

December  
2020



Principal  
Jesse Morrill

Assistant Principals  
Chris Bergmann  
Erin LaRue

Main Line  
970-488-5400

Attendance Line  
970-488-5401

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Kinard.



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# Kinard Middle School



## Mustang News

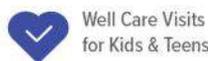
### Spirit Week

We had so much fun with our Kinard Spirit Week to end the semester with some joy and levity. Thanks to all our Mustangs for showing such amazing school support and spirit! We can't wait to see you all back at school for second semester!



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# Kinard Middle School

## Spirit Week



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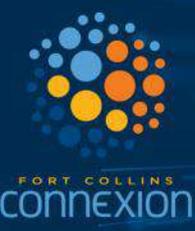
## January Learning Phases

As we learned from PSD this week, the district will be transitioning back to in-person learning for second semester. We are excited to get our Mustangs back in the building!

As a reminder, during the first two weeks of second semester, we will remain in **Phase 1: Remote Learning**. This will allow our staff time to prepare the building and materials for in-person learning and for the district to monitor community health conditions and COVID-19 case numbers after the holidays.

See the calendar below for what this means for middle school learning in the month of January.

January 2021				
Monday	Tuesday	Wednesday	Thursday	Friday
4 NO SCHOOL <i>Teacher Work Day</i>	5 PHASE 1: Remote Learning	6 PHASE 1: Remote Learning	7 PHASE 1: Remote Learning	8 PHASE 1: Remote Learning (Asynchronous)
11 PHASE 1: Remote Learning	12 PHASE 1: Remote Learning	13 PHASE 1: Remote Learning	14 PHASE 1: Remote Learning	15 PHASE 1: Remote Learning (Asynchronous)
18 NO SCHOOL <i>MLK Jr. Day</i>	19 PHASE 3: Hybrid Learning (B GROUP in person)	20 PHASE 3: Hybrid Learning (A GROUP in person)	21 PHASE 3: Hybrid Learning (B GROUP in person)	22 PHASE 3: Hybrid Learning (A GROUP in person)*
25 PHASE 3: Hybrid Learning (A GROUP in person)	26 PHASE 3: Hybrid Learning (B GROUP in person)	27 PHASE 3: Hybrid Learning (A GROUP in person)	28 PHASE 3: Hybrid Learning (B GROUP in person)	29 PHASE 3: Hybrid Learning (asynchronous remote learning day)



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# Kinard Middle School

## January Learning Phases

*continued*

**\*Please note:** Friday, January 22<sup>nd</sup> will not be an asynchronous learning day, as Fridays usually are this year. Because of the Martin Luther King Jr. holiday on Monday, January 18<sup>th</sup>, we will shift Friday the 22<sup>nd</sup> to an in-person learning day for students in the A group. Students in the B group will also be expected to log on to all their classes' Google Meets for synchronous remote learning that day.

When we return to learning in January, please remember that students will be shifting back to their **odd period classes** (1, 3, 5, 7, and ELO) for third quarter. See below for the schedules we will follow while in Phase 1: Remote Learning (January 5<sup>th</sup>-15<sup>th</sup>) and Phase 3: Hybrid Learning (starting January 19<sup>th</sup>).

### Kinard Phase 1: Remote Learning Daily Schedule

(January 5<sup>th</sup>-15<sup>th</sup>)

	Monday	Tuesday	Wednesday	Thursday	Friday
8:15-9:05	Period 1- Synchronous				Asynchronous Learning and Support  <i>*Students should check all Google Classrooms for assigned work</i>
9:15-10:05	Period 3- Synchronous				
10:15-11:05	Period 5- Synchronous				
11:15-12:05	Period 7- Synchronous				
12:05-1:00	Lunch				
1:00-1:40	ELO- Synchronous				
1:40-3:10	Asynchronous Learning and Support				

### Kinard Phase 3: Hybrid Learning Daily Schedule

(starting January 19<sup>th</sup>)

