

# D51 Gifted Education Newsletter

November 2023

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## News from our GT Director

As I reflect on the first two months of my journey as D51 Interim GT Director, I must honestly share the learning curve I have experienced has been exciting and steep at the same time. My experience during my 40 years within the district has been grounded in Middle School & High School, moving from teaching mathematics, to school administration, and eventually to district leadership. During the past 8 weeks, I have been challenged to truly understand what is involved in creating and sustaining an Advanced Learning Program that supports our GT students, staff and parents in their K-12 journey. My understanding has been supported by many talented GT staff that I have begun to work with at our schools and within the district. I have been able to observe very successful programs at many of our schools at each level, while I have also seen what can be a barrier to



#### FOUR CORE BEHAVIORS

D51 focuses on the whole learner to foster growth and high achievement.

D51 believes in the strengths of our people, our schools, and our communities.

D51 values individuality, inclusivity, and belonging.

D51 commits to continuous improvement.

#### VISION

Engage, equip, and empower each and every student, each and every day.

#### MISSION

D51 engages our community, families, and staff to deliver individualized, collaborative, and challenging educational experiences to prepare each and every student for their brightest future.

student success with additional challenges. Together, we must leverage our precious time with students, our human resources, and our professional development to maximize student growth and achievement.

Additional support for my learning has come through GT experts such as Lisa Van Gemert who I know many of you have followed over the years. Van Gemert addresses stereotypes and myths associated with our GT youth in the article called [Social Animals](#). One myth, “Gifted kids are introverted,” is addressed with important data helping parents and staff understand variables that affect behavior. Van Gemert reminds us “introversion and extroversion are a continuum, not a dichotomy, and that gifted youth move back and forth along that continuum depending upon circumstances and environment.” Through simple articles such as this one, we better understand our GT learners and are able to adjust learning expectations and environments to better meet their academic and social-emotional needs. My best hope as this year progresses is for my own learning to parallel the learning of each student, staff member, and parent within our GT community.

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## Student Spotlight

*Submitted by Veronica Daehn Harvey, GT Teacher at Redlands Middle School and Grand River Academy*

Hi! My name is Echo Anderson and I am a sixth-grade student at Redlands Middle School. My favorite subject is reading and I am currently reading the Harry Potter series. Biology interests me, so I really like science. I am interested in finding harder books that are challenging but still interest me. I am also a member of the Redlands Middle School Student Senate.



Outside of school, I am a little all over the place with my extracurricular activities. I play the violin and piano and, as for sports, I do swimming, volleyball, and this year I am trying basketball, even though I am not a huge fan of running. Previously I have done dance and theater. My family loves to travel, play games, and watch movies. One trip we took was when we flew into New York and then traveled up the East Coast. One trip we are going to take is a Disney Cruise that leaves from San Diego and then goes to Catalina Island, Ensenada, and back.

A few interesting facts about me is that I don't have a middle name, was born in North Dakota, have lived in five different states, (West Virginia, Pennsylvania, North Dakota, Utah, and Colorado), and enjoy interesting food combinations such as grapes and ranch.

Some long-term goals I have for myself are going to BYU for college, visiting all fifty states before I am sixteen, (I have thirty-two so far), and becoming a teacher and/or doctor.

Thank you for taking the time to read about me.

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## Teacher Recommendation

Recommended by Mitch Hamilton, GT teacher at Lincoln OM



### Games Recommendation

I have a bag of 200 six sided dice that allows me have 10 dice for each student regardless of class size. Kids love dice and benefit from having to keep their dice under control during activities. My one rule with dice games is that you lose your turn if your dice go on the floor.

The following site is one example of many.

<https://www.weareteachers.com/dice-games/>

I also have 20 twelve sided dice that allows me to play *Math Dice* with the entire class.

<https://www.youtube.com/watch?v=vRqgewsWXEs>

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## Student Review

Submitted by Lance Powell, GT teacher at Dos Rios and Chipeta Elementary



Visit Yellowstone National Park  
recommended by Jedi Carey

Yellowstone is the first national park and in my opinion, the best.

