HOCUS FOCUS" & POPCORN & STORIES

SINGLE SHOW TICKETS AVAILABLE  
NOT STAYING THE WEEKEND? SEE @THEMISHQUAD.COM

FALL FESTIVAL INQUIRIES: RIVERSIDECOLORADO.COM

## Kinard Middle School

### Parent/Teacher Conferences

Kinard's Fall Parent/Teacher Conferences are scheduled for **Thursday, October 9 and Tuesday, October 14 from 4:00-7:00 p.m.**

Conferences on both October 9 and 14 will be 5-minute drop-in style conferences in our cafeteria and gymnasiums. You can come and chat with any of your child's teachers without having to sign up ahead of time. In an attempt to balance lines and wait times for each evening, we suggest that families with last names A-L attend on October 9 and those with last names M-Z attend on October 14. We also realize that there is a cross country meet on Thursday, October 9 and encourage any cross country families to join us on Tuesday, October 14 instead.

Our School Resource Officer, Kate Garcia, will also be on site both evenings to answer any questions you might have regarding her role at Kinard, student safety, or internet safety. Stop by her table in the cafeteria to learn more!

Please note: Some of our part time teaching staff or teachers who are coaching fall sports will be attending only portions of these evenings. You can expect direct emails from any teacher who won't be available both evenings, so you'll know when to connect with them. Additionally, Patti Young, our counselor for students with last names A-G will be holding alternate dates for conferences with her. Reach out to Mrs. Young directly if you'd like to conference with her on either October 16 or 21 from 4-7 p.m.

Parent/Teacher Conferences are a great way to meet your child's teachers, learn about your child's classes, ask individual questions about your child's

*continued on next page*

Sponsorship space in this newsletter is extremely affordable!

Reach parents in your local community & a significant portion of your investment goes back to the school!

Want to sponsor this school?

Please contact Rob Mangelson at [Rob@tscacolorado.com](mailto:Rob@tscacolorado.com) or (720) 878-4107.



**CHECK IN**

**Medicaid Renewal Requires Your Action.**

**We Can Help!**

**HealthDistrict.org**



**HealthDistrict**  
OF NORTHERN LASIMER COUNTY  
970-472-0444

**Se Habla Español**

## **Kinard Middle School**

### **Parent/Teacher Conferences**

***continued***

academic progress, and gain insight into a variety of school resources to support your child's learning throughout the year. We understand that 5 minute conferences may not be enough time to discuss concerns and also that the need to communicate with teachers can arise throughout the school year; therefore, you may contact any of your child's teachers at any point throughout the school year to discuss any concerns or questions you may have. [Click here to visit our online staff directory.](#)

Additionally, because of the number of students that each middle school teacher serves, we know we cannot visit with every family and that conference lines are often long. You can also communicate with teachers via email or view your child's progress in each class via [ParentVUE](#). Parent/guardian attendance is not required at conferences, though we do want to offer this opportunity for those interested.

If you have any questions about parent/teacher conferences, please contact Erin LaRue, Assistant Principal, at [elarue@psdschools.org](mailto:elarue@psdschools.org) or at (970)488-5410.

***Sponsor This School!***

**YOUR NAME HERE**

Click [HERE](#)  
Contact Us  
Today!

