



# Friday Note

**MISSION STATEMENT:**  
**THE MITCHELL ELEMENTARY SCHOOL COMMUNITY PROVIDES AN ENVIRONMENT IN WHICH ALL CHILDREN WILL LEARN AND SUCCEED**

<http://mitchell.jeffcopublicschools.org>



@Golden\_Mustangs

*The Mitchell Friday Note is an important place to be sure you have the current information about what's happening in our school.*



## After School Activities

After School Activities begin next week. You can find registration links on the Mitchell website under Activities & Programs. If your student is in an afterschool activity in the building they will be dismissed at the front door at 4:35. Students in Tae Kwon Do are dismissed at the outside gym door.

If your child attends Red Rocks childcare they should check in with Red Rocks at 3:35, then go to their activity. The activity teacher will walk them back to Red Rocks at 4:35.

Each activity has different start/end dates, so check the calendar for your specific dates. Dates for each activity are also on the Mitchell Google calendar. Please note that there are no activities on Parent/Teacher conference days Oct 17<sup>th</sup>.

## Picture Orders

The last day to order school pictures before they become a 'late order' is 9/13. You can order pictures with this link <https://orders.vangoghco.com/prepay/>



## Golden Gallop Spirit Days

Mustangs who have a Golden Gallop shirt from past races can show their community spirit by wearing their shirt on **Friday, September 15th** in preparation for the race on Sunday.

**Monday, September 17th** Mustangs who can wear this year's shirt to school after running the race. This year's race can be run virtually or in-person to allow for lots of participation. Click on [this link for an informational and race sign up](#).



## #AttendanceAwarenessMonth

As we settle into the new school year, we are excited to share that September marks Attendance Awareness Month. One of our goals this year is to provide extraordinary student experiences **by making student attendance a priority**. Across Colorado and the country, student chronic absenteeism is on the rise.

### Why Does Attendance Matter?

- Research demonstrates a strong connection between student attendance and academic performance
- Regular attendance allows students to establish and nurture relationships
- Students who get to school each day have a better chance of learning and succeeding
- Research shows that students that miss two days of school per month can struggle with reading and this may lead to social emotional stress
- When your student misses school they also lose valuable learning time, can fall behind in their school work and as a result, it's difficult to catch up
- Students chronically absent in kindergarten and 1<sup>st</sup> grade are much less likely to read at grade level by the end of 3<sup>rd</sup> grade

### Join the Mitchell Team

If you've thought about working at Mitchell as a paraprofessional, we would love to have you apply. We currently have 2 positions that are ideal for mirroring your Mitchell student's schedule and offer rewarding relationships with students and colleagues. If you are interested or know of someone who might be, please reach out to Ms. Yergert in the main office.



## Snacks

Please remember to send a snack to school with your student each day. We do have snacks available in the office from generous donations for students who occasionally forget to bring one.

## Monthly SEL-Share For Parents/Home: SEL for Parents

Teaching Social Emotional Skills  
Home

Be sure to visit the SEL page on our Mitchell  
Website

SEL at Mitchell  
PTA Corner



at

**BACK TOGETHER**  
**MITCHELL MOVIE AND DANCE PARTY**  
A CHANCE TO RECONNECT WITH OLD FRIENDS AND MAKE NEW ONES, TOO!

Where: Mitchell's Big Front Lawn  
When: Wednesday, September 13th; 5-8pm  
\*\* 5pm: DJ dance party  
\*\* 6:30pm: Movie

Bring a blanket or low backed chairs

Food options:

- Food trucks from:
  - Moontime Crepes (gluten free options)
  - Super Smash Burger
- Bring your own picnic dinner to enjoy
- Classic movie theatre concessions for sale such as popcorn, candy and sodas!

**SHOWING PIXAR FILM: LUCA**

**OUTDOOR MOVIE**

Hosted by the Mitchell PTA and its Equity, Diversity and Inclusion Committee

Planning to attend next week's Back Together event?