	Monday	Tuesday	Wednesday	Thursday	Friday
	A Group in-person (B Group remote)	B Group in-person (A Group remote)	A Group in-person (B Group remote)	B Group in-person (A Group remote)	All students remote-asynchronous learning and support  <i>*Students should check all Google Classrooms for assigned work</i>
Period 1	8:15-9:33				
Period 3	9:38-11:00				
Period 5	<u>6<sup>th</sup> Grade</u> 11:05-11:42 Pd. 5 (11:42-12:17 LUNCH) 12:22-1:00 Pd. 5	<u>7<sup>th</sup> Grade</u> (11:00-11:35 LUNCH) 11:40-1:00 Pd. 5	<u>8<sup>th</sup> Grade</u> 11:05-12:25 Pd. 5 (12:25-1:00 LUNCH)		
Period 7	1:05-2:25				
ELO	2:30-3:10				

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## Kinard Middle School



### Spelling Bee

The Kinard Spelling Bee is almost here! Any student, grade 6-8, who would like to participate in this year's spelling bee, needs to email Mr. Lardner at [blardner@psdschools.org](mailto:blardner@psdschools.org) by January 11<sup>th</sup> to sign up. **The Bee will take place in person at Kinard on Friday, January 15<sup>th</sup>, at 1:30pm.** Students will follow all appropriate safety precautions while in the building, including wearing masks and being distanced apart.

The Kinard Spelling Bee will be a written test of 25 words and should take about an hour to complete. The winner will be announced at the end of the Bee and will represent Kinard in the District Spelling Bee on February 2<sup>nd</sup>. If your student is unable to be at Kinard on January 15<sup>th</sup> but would still like to participate, please email Mr. Lardner at [blardner@psdschools.org](mailto:blardner@psdschools.org).

### Introducing Kinard's Virtual Science Olympiad- MY SO

Like many things this year, Kinard's Science Olympiad may look different; however, we are still excited to bring this awesome opportunity to our students. This year Science Olympiad will include:

- Keep students engaged in Science Olympiad at home and after school.
- Each themed month is connected to a popular Science Olympiad subject like Anatomy, Structures, Forensics, Plants, and Engineering.
- Meet virtually with a coach and other interested students on Google Meet.
- Optional STEM Showdown at the end of each month to compete against students across the country for prizes and your name on the leaderboard.

Fill out this [form](#) if you're interested and see this [link](#) for more info. Or contact Gretchen Hebert at [ghebert@psdschools.org](mailto:ghebert@psdschools.org) or Tim McGonagil at [jmcgonagil@psdschools.org](mailto:jmcgonagil@psdschools.org) with questions.

### Important Yearbook Information

The 2020-2021 Kinard yearbook is still 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](http://jostens.com). If you have already purchased a book, thank you! If you are unsure, please contact Emily Asqueri, Yearbook Advisor, by email at [easqueri@psdschools.org](mailto:easqueri@psdschools.org). This year's book is one you won't want to miss!

## Kinard Middle School

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### **Kinard Give Next online fundraiser: Increase Equity in Mental Health Services in Larimer County**

On mental health, [data from the Health District of Larimer County](#) reveals that 1 in 5 residents in our community reported they regularly experience depression, anxiety or other mental health concerns. During the COVID-19 pandemic crisis, these numbers have dramatically increased, and our local mental health nonprofits need our support more than ever before.

The Kinard Give Next class is asking all those who can to please support the 2020-2021 class mission to *“promote equity around mental health services by supporting local nonprofits that increase access and improved quality of mental health services to diverse groups in our community.”*



\*Give Next, at Kinard, is an 8<sup>th</sup> grade social studies class and one of sixteen schools in PSD that engage in philanthropic learning and action. These students desire to make a positive difference in our community by fundraising for local nonprofit agencies that help youth and adults from all walks of life to increase personal resiliency and develop a sense of connection and belonging to combat feelings of loneliness, hopelessness, depression, and suicide.