One of the reasons it is the best is because it has some towns with a great community. These towns aren't your usual big cities with Starbucks and McDonalds, but instead homemade stores and creative factories. The only thing that is familiar is that there is a big park in the middle of the town. In this park there are wild deer that are welcome, you can pet these deer but cannot feed them.

But once you go out of town there is 3,472 square miles of the most beautiful scenery ever. It is the best thing I've ever seen. The trees are green, the mountains are huge, and the wildlife is everywhere. Wildlife in Yellowstone is the main reason a lot of people come to Yellowstone, this is because there are lots of bears, wolves, and moose. Not only is Yellowstone the best national park ever, but it is also an active volcano! This means it can kill anyone at any moment.



Old faithful is an attraction that lies in Yellowstone, it is a really cool walkway where families go every year. At the beginning of the trail there is a geyser that shoots lots of boiling hot water every hour. This is because there is a magma chamber underneath it that is so hot that every hour it shoots out boiling water.

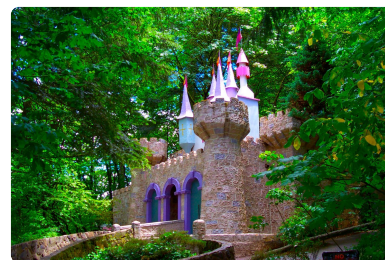
If you like natural stuff then Yellowstone National Park would be the perfect place to visit.

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### My Experience at Enchanted Forest

By Juniper Hamilton

Enchanted Forest is an amusement park hand made by one person named Roger Tofty who loves drawing fairies and mushrooms. The park is in Stayton, Oregon on a woody hillside next to Highway 5. At the park there are 2 roller coasters: The Log Ride and The Ice Mountain. You can also go to the Challenge of Mondor which is a cartridge in which you have to battle monsters with your laser guns. When I played Challenge of Mondor I got Knight in Training and my uncle got Master of the Realm but he didn't beat the record.



When you first enter the park you head down Story Book Lane that has Beauty and the Beast, Hansel and Gretel, Humpty Dumpty, Jack and Jill, The Evil Witch, Alice in Wonderland, a maze and The Old Lady Who Lived in a Shoe. There is also an English village and a Western town that has caves, Pinocchio playhouse, Black Bird Theater, the Comedy Theater, The Water Show and the Irish Theater.

There are also kiddy rides, panning for Gold and you can get ice cream or a souvenir from the gift shop. The kiddy rides include a merry go round, bumper cars and a train ride. I hope you consider going to Enchanted Forest.

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### Vist WESTCLIFFE, Colorado

Recommended by James Mulford

I went to Westcliffe, Colorado with my Mom, my Mom's fiance and my siblings, and we did a lot of things. On the first night we saw a beautiful lightning storm on the horizon, so we didn't even get wet.



The lighting was beautiful and the thunder was music to everyone's ears I think. The lightning was white and so beautiful, we went outside and it was even better. But the next day we went to a free place, and you could see a whole lot of animals, such as Mission Wolf, a wolf sanctuary, that was my favorite place.

At Mission Wolf we got to go in and admire the wolves and actually got to pet them! My favorites were Rosy and Zeke. Rosy was so cute and Zeke was so old, and they had trauma, so they were

super calm. Edin on the other hand, she was a full wolf and had no trauma and had a lot of energy. Most of them were full wolves but the ones we went in with were wolf-dogs.

Westcliffe is also the only town that has a no light policy after 10:00 so there were a lot of stars. Although we couldn't see the milky way, we did see a lot of beautiful stars.

Visit Westcliffe!

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Visit Capital Reef National Park  
Recommended by Penelope Sholtes



This summer I went to Capital Reef National Park. There are so many tourist attractions, my favorite attraction is a creek called Pleasant creek; this is because it is just very pleasant.

In Capital Reef there are always so many geodes. I love geodes so much and in my opinion the geodes just keep on coming and it's true geodes do just keep on coming. This is because rocks fall from the cliffs and then the rocks that fall from the cliffs erode away and when they erode the geodes are spit out. Now, these geodes can be yellow, black, but they are mostly white. They can be six inches, they can be three inches, they can be varieties of different shapes and sizes.