We need a few more volunteers to help the event go smoothly. A variety of slots are available and most require an hour or less of your time. [SIGN UP TODAY!](#)

(<https://www.signupgenius.com/go/9040F4DAAAB2EA13-back1#/>) We can't wait to see you on Wednesday, Sept 13th for a fun evening of connecting with friends for a dance party and movie night! Check out your Friday folder for more details!

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**Mitchell Mileage Club** is a free, optional fitness activity for students in grades 1-5. We will meet six times in September, weather permitting, at the following times:

First Grade: 11:15 - 11:38

Second Grade: 12:22 - 12:45

Third Grade: 12:00 - 12:23

Fourth Grade: 1:07 - 1:30

Fifth Grade: 12:45 - 1:08

We will run, walk, or skip around a course on the upper playing field. Students earn footprint charms for a keychain to celebrate their effort and accomplishments. It is the perfect way to prepare for The Golden Gallop on September 17th. The more Mitchell participants, the better!

**WE NEED PARENT VOLUNTEERS!** This is a fun volunteer job! It's about 25 minutes and is outside during recess time. Parent volunteers set up the course with cones, help the students find their cards for tracking laps, help the students track their laps, and of course, cheer them on! Please sign up for a shift using the Sign Up Genius link.

<https://www.signupgenius.com/go/30E0D49A8A62AA5F85-mitchell1>

For more information, please contact Emily Tuleja at [tulejaeh@gmail.com](mailto:tulejaeh@gmail.com)



**MITCHELL ELEMENTARY  
MATH AND SCIENCE NIGHT 2023**

**Thursday, September 21st, 2023 5:30-7:00 p.m.**

Exhibitor set-up 4:30-5:30 p.m.

Exhibits will be held outside on school grounds (201 Rubey Dr, Golden, CO 80403)  
Contact Beth Moses [fishandrocks@gmail.com](mailto:fishandrocks@gmail.com)

**WE NEED STEM EXHIBITS!**

Do you use STEM in your job? Do you know someone in charge of community outreach for your company? Volunteer to **run a booth** at Mitchell Math and Science Night!



**EXHIBITOR SIGN-UP AT** <https://bit.ly/mmsn2023-exhibit>

**WE NEED VOLUNTEERS + DONATIONS FOR THE NIGHT!**

Please help with set up, tear down & logistics! Also need STEM-themed donations for raffle.



**VOLUNTEER SIGN-UP AT** <https://bit.ly/mmsn2023-volunteers>

All proceeds we make during the night go towards future Math and Science Nights!  
\*\*Sponsored by Mitchell PTA\*\*  
[www.mitchellpta.org/](http://www.mitchellpta.org/)

**Volunteer for Recess Garden Club!**

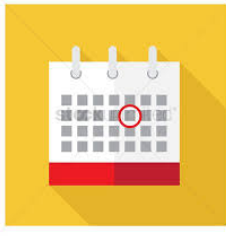
Come hang out with the kiddos at Recess Garden Club—water the pumpkins, pull weeds, and play in the dirt with the kiddos! Recess Garden club happens every Monday, Wednesday, and Friday: The first time slot, from 11am to 12:30pm, covers the recess times for 1st graders, kindergarteners, and 3rd graders and the second slot, from 12:15pm to 1:45pm, covers the recess times for 2nd graders, 5th graders, and 4th graders and we really need two volunteers to run each slot smoothly:

<https://www.signupgenius.com/go/4090F44ABAB2EA6FA7-mitchell>

A member of our volunteer garden team will either be there to help facilitate or will send directions to you on the night before your shift, so first timers are always welcome! Please email Alexa at [mitchellptagarden@gmail.com](mailto:mitchellptagarden@gmail.com) with any questions, and thanks for volunteering!

Looking for a convenient way to donate snacks for students who forget or are in need? Visit the [Snacks for Students wishlist](#) to have your donated snacks delivered via Amazon. Thank you to Ms. Munoz for compiling this great list of healthy, allergy-friendly snacks!