**Rob Mangelson**  
**(720) 878-4107**  
[Rob@tscacolorado.com](mailto:Rob@tscacolorado.com)

**The School Communications Agency**  
*Supporting Schools & Local Businesses*

 **The School  
Communications  
Agency**



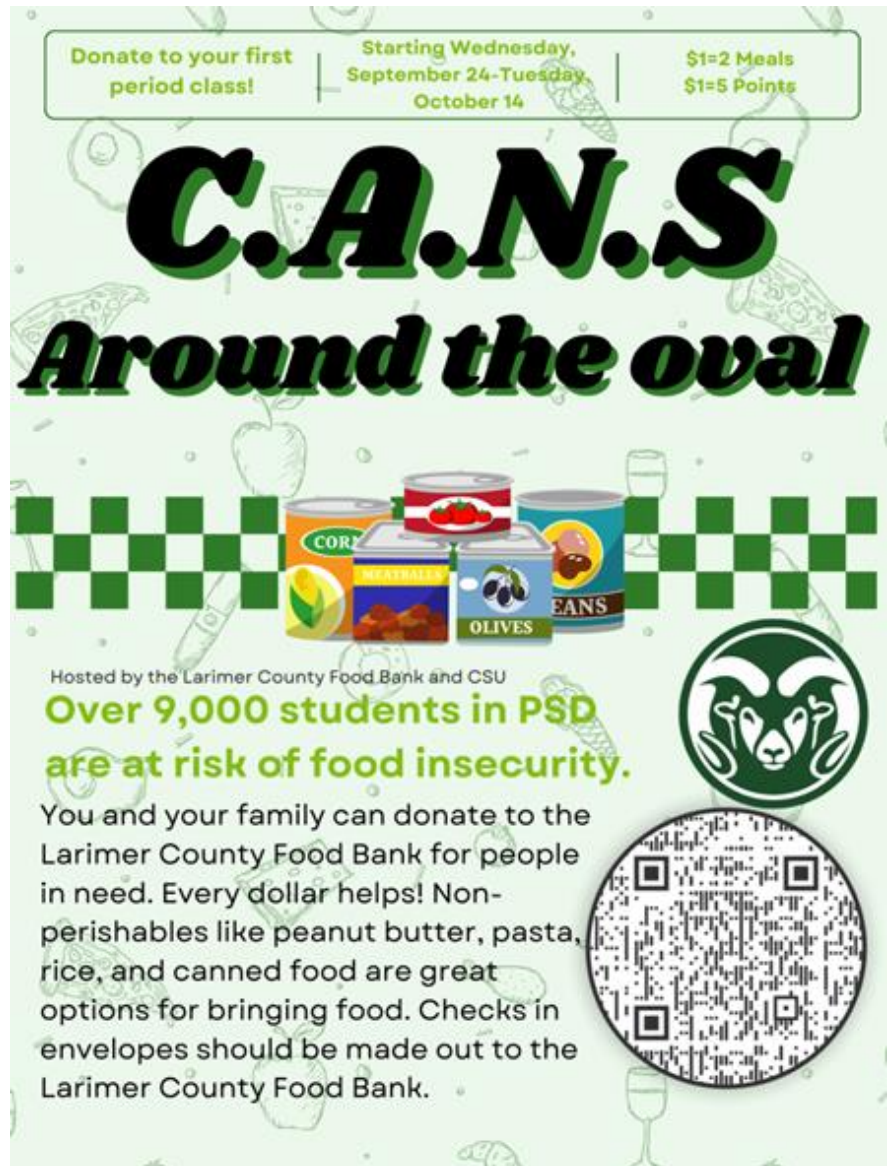
## Student Picture Retake Day

Skillman Photography will be returning to Kinard on Monday, October 13, starting at 7:30 a.m. for our final school picture opportunity of the year. If your child has not had his/her individual student photo taken this year or you would like a retake, please bring them to school a bit early to ensure time to have the photo taken before class starts at 8:15.

Click [here](#) to preview package options and/or order online using school code **KCMS2025**. Order forms are also available in Kinard's main office and from the photographer. If you have questions, please call the Kinard main office at (970)488-5400.

## C.A.N.S. Around the Oval

The Kinard Global Leadership class is starting C.A.N.S. Around the Oval this fall to help families at risk of food insecurity. C.A.N.S. Around the Oval will start on Wednesday, September 24, and will end on Wednesday, October 15. You and your children can donate canned foods, nonperishable items, money, cash/coins, or checks (written to the Larimer County Food Bank or Kinard Middle School). You can also donate online using the QR code below (be sure to add your child's name, grade, and first period class in the comment box). Your child can drop off any donations to their first period class. Our goal is to raise \$6,000 and 3,500 pounds of food so that people with food insecurity can have meals to eat. The first period class in each grade with the most donations will get an amazing prize! If you have any questions, please contact Marc Pravlik, Kinard Global Leadership teacher, at [marcp@psdschools.org](mailto:marcp@psdschools.org).



Donate to your first period class! | Starting Wednesday, September 24-Tuesday, October 14 | \$1=2 Meals | \$1=5 Points

# C.A.N.S. Around the oval

Hosted by the Larimer County Food Bank and CSU

**Over 9,000 students in PSD are at risk of food insecurity.**

You and your family can donate to the Larimer County Food Bank for people in need. Every dollar helps! Non-perishables like peanut butter, pasta, rice, and canned food are great options for bringing food. Checks in envelopes should be made out to the Larimer County Food Bank.

The poster features a green and white checkered border. In the center, there are images of various food items: a can of corn, a box of macaroni and cheese, a can of tomatoes, a box of instant noodle soup, a can of olives, and a can of beans. To the right of the food items is a circular logo featuring a ram's head. Below the logo is a large QR code.



## **Kinard Middle School**

### **Counselors' Corner**

**October is Futures Month:** We use October to look at interests, ideas for future pathways, and what is called ICAP – Individual Career and Academic Plan. Staff will have “Ask Me About” signs on their doors about the colleges they have attended, there will be information shared about post-secondary options, and counselors will be working with students on ICAP activities using a platform called Xello. Students across all 6-12th grade levels in PSD use Xello to explore their ICAP. In addition, there will be daily announcements, a scavenger hunt, and we are encouraging everyone to wear their favorite college gear every Wednesday during October.