There is also a campground, the campground is called Fruita Campground. Right next to the Fruita Campground is a tiny old house called the Gifford House. This tiny little house was built by the settlers, but they turned it into a gift shop (they sell pies). At the campground there is a fruit orchard that was grown by the first white settlers. There is also a river that runs by the campground. The river is called the Fremont River.

On the down side, the last time I went there, clouds crowded the sky; and this was on my favorite hike. This hike is like two miles long. Well, my favorite spot was two miles in. My favorite spot is this area that is kind of a short, maybe ten foot tall slot canyon that has multiple one to two foot tall waterfalls and waist high water (for me). It also has a few tiny pot holes under water that are fun to sit in!

Capitol Reef National Park is 377.91 square miles (978.8 sq km).  
In Capitol Reef National Park there are 56 trails.

Utah is rich in wilderness and I suggest going to Capitol Reef National Park.  
Utah has the third most national parks in the country.

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When I went to Great Wolf Lodge  
Recommended by Bo Bullock



Great Wolf Lodge is this amazing place where they have a Water park, an Arcade, a MagiQuest magic spell thingy, and a hotel. I

Definitely recommend going there.

The first thing I wanted to do was go to the waterpark. Once I got to the slide I waited until the lifeguard gave me the yes, and down I went. In reality I was probably going 5-8 MPH but it felt like 500 MPH. And the next thing I knew, I Was at the bottom. When I was done with the water slides, I went into the wave pool, and at first there were small waves and I was doing perfectly fine. But then the big waves started coming. And right as I thought the waves couldn't get any bigger, the BIGGEST WAVE EVER HIT and oh boy I almost drowned.

While all Of that was happening, My brother and my cousin were doing this MagiQuest thingy where you walk around the building with a wand, and you find these little areas and you use your wand to solve puzzles and defeat dragons. So basically you wave around your wand and the wand connects to the screen that the puzzle is on. So all you do is solve these very simple puzzles, and you defeat a dragon. As my brother and cousin were going to the next floor/level as they were in the elevator, for some reason they started jumping. And what do you know they got stuck. They used the emergency phone inside the elevator and once the people on the other end heard that they were stuck, they turned off the power and turned it back on. Thankfully they got out safely.

Next time you go to Salt Lake City, you will not be disappointed if you go to Great Wolf Lodge.

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## Visit Portland Maine

Recommended by Aiden Warner



I strongly suggest going to Portland Maine. It is very fun. When I went to Portland Maine I started every day by jumping in the freezing ocean at 7 a.m. One day I went sailing in a dinghy called Sea Spray. For breakfast I recommend going to Becky's Diner. They serve blueberry pancakes.

Another time my mom's friend's husband threw me in the sea. It was awesome. On the last day me and my friend played frisby in the rain. That night me, my friend and his dad went fishing for stripers with metal lures but the light that attracted the fish was broken so we had no luck.

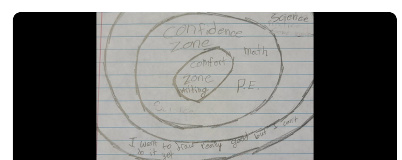
One time we went boating in the Presumpscot River and there weren't any breakers so it was very smooth. While boating we saw a cloud that looked like a tsunami.

I completely recommend going to Portland Maine where the locals call it vacation land.