The class has set a fundraising goal of \$1,500, starting now in December, and 100% of the funds raised will be awarded to local nonprofits that improve equity in mental health services. If you can join us in making a life-sustaining difference for teens and adults:

- ◇ [Please click here to donate at the Give Next page of the Community Foundation of Northern Colorado.](#) This is a secure site where you can enter any donation amount. **To allocate your gift please select “Other” in the drop-down designation and simply type “KINARD” in the box provided.**

Thank you for your consideration and support of the Kinard Give Next, “Equity in Mental Health,” fundraiser!

For questions or for more information, please contact, Wendi Grigg, Kinard Give Next Social Studies Teacher at [wgrigg@psdschools.org](mailto:wgrigg@psdschools.org).

*\*Give Next is made possible through the support of many community partners including Bohemian Foundation which manages the program design and the Community Foundation of Northern Colorado which receives donations in support of Give Next classrooms and processes grant awards to the nonprofits selected by the students.*

## Kinard Middle School

### **Counselors' Corner: Wellbeing in Winter Break**

This semester has presented new wrinkles to the lives of our students and families. We, as human beings, need equilibrium, and this semester may have felt like you were on a bumpy trail ride at times. Managing the changing landscape and adjusting to a myriad of changes can be exhausting and challenging.

We wanted to provide a few tools, articles, and suggestions to consider as you support your child(ren) through the terrain and head into winter break. Plans for break are likely modified, traditions may be interrupted, and free time without as many social outlets could feel lonely. Author Susan David shares in her book, *Emotional Agility*, the more we accept feelings and help children label them accurately, the better we can generate responses that validate our experiences and decide on our next steps.

Here are some suggestions:

- Name and validate feelings- listen, be present with their emotions. Kids do not always have the vocabulary for all of the emotions they are feeling. "I can see you are really upset, that makes sense because you were really looking forward to \_\_\_\_."
- Specifically ask each other, "How are you feeling?" and offer support by asking what someone needs and by sharing strategies that are helpful to you.
- Practice patience with each other - have an agreed upon "time out" phrase to share grace with one another.
- Help them find positive alternatives for their time:
  - ◇ Find a way to share kindness- it can be a great stress reliever and mood booster. Have them generate some ideas on how to spread kindness.
  - ◇ Talk about family heritage, cultures, stories, traditions & beliefs.
  - ◇ Cook, build, craft, or create something together.
  - ◇ Be present in the moment and find ways to play and laugh.
  - ◇ Connect with friends and family in different ways.
  - ◇ Get some sunshine, be physically active, eat well, get good sleep.

## **Kinard Middle School**

### **Counselors' Corner: Wellbeing in Winter Break**

We have included some articles, a TED talk, and a list of 30 Holiday Kindness activities for those who may want to go a little further in exploration.

Please know we are here to support you and your students in any way that would be helpful. We also wanted to share that if you are in need of some community support this holiday season, The Salvation Army in Loveland is still accepting families! Interested families can call (970) 699-8380 for more information or go to 840 N Lincoln Ave, Loveland, CO 80537, 9am-5pm M-F, to fill out paperwork. Families need to bring proof that they are Colorado residents (i.e. driver's license) and identification for each child (i.e. birth certificate, social security card). They also have staff that can help Spanish speaking families.

Have a wonderful break, take care of one another, and be well.

Patti Young (A-G) [pyoung@psdschools.org](mailto:pyoung@psdschools.org)

Karen Irvine (H-Z) [kirvine@psdschools.org](mailto:kirvine@psdschools.org)

[The gift and power of emotional courage | Susan David](#)

[Helping Teens Make Room for Uncomfortable Emotions](#)

[Adolescent's Wellbeing During COVID-19: Parental Resources](#)

[How to Lessen the Holiday Blues for Kids and Teens During COVID-19](#)