**Parent/Guardian Info Session:** Have you ever wondered how to get your child interested in a career pathway for the future or to support them in exploring graduating with options? Are you curious about tools that can help them navigate their plan? If so, we invite you to join our counselors, Karen Irvine and Patti Young, on **Thursday, October 30 from 6:00-7:00 p.m.** for a hands-on demonstration related to what our students are learning about their Individualized Career and Academic Plan (ICAP) and the web-based system, Xello, that PSD uses to explore and save portions of students' ICAPs. We will meet in the Kinard Media Center. Parents of all grade levels are welcome. You can reserve a spot by emailing Karen ([kirvine@psdschools.org](mailto:kirvine@psdschools.org)) or Patti ([pyoung@psdschools.org](mailto:pyoung@psdschools.org)) if you are planning to attend. You will need your student's computer for this event.

**Parent Career Survey:** We know we have a wealth of knowledge in our community and would love to tap into your professional experience. Please fill out this [survey](#), if you would be interested in potentially being called upon to share your career with students.

Throughout each school year, there are occasions where we may call upon professionals from our community to share some insights with students about career and future planning. We will use contact information compiled through the survey for experiences such as career fairs or individual student career mentorships/interviews. If you complete the survey, we may contact you based on student interest in your career field.

## **Kinard Middle School**

### **Student Laptops**

Please help your student to remember to bring their ***fully charged laptop*** to ***school every day***. Each classroom has only one spare laptop, and any remaining inventory is used for students with laptops being repaired. Therefore, it is critical that students bring their assigned laptops, fully charged, to school to engage in learning each day. Thank you!

### **Support for Families in Need**

We are heading into the time of year where some community organizations are offering support to families in a variety of ways (e.g., food baskets, coats, holiday gifts, etc.). We know there are circumstances families face that create needs for support. If your family would like to be considered for support, please fill out this linked confidential [Google survey](#) that our counselors will use to get you connected to helpful resources. While we cannot guarantee that an organization can fulfill every request, we want to gather information to best support our families where possible. You can also click on this link to access community resources: [211](#)

Please reach out to our school counselors with any questions:

Patti Young (student last names A-G): (970) 488-5406,  
[pyoung@psdschools.org](mailto:pyoung@psdschools.org)

Karen Irvine (student last names H-Z): (970) 488-5408,  
[kirvine@psdschools.org](mailto:kirvine@psdschools.org)

### **School Accountability Committee**

Our second School Accountability Committee (SAC) meeting will be held on **Wednesday, October 29, from 6:00 - 7:30 p.m. in the Kinard Media Center**. The Kinard School Accountability Committee meets four times per year, approximately quarterly. The SAC is a wonderful opportunity to enhance our partnership with parents through an organized group composed of both parents and teachers at Kinard. The SAC has a very specific focus, established by the Colorado Department of Education and Poudre School District. Primary topics for analysis and discussion will include budget allocation and Kinard's Unified Improvement Plan (UIP). Other topics that may be discussed in this committee include but are not limited to: parent involvement, student transitions, curriculum, instruction, assessment, systems for support, communication, technology, leadership, decision-making, positive behavior support, and school-wide capacity building. We welcome any parent to attend our next meeting, even if you were unable to join our first quarter meeting.



## **Kinard Middle School**

### **Lost and Found**

Has your student misplaced a water bottle, lunchbox, jacket, or other belongings at school? Have them come check the lost and found in our main office- it is overflowing with student items! We donate any items remaining in our lost and found at the end of each month. Also, please encourage your child to write their first and last name on items they bring to school, especially water bottles and lunch boxes. We return any items that have student names on them directly to the individual.

### **Important Yearbook Information**

The 2025-26 Kinard yearbook is available for purchase! Make sure that your child doesn't miss out on our yearbook tradition. It's the only book that captures the year's events, activities, friendships, experiences, and memories from Kinard Core Knowledge Middle School. You may place your order for the yearbook at [jostens.com](https://jostens.com). If you have already purchased a book, thank you! If you are unsure, please contact Ally Lonac, Yearbook Advisor, by email at [alonac@psdschools.org](mailto:alonac@psdschools.org). This year's book is one you won't want to miss!

#### **8<sup>th</sup> Grade Parents/Guardians:**

Parents of 8<sup>th</sup> grade students also have the opportunity to celebrate and honor your child by buying a baby ad. You can order a baby ad for the yearbook at [theyearbookcompany.com](https://theyearbookcompany.com). There is an early-bird discount for ads submitted (photos, message, & payment) by October 31!