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## Student Work

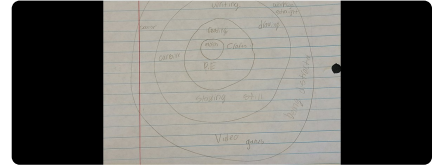
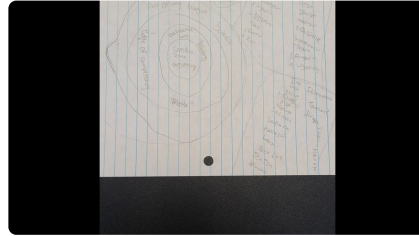
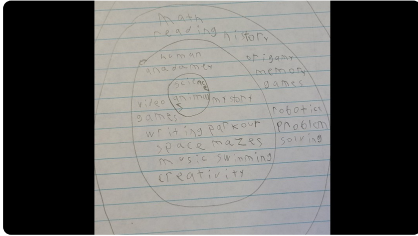
Submitted by Janelle McGowan, GT Teacher at Pear Park Elementary





Pear Park students explored the concept of working at the edge of their competence. They used a bullseye to illustrate areas in their life that are within each section of the bullseye (comfort zone, confidence zone, edge of competence, and out of my league).

Students will revisit this bullseye to note changes over time in their learning and activity. We will also begin to explore other Depth and Complexity icons like "Patterns, and Trends"



## Gifted Education State Advisory Committee Vacancies

Our state Gifted Education State Advisory Committee is looking for educator, community, parent, and student representatives from our region (CD3 - Congressional District 3). The deadline for application is December 8th, but don't wait! These are three-year terms (students are one-year) to provide input at the state level.

Please reach out to the GT Department if interested:

**Summer Allen - D51 GT Administrative Assistant**  
**(970) 254-6903**

[Summer.Allen@D51Schools.org](mailto:Summer.Allen@D51Schools.org)

Attention! THE GIFTED EDUCATION STATE ADVISORY COMMITTEE (GE-SAC) IS ACCEPTING APPLICATIONS

HOW CAN I FIND MY CONGRESSIONAL DISTRICT?

bit.ly/gesaced

bit.ly/GESAC2023

## The Cooke Foundation's Young Scholars Program

The Jack Kent Cooke Foundation's [Young Scholars Program](#) application will open on **February 8, 2024**. The Young Scholars Program is a selective five-year, pre-college scholarship for high-performing 7th grade students with financial need. It provides academic advising, along with financial support for school, summer programs, internships, and other learning enrichment opportunities.

Eligible applicants should:



- Be current 7th graders and/or entering 8th grade in fall 2024.
- Have earned all As and Bs since the beginning of 6th grade.
- Reside in the U.S. and plan to attend high school in the U.S.

- Demonstrate financial need with a maximum adjusted gross income of \$95,000.

To receive updates about the program, [click here](#).

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# Scholarship Application

## 2023-2024 Scholarship Application.pdf

[Download](#)

88.7 KB

## 2023-2024 Scholarship Application (spanish).pdf

[Download](#)

76.8 KB

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*Facebook*



This group is to support Westernslope Parents of Gifted & Talented and 2E kids.

We share hope, empowerment, ideas, opportunities, and overall support each other.



# Upcoming COMMUNITY EVENTS



## Attention 8th Graders

**IB Diploma Programme  
Information Sessions**

*Each session open to all current  
8th graders and families  
regardless of attendance area*

**11/13/23 - Redlands Middle School**

**11/14/23 - West Middle School**

**12/06/23 - Bookcliff Middle School**

**12/07/23 - Orchard Mesa Middle School**

**Meet in the library**

**6:00 - 7:00 pm**

**Shadow Days: Sign up for one of the following days at [pallisadeib.org](https://pallisadeib.org)  
November 13th or 27th  
December 4th or 11th**

**Program applications will be open December 19th - January 19th. Apply  
at [pallisadeib.org](https://pallisadeib.org) under the Interested Students tab.**

# CRAFT FAIR

SATURDAY NOVEMBER 4TH 2023  
9:00AM-3:00PM

FUN FOR THE FAMILY!