### 30 Holiday Kindness Ideas for Kids

1. Leave a kind note or drawing on a family member's pillow.
2. Make a thank you card for an essential worker.
3. Draw pictures or write encouraging words on the sidewalk.
4. Paint a kindness rock to place in a park or on someone's doorstep.
5. Draw pictures and mail them to family or friends.
6. Make cards to send to a senior center or veterans home.
7. Help rake a neighbor's leaves or shovel snow.
8. Pick up trash around the neighborhood.
9. Make a family member's bed.
10. Leave a family member an encouraging note on the bathroom mirror.
11. Clean and beautify a spot in the house without being asked.
12. Create bookmarks to give to book-lovers.
13. Collect items or money to drop off at a local food pantry or animal shelter.
14. Leave a surprise – flowers, homemade cookies, a nice note – on a neighbor's doorstep.
15. Read a story to someone.
16. Clean out a dresser drawer and donate gently-used clothing.
17. Send a kind email message to a teacher.
18. Make encouraging signs to post in your window.
19. Tell someone that you love them.
20. Send a postcard to a community helper, thanking them.
21. Make a birdfeeder.
22. Plant bulbs for spring flowers.
23. Pay a friend a compliment.
24. Get to know your neighbors' names.
25. Pick out and donate a toy for a holiday gift drive.
26. Help your mom or dad make dinner.
27. Make a get well card for someone.
28. Record a happy song or dance and send it to friends or family who need a pick-me-up.
29. Write a poem for someone.
30. Clean up a mess you didn't make.

# Kinard Middle School

## Kinard Health Office News

### Health Conditions Listed on ParentVUE

Please review your student's Health Conditions information within [ParentVUE](#) to make sure it is current and correct. This is the same information we access at school. You can access the Health Condition information within the ParentVUE website or app. Once you are in ParentVUE, select Health, then Health Conditions. If you need to make any changes, please email Heather Julian ([hjulian@psdschools.org](mailto:hjulian@psdschools.org)) with your deletions, corrections, or additions.

### PSD Medication Process

*All medicine* - whether prescription, over-the-counter (non-prescription), long-term, or short-term - that must be taken at school requires a Poudre School District [Authorization to Administer Medicine](#) form. This form and all PSD health service forms must be filled out and signed by both the prescribing health care provider and by a parent/guardian. This would be for aspirin, ibuprofen, cough drops, antibiotics, etc. – ***any and all*** medications that would need to be taken at school without a parent/guardian present. All health service forms must be renewed every school year and only one medication may be written on each form. All health forms are available on the [Poudre School District website](#).



All medications will be stored in the health office during the school year and administered by delegated staff. Please remember that medications must be kept in the original bottle/container/package and double check the expiration date. Students may visit the health office for medication as needed throughout the school year. *Please do not send medicine of any kind in backpacks or lunchboxes for students to take on their own.*

### Self-Carry Medicine

We strongly encourage students with severe, life-threatening conditions to submit to the health office the [Carry and Self-Administer Asthma/Allergy Medicine](#) (section 6) form (front and back fully filled out) and the corresponding [Health Care Action Plan](#) (section 8). These forms allow your student to carry and self-administer, when appropriate, the prescribed rescue/emergency medication. This option is available so students with **asthma, severe allergies, or other severe or life-threatening conditions**

## **Kinard Middle School**

### **Kinard Health Office News**

*continued*

can carry their own medication at school, after school (walking home, going to a friend's house), during school-sponsored activities (athletics, music performances, field trips, clubs) or while being transported in a district vehicle (school bus). Asthma Inhalers, Epipens, Benadryl (severe, life-threatening allergies only), Insulin, and Glucagon are a few examples of these life-saving rescue/emergency medications. Only rescue/emergency medications may be carried in a backpack with the student once the [Carry and Self-Administer Asthma/Allergy Medicine](#) form is filled out, verified to be correct by the school nurse, and on file in our health office here at Kinard. Staff is trained to help administer self-carry medications for students as needed. Some families have their student self-carry and also store extras in the school health office.

If you have any questions, please email either one of us.

Thank you!

Heather Julian

Health Tech (M-Th mornings)

FAX (970) 488-5433

[hjulian@psdschools.org](mailto:hjulian@psdschools.org)

Kim Williamson

School Nurse Consultant

Mobile (970) 222-8316

[kwilliamson@psdschools.org](mailto:kwilliamson@psdschools.org)

Schools: Bethke, Zach,  
and Kinard