### **Science Olympiad 2025-26 Kick-Off**

Calling all interested student participants and event coaches/volunteers! We are excited to get started with the Science Olympiad club this year. **Student registration forms and fees are due to Mrs. Blumberg no later than October 10th.** The capacity for a completed set of three teams is 45 total students. If you turn in your registration form once the number of students has reached 45, there is **no guarantee** that you will go on to compete in any capacity and you will serve as an alternate; however, you will still be allowed to participate in the club and practices.

## **Kinard Middle School**

### **Science Olympiad 2025-26 Kick-Off** *continued*

The first Thursday night Science Night will be hosted on October 16th from 6-8 PM at Kinard—the central hub for Science Night is in the tech room, 510. Additional room assignments will be addressed as needed on 10/16. For this first Science Night, we will invite students interested in build events to come and meet their coaches, scope out the popularity of each build event in order to make appropriate decisions about the logistics of being selected to compete, and work collectively in order to determine the necessary materials needed for future initial building practices.

The first week of practice will begin the week of October 13th for **some, NOT** all, events. Please see the event schedule for coach location as well as meet times on the [Kinard Science Olympiad Website](#) (updates rolling in DAILY as coaches communicate and are designated).

Science O is still seeking event coach volunteers! If you have not reached out already and you are able to help out with any of the following, please complete the questionnaire linked in the Q.R. code or email Mrs. Blumberg at [kablumberg@psdschools.org](mailto:kablumberg@psdschools.org). Here are the events still in need of a coach:

- Disease Detectives
- Remote Sensing
- Machines
- Metric Mastery
- Write It Do It
- Scrambler
- Potions and Poisons





## Mustang Music 5K

*The Mustang Music 5K is a fundraiser to provide additional instruments, instruction, and experiences for our wonderful Kinard Music students.*

**DATE:** Saturday, October 4

**LOCATION:** Kinard Middle School

**SCHEDULE:** 9:00am 5K race

10:15am Reverse Parade and Fun Run



Kinard Middle School Band, Choir, Drama, & Orchestra



**5K DETAILS:** The 5K features a chip-timed race through the lovely neighborhoods around Kinard Middle School. Enjoy the music along the course provided by the Kinard Music students.

### REVERSE PARADE/FUN RUN

**DETAILS (10 and younger):** Perfect for children 10 and younger, the Reverse Parade is a Fun Run in which participants will walk or run 1 mile (4 laps) around the Kinard Track. Musical groups will surround the track playing music while YOU parade around them!

**Mustang Music ZEROK:** Not a runner? Don't like mornings? Can't attend in person? Just want the shirt and to support the music program? Well you can do this from home or even out-of-state by signing up for the ZEROK! This entry includes a shirt and all proceeds go to the music program, but you don't have to lift a foot!



SCAN to register  
& for more  
information

**Kinard Middle School**

3002 E. Trilby Road  
Fort Collins, CO 80528

**SATURDAY**  
**OCT 4, 2025**  
**START 9:00 AM**

**Individual Registration \$32**  
**Group discounts for families or teams!**  
[www.kinardband.com/5K](http://www.kinardband.com/5K)

**LIVE MUSIC KIDS' FUN RUN CHIP TIMED AID STATION**  
**STYLISH TECH SHIRTS PRIZES FOR OVERALL & AGE GROUPS**

All proceeds benefit the Kinard Middle School Music Department

## **Kinard Middle School**

### **Upcoming Athletic Opportunities**

As we start to wrap up a fantastic fall athletics season, we want to recognize and congratulate our over 300 student athletes and their coaches. Good luck to our fall student athletes as they get ready for postseason competitions. It is time now to look forward to our winter sports season. The winter season will begin with boys basketball and will be followed by girls basketball and wrestling starting in January when we return from winter break.

To participate in a sport, there are three required steps:

1. Register through [SportsEngine](#)
2. Pay \$150 sport fee in [SchoolPay](#).
3. Provide Kinard with a valid and current physical release form.

Coaches will not be able to let student athletes participate in tryouts or practice without these three steps completed. For detailed information on how to complete each step, [please visit our registration page by clicking here.](#)

#### **Sport Specific Information:**

##### **Boys Basketball - 7th and 8th grade boys**

Team structure: Varsity, JV, C and D teams (limited roster/cut sport - up to 36 total players)

Preseason camp: Monday 10/13, Wednesday 10/15, Thursday 10/16, and a possibility of Friday 10/17 depending on interest and availability. Camp will run from 3:30 - 5:30 PM in the Kinard Gym

\*Tryouts: Tuesday 10/21 - Thursday 10/23, 3:30 - 5:30 PM in the Kinard Gym

Team practice: Starting Friday, 10/24, 3:30 - 5:30 PM in the Kinard Gym

\*Players must have a current physical on file, be registered through SportsEngine, and have paid the \$150 fee to participate in tryouts. For those players who do not make the team, the registration fee will be refunded.