FREE ADMISSION FUN ACTIVITIES FOR KIDS  
LOCAL VENDORS

CAREER CENTER CAMPUS  
2935 NORTH AVENUE GJ CO 81504  
INTERESTED IN A BOOTH 970-254-6000  
EXT 21100

## Career Center Holiday Bazaar

November 4<sup>th</sup> ---- 9:00am-3:00pm

*Free Admission, Local Vendors, Unique Gifts,  
Activities, Delicious Treats And Much, Much,  
More!*

### Crafters and Vendors Wanted

**(Limited Spots Available Reserve Your Spot Today)**

**For application and Information please email**

**[Laura.Jueschke@d51schools.org](mailto:Laura.Jueschke@d51schools.org) or call**

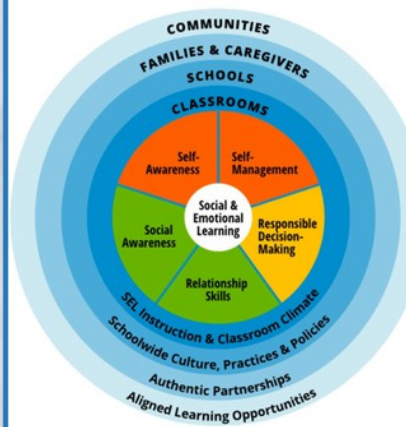
**970-254-6000 Ext. 21100**



# Social & Emotional Learning Basics

Social and emotional learning, or SEL, helps us all -- children and adults alike -- develop the skills we need for every area of life, from academics and careers to healthy relationships and overall well-being. SEL can help kids stay motivated, communicate effectively, practice curiosity, and work with others to solve problems.

## The CASEL Framework:



## Who is CASEL?

We are the Collaborative for Social, Emotional, and Academic Learning (CASEL), a nonprofit, nonpartisan organization on a mission to support high-quality, evidence-based SEL for all children.



COLLABORATIVE FOR  
ACADEMIC, SOCIAL, AND  
EMOTIONAL LEARNING  
[casel.org](http://casel.org)

Want to learn more about  
SEL? Sign up for our three-  
part email series.

[bit.ly/CASELnewsletter](http://bit.ly/CASELnewsletter)



This event is not sponsored by or endorsed by District 51 and the District assumes no responsibility for the conduct or safety during the event. In consideration for the privilege to distribute this information/hold this event, the organization shall defend, indemnify and hold District 51 harmless from any and all claims, injuries, damages, losses or suites, including attorney fees, arising out of or in connection with this event, except for injuries and damages caused by the sole negligence of the district.



*Healthy School Meals  
— for All is —  
More than a Meal*

**More than a Meal  
Application Includes  
For Schools:**

- Extra staff to support teachers
- Discounted internet costs
- Equipment grants to improve meal quality

**For Students:**

- Discounted utility and internet
- Waived Curricular fees
- Discounted AP test fees
- Discounted bus passes



Scan the QR Code or visit  
[bit.ly/d51morethanamealapp](http://bit.ly/d51morethanamealapp)

**D51**

*This institution is an  
equal opportunity provider*



# We can #KeepCOCovered



## Get ready to renew your Medicaid coverage now!



Update your contact information and sign up for notifications in the Health First Colorado app and in your PEAK account.



Respond by the date in your letter – you'll get this in the mail and by email.



Don't forget to sign your renewal packet.



Turn in documentation through Health First Colorado app, mail, online at [co.gov/PEAK](http://co.gov/PEAK).

## What if I don't qualify for Medicaid or CHP+?

You have a limited amount of time to apply for other coverage.

### Other health coverage options include:

- **Employer** coverage, check with your employer to learn about options, rules and deadlines.
- Coverage through a **family member's** health insurance.
- Coverage through **Connect for Health Colorado** (Colorado's official health insurance marketplace). You might qualify for reduced premiums. Visit: [connectforhealthco.com/we-can-help/](http://connectforhealthco.com/we-can-help/)
- Coverage through **Medicare**, for people age 65 or older or people under 65 with certain disabilities. Visit: [dol.colorado.gov/colorado-medicare-health/drug-insurance-coverage-options](http://dol.colorado.gov/colorado-medicare-health/drug-insurance-coverage-options)
- Coverage for **active or former military, naval, or air service** through Tricare (active) at [tricare.mil/](http://tricare.mil/) or VA (veterans) at [va.gov/health-care/apply/application/](http://va.gov/health-care/apply/application/)

Get more information on your options:



[hfcgo.com/options](http://hfcgo.com/options)