## Important Dates



September 13th	Back Together Movie Night 5:00PM
September 21st	Math & Science Night 5:30 PM
September 22nd	No School- Teacher Work Day Golden Homecoming Parade
September 29th	Field Day

### ***Celebrate our Rocking Mustangs and Recess ROCKStars***

*Abby R, Nellie W, Caydee W, Vera J, Fox C, Neva P, Carson F, Riley M, Hannah D, Ellison L, Tate L, Colin S, Will K, Evi G, Bryce F, Amaya F, Asa K, Connor P, Elly D, Clara M, Selena A, Eloise B, Jadon H, Logan L, Analiese R, JoJo B, Mazzy M, Eleanor T, Tyler H, Alice A, Musette G, Brendan S, Lettie B, Henry B, Benny G, Bea H, Bexley L, Maisie S, Coraline M, Nya G, Wyatt M, Ellie F, Avery A, Oliver C, Landon K, Magnolia B, Juniper K, Hadley W, Addie S, Zaid A Drew S, Lively F, Braeden Z, Emeri E, Benjamin G, Zoe M, Marley L, Beck C, Arlo R, Enzo D, Charlie M, Alice Z, Louie D, Juno A, Willow D, Cassidy M, Taylor D, Elysse E, Ella Q, Torin F, Gray L, Teagan S, Willa K, Kira H, Cadi C, Isaac H, Samuel H, Niko K, Westley G, Jill B, Henrik J, Zach L, Rafael S, Zeta G, Henni P, Zoe K, Margaret B, Raegan N, James W, Felix W, Crosby G, Josie H, Zoe B, Dossym K, Kaia B, Huxley L, Georgia D, Jude M, Rosemary M, River K, Nathan H, Addie S,*

Please don't hesitate to call the office with any questions 303.982.5875 or go onto our website <http://mitchell.jeffcopublicschools.org> for up to date school information.

MITCHELL ELEMENTARY SCHOOL PRESENTS AN EXCEPTIONAL WORKSHOP WITH FEATHER BERKOWER, LCSW

# Parenting Safe Children



A workshop empowering adults to keep children safe from sexual assault



*"Parenting Safe Children is the single most worthwhile parenting class I've ever attended. In fact, going to this workshop was the best thing I have ever done for my children. And, Feather Berkower is amazing!"*

*Michele Leifer, Parent*

**Parenting Safe Children focuses on educating adults how to keep children from sexual assault, taking the burden off of children to have to protect themselves.**

**Ideal workshop for parents, relatives, teachers, therapists...anyone who cares about children!**

**Please join us for an inspiring workshop on Preventing Child Sexual Assault . . . One Community at a Time**

This is a must-attend workshop for people with children of all ages!

You will learn:

- What makes children vulnerable to sexual assault?
- Body-safety rules you can teach your children to keep them safe.
- How you can talk about your child's body safety with teachers, coaches, nannies, family members, faith leaders and other parents.

## Workshop Topics

Consent • Playing "what if" games with children • Building a Prevention Team™ of caregivers • Tips for interviewing childcare providers • Body-safety rules for children • Secrets • Age-appropriate sexual behavior vs. problematic sexual behavior in children • "Teachable Moments" • Teaching manners while also teaching kids to say "NO" if they are un-safe • Answering kids sexual questions • Talking about pornography with kids

**PART 1 – SATURDAY NOVEMBER 4, 2023**

9:00 a.m. – 11:30 a.m. MST

**PART 2- SATURDAY NOVEMBER 11, 2023**

9:00 a.m. – 11:30 a.m. MST

Link provided upon registration

**COST & REGISTRATION:**

\$32.64 per person generously subsidized by Mitchell Elementary PTA - register at



*\*Must pay in advance to reserve your space.*

*\*Registration payment is non-refundable & non-transferable to other PSC dates.*

*\*Each person attending, including couples, must register with payment in advance.*

Contact: Sarah Barkley – 303-957-7221  
sarahmbarkley@gmail.com

Feather Berkower is a licensed clinical social worker and holds a Masters of Social Welfare from the University of California, Berkeley. She has been a leader in child sexual assault prevention since 1985 and educated over 150,000 schoolchildren, parents and professionals. She is available to present Parenting Safe Children in your school, community or business.

For more information visit [www.parentingsafechildren.com](http://www.parentingsafechildren.com)