## **Kinard Middle School**

### **Girls Basketball - 7th and 8th grade girls**

Team structure: Varsity, JV, C and D teams (limited roster/cut sport - up to 36 total players)

Preseason camp: Tuesday, 1/6 - Friday 1/9, 3:30 - 5:30 PM in the Kinard Gym

\*Tryouts: Monday 1/12 - Wednesday 1/14, 3:30 - 5:30 PM in the Kinard Gym

Team practice: Starting Thursday, 1/15, 3:30 - 5:30 PM in the Kinard Gym

\*Players must have a current physical on file, be registered through SportsEngine, and have paid the \$150 fee to participate in tryouts. For those players who do not make the team, the registration fee will be refunded.

### **Wrestling - 6th, 7th, and 8th grade students**

Team structure: Open to all students, non-cut sport

Preseason camp: Tuesday, 1/6 - Friday, 1/9

Team practice: Starting Monday, 1/12, 3:30 - 5:30 PM in the Kinard Auxiliary gym

### **Resources for Parents of Kinard Student Athletes:**

FIRST, thank you for all that you do!

As an opportunity (and privilege) to better support you as a family, Poudre School District has partnered with [A Better Way Athletics](#). A Better Way Athletics ("ABW") is a Holistic Athletic Management System that helps create alignment with everyone in our athletic programs- from administrators, to coaches, to parents, to athletes!

Check out this short welcome video from A Better Way Athletics: [ABW Welcome Video](#)

This partnership aims to provide meaningful resources for coaches and families that help us all provide the best experience possible for the student-athletes.

With that said, [please use this Kinard specific link](#) to navigate to our school's login page at "A Better Way". Once you create an account/log-in, take the time to check out the Parent Playbook. These are brief, practical and relevant courses for your family.

## **Kinard Middle School**

### **PSD Volunteers**

If you are interested in volunteering at Kinard or in PSD, please use this link to register: [Volunteer Application](#)

If you are already a registered volunteer, please follow the steps below to view volunteer opportunities:

1. Log in to your Volunteer Portal through this link: [Raptor Volunteer Portal](#)
2. When logged in, click on Events within the Navigation Menu.
3. Review the details of the Event you wish to sign up for and click "Sign-Up".

Thank you for contributing your time and talent to Kinard and PSD!

### **SRO Corner**

Happy Fall! We are over a month into a new school year, and the SRO team wanted to remind everyone to drive safely. The streets around schools have a speed limit of 20 MPH during morning, afternoon and midday hours. Regardless, you should always drive cautiously around schools, as students may be coming and going anytime throughout the day.

Not only is it important to drive slowly, but it is imperative to pay attention to your surroundings. Students arrive in vehicles and students also walk, bike, or scooter to school. Take time to look twice before you turn, watch the crossing guards, and give space to the vehicles in front of you. City of Fort Collins ordinances allow bicyclists on sidewalks, so please pay extra attention to any pedestrian crossing areas for both walkers and bikers. Also be aware of street signage around your schools. For example, please do not U-turn where there are "no U-turn" signs. It might be inconvenient, but the signs are there for the safety of you and others around the schools.

Give yourself enough time for pick up or drop off so that you aren't rushing, especially on adverse weather days. Please stay off cell phones while driving and avoid dropping students off in non-designated areas. Students and drivers should remain seat-belted until they are ready to exit a stopped vehicle. We also ask the pedestrians to use caution when walking to school. Pay attention to the cars, use designated crosswalk areas and wear helmets if you are on wheels!

## **Kinard Middle School**

### **SRO Corner**

***continued***

You will see your SROs or other Police Officers around schools conducting traffic education and enforcement. Remember, we are all partners in creating safe roadways for our students, families, and staff.

As always, reach out to your SRO for any other questions!

Thank you and stay safe,

SRO Kate Garcia

### **PSD Health and Wellness Centers**

Did you know that PSD has 2 health and wellness centers to serve our students? Locations are at Centennial High School and Lincoln Middle School. The Centers can provide medical, behavioral, and mental health services to any/all PSD students.

Services include:

- Prevention services, such as annual well-child exams and sports physicals
- Treatment of acute medical issues, such as colds, flu, acute illness and infections
- Management of chronic health conditions, such as asthma and diabetes
- Validated health needs assessments including screenings for depression and anxiety
- Counseling for mental health issues, skill development and resiliency building
- Health and wellness planning for adolescents
- Reproductive health care
- Prescriptions and in-house lab tests
- Health education and awareness campaigns
- Referrals to other medical and mental health professionals
- Vaccines/ immunizations (in collaboration with the Larimer County Department of Health and Environment)



## Kinard Middle School

### PSD Health and Wellness Centers

*continued*

- Dental screenings and services (in collaboration with community providers)
- Assistance with Medicaid/CHP+ enrollment (Centers are a Certified Application and Assistance Site or CAAS provider)

#### Costs based on ability to pay

The Health and Wellness Centers accept most private and public insurances, including Medicaid and CHP+. The centers offer fee-for-service and a sliding-fee-scale based on federal poverty guidelines. **No student enrolled is ever turned away for inability to pay for services provided by a school-based health center.**

See the flier below for more details or visit the website: <https://www.psdschools.org/programs-services/student-health-centers>



### Health & Wellness Centers

The Health & Wellness Centers (operated by Every Child Pediatrics) provides medical, behavioral, and mental health services to any/all PSD students who enroll for our care!

**Locations at Centennial High School, Lincoln Middle School and more opening soon!**

\$0-\$35 sliding scale (for qualifying families). We accept Medicaid/CHP+, most insurance plans and offer fee-for-service. **No student enrolled for care is ever turned away for an inability to pay for services we provide.**

| Services include, but aren't limited to:   |               |
|--|---------------|
| Annual well-child exams/sports physicals   |               |
| Health screenings  |               |
| Childhood immunizations  |               |
| Diagnosis and treatment for sick visits, colds/flu, infections, sprains, wounds, rashes, asthma etc.             |               |
| Prescriptions and in-house lab tests   |               |
| Mental health services include skills development, resiliency building, validated screenings and counseling for: |               |
| • Depression   | • Trauma      |
| • Substance use  | • And more... |
| • Anxiety  |               |

For information and enrollment:  
**970.488.4900**  
**hwcenters.org**  
*Hablamos español*



HEALTH & WELLNESS CENTERS

**every child**  
PEDIATRICS

# Kinard Middle School

## PSD Health and Wellness Centers

*continued*



### Los Centros de Salud y Bienestar

¡Los Centros de Salud y Bienestar (operados por Every Child Pediatrics) ofrecen servicios médicos y de salud del comportamiento y salud mental a todos los estudiantes de PSD que se inscriban para nuestra atención!

**¡Ubicaciones en Centennial High School, Lincoln Middle School y más que abrirán pronto!**

Escala móvil de \$0-\$35 (para familias que califican). Aceptamos Medicaid/CHP+, la mayoría de los planes de seguro, y ofrecemos pago por servicio. **Ningún estudiante inscrito para recibir atención es rechazado por su incapacidad para pagar los servicios ofrecidos en los Centros.**

**Los servicios incluyen, pero no se limitan a:**

Exámenes anuales para niños sanos/físicos deportivos

Exámenes de salud

Vacunas infantiles

Diagnóstico y tratamiento para visitas de enfermos, resfriados/gripe, infecciones, esguinces, heridas, erupciones cutáneas, asma, etc.

Recetas y pruebas de laboratorio internas

Los servicios de salud mental incluyen el desarrollo de habilidades, el desarrollo de resiliencia, exámenes validados y consejería para:

- Depresión
- Ansiedad
- Trauma
- Y más...
- Uso de sustancias

Para obtener más información y inscripción:

**970.488.4900**

**hwcenters.org**

*Hablamos español*



HEALTH & WELLNESS CENTERS

**every child**  
PEDIATRICS

## **Screenagers Film Screening & Panel Discussion**

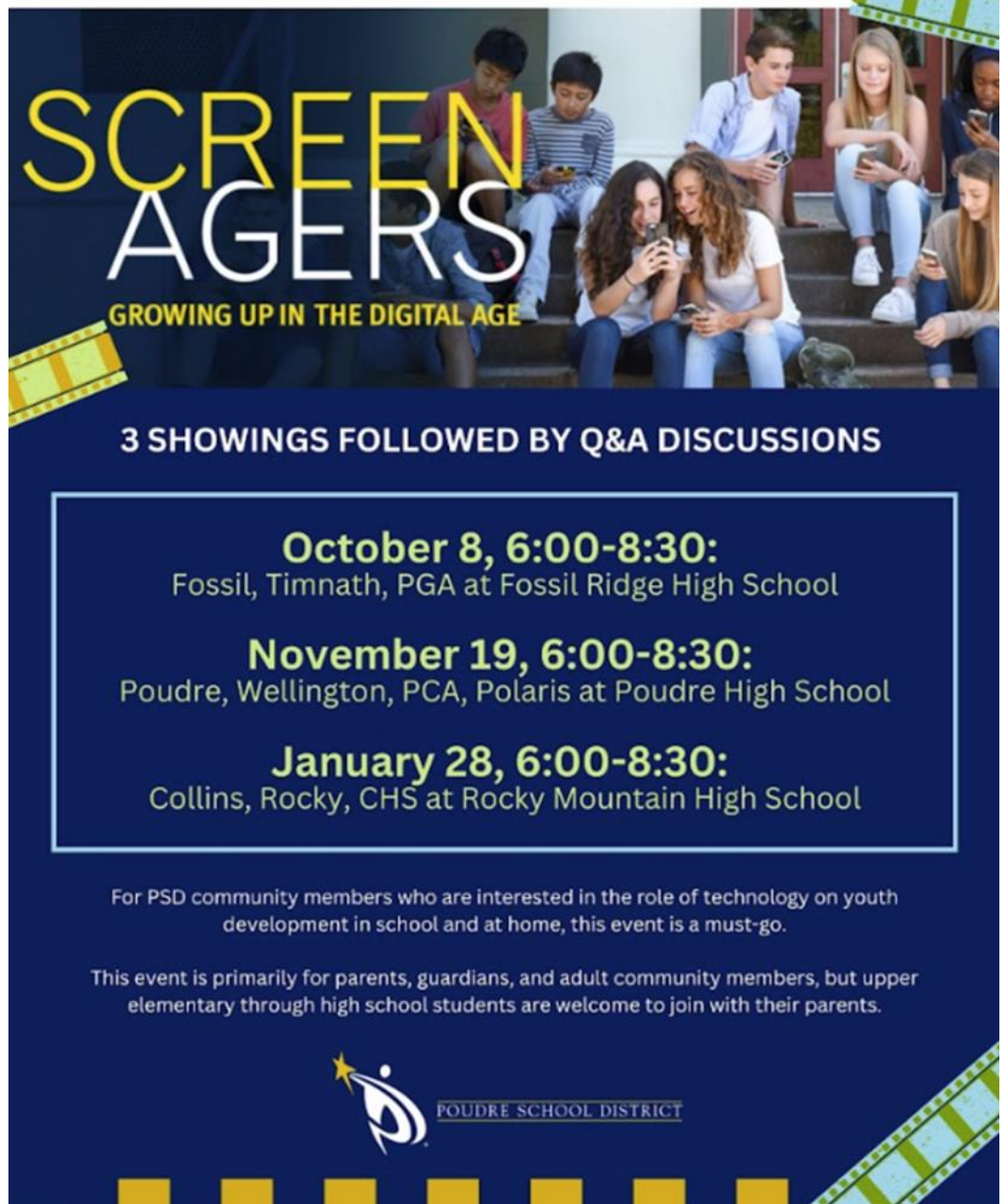
The PSD Board of Education is sponsoring three showings of the updated [Screenagers: Growing Up in the Digital Age \(2025\)](#) film. The film identifies ways schools and caregivers can help young people navigate technology use and overuse. The audience for the film is primarily parents and their pre-teen to teenage children.

The screenings will be organized by combining schools together, but staff and community members can attend any, regardless of school affiliation.

### **Dates:**

- 10/8 at Fossil Ridge High School, 6:00 – 8:30 PM
- 11/19 at Poudre High School, 6:00 – 8:30 PM
- 1/28 at Rocky Mountain High School, 6:00 – 8:30 PM

**Sponsored by the PSD Board of Education**



**SCREENAGERS**  
GROWING UP IN THE DIGITAL AGE

**3 SHOWINGS FOLLOWED BY Q&A DISCUSSIONS**


**October 8, 6:00-8:30:**  
Fossil, Timnath, PGA at Fossil Ridge High School

**November 19, 6:00-8:30:**  
Poudre, Wellington, PCA, Polaris at Poudre High School

**January 28, 6:00-8:30:**  
Collins, Rocky, CHS at Rocky Mountain High School

For PSD community members who are interested in the role of technology on youth development in school and at home, this event is a must-go.

This event is primarily for parents, guardians, and adult community members, but upper elementary through high school students are welcome to join with their parents.

 **POUDRE SCHOOL DISTRICT**



## Kinard Middle School

### PSD Athletic Equipment Swap

As of the 2023-2024 school year, 33.3% of students across PSD qualified for free and reduced lunches. As a way to relieve some financial burden for families of student athletes, the PSD Student Advisory Council has designed an equipment swap. The PSD Equipment Swap was created to give equal opportunities to low-income students and anyone facing financial insecurity. See the flyer or visit [their website](#) for more information.

Located at Blevins Middle School's Athletic Field |  
2101 South Taft Hill Road | Fort Collins CO 80526

# PSD- Equipment Swap 2025

*Equal Opportunity For  
PSD Students*

Free Athletic  
Equipment



October 18th 2025

Starts at 12:30 P.M.  
Ends at 3:30 P.M.

**View more information here:**

The PSD Equipment Swap is designed for any student facing financial burden to receive free athletic equipment. There is available equipment for sports both on and off season.



## Kinard Middle School

### Teen Self Care Fair

We are thrilled to announce the 7th Teen Self Care Fair on October 12 at the Fort Collins Museum of Discovery from 11am to 4pm.

The annual Teen Self-Care Fair has the goal of creating a space for youth to learn new coping skills and join the conversation around mental wellness and suicide prevention through experiential learning.

This event is for youth (6th-12th grades) to explore new ways to practice self-care, including yoga, medieval longsword, art, aerial silks, qigong, and much more. Youth can also enjoy therapy dogs, community resource booths, free food trucks, and giveaways!

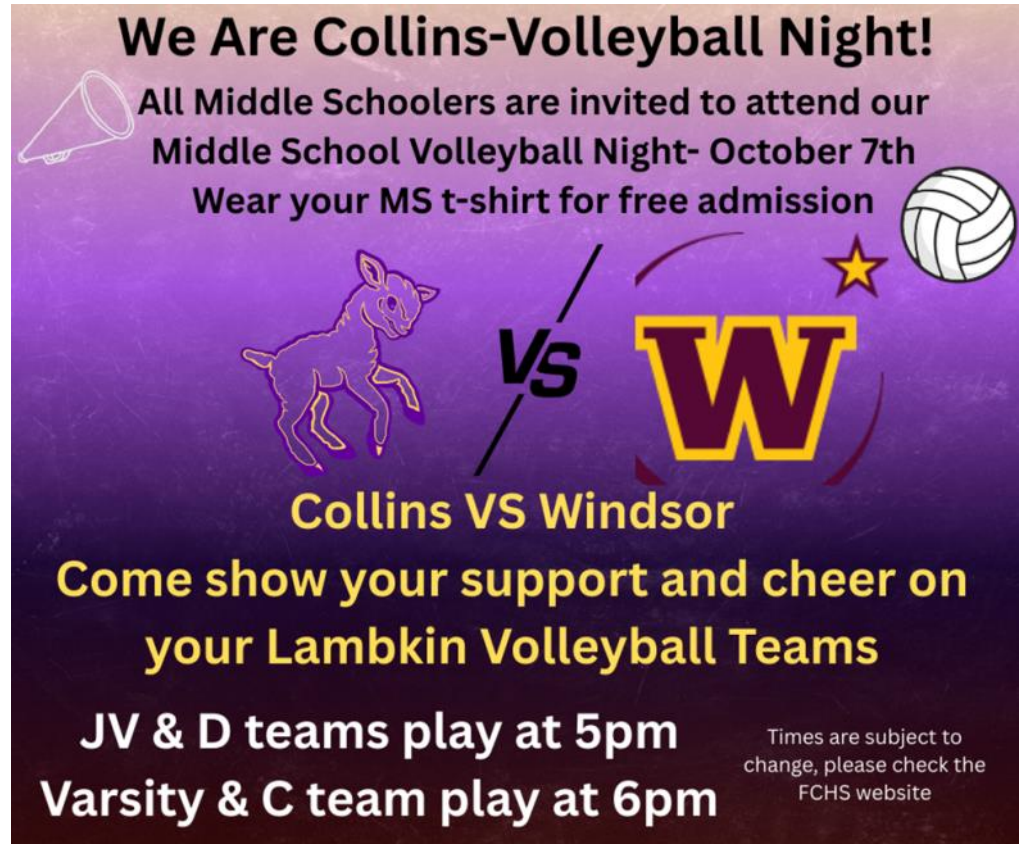
Entry to the museum and food trucks are FREE!





## Kinard Middle School



### **FCHS Volleyball Night**

Wear your middle school t-shirt for free admission and come cheer on the Lambkins!



**We Are Collins-Volleyball Night!**

 All Middle Schoolers are invited to attend our  
Middle School Volleyball Night- October 7th  
Wear your MS t-shirt for free admission 

 **VS** 

**Collins VS Windsor**

**Come show your support and cheer on  
your Lambkin Volleyball Teams**

**JV & D teams play at 5pm**  
**Varsity & C team play at 6pm**

Times are subject to  
change, please check the  
FCHS website