[KeepCOCovered.com](http://KeepCOCovered.com)

### Review Your Options. Stay Covered.

- To get free help enrolling in Connect for Health Colorado marketplace coverage, reach out to a certified assister online at [connectforhealthco.com/we-can-help/assisters/](http://connectforhealthco.com/we-can-help/assisters/) or by calling 855-752-6749. TTY: 855-346-3432.
- To get free help filling out an application for Health First Colorado or CHP+ coverage, or to learn about other coverage options, contact a Certified Application Assistance Site here: [apps.colorado.gov/apps/maps/hcpf.map](http://apps.colorado.gov/apps/maps/hcpf.map)

## FORGET-ME-NOT

# Family Grief Support Group

Thursday Evenings  
September 21 - November 9  
5:00 p.m. - 7:00 p.m.  
Ferris Care Center, Room 102  
3090 N. 12th Street  
Dinner will be provided.

Join HopeWest Kids for Forget-Me-Not, a grief support group that children and family members attend together. The group, open to all ages, provides a safe and caring place to explore grief and its impact on the family.

Forget-Me-Not offers education and support regarding the grieving process through the use of games, art and craft projects and music. Children and teens will work in age-specific groups, and parents will have a separate group, allowing participants to connect with peers facing similar experiences.

At the conclusion of the group, each family will receive a memory bear or pillow, lovingly sewn by a HopeWest volunteer, out of a garment of clothing from the family's loved one who died. It will serve as a special memory object for the family to treasure as they learn along their grief journey.

Space is limited and registration is required. For more information and to register call (970) 257-2390.



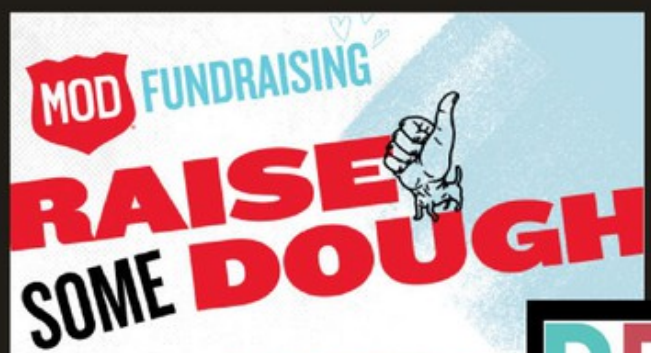
HopeWest  
30 YEARS OF EXCEPTIONAL CARE



Wednesday, November 8



Mod Pizza will donate 100% of your bill to D51F with coupon or code



JOIN MOD IN SUPPORTING

**ORGANIZATION NAME:** DISTRICT 51 FOUNDATION

**FUNDRAISER DATE:** NOVEMBER 8, 2023

Bring in this flyer, or order online through the MOD app or website using the provided coupon and MOD will donate 100% of your bill to support this great work!

**ADDRESS:** 1201 WELLINGTON AVE. SUITE 101  
GRAND JUNCTION, CO 81501

**FUNDRAISER CODE:** MODGIVES20



Be sure to bring this flyer when ordering, or use code MODGIVES20 when ordering online

Offer valid only on the date(s) and at the MOD location identified on this flyer. Offer valid for dine-in, take-out, or delivery when ordered through the MOD app or website only. For online or in-app orders, please use the code MODGIVES20. For delivery, customer must live within delivery boundary. Only non-profit organizations and non-profit schools are eligible to participate in the MOD fundraising program. MOD will donate 100% of food and beverage sales to the organization. Tax, gift cards and retail sales are excluded from the donation. Offer void if the flyer is distributed in or near the restaurant. For more information about fundraising, visit <https://modpizza.com/fundraising>

PLEASE COME JOIN US

# CRAFT FAIR

*Jump Start Your Holiday Shopping*

- 50 Local and Unique Vendors
- Fun Activities For Children
- HOSA Fundraiser Breakfast \$5.00 A Plate
- Fresh Side Cafe Open For Lunch 11:00-1:00pm
- Giving Touch Massage School
- And much more!

Saturday  
**04th**

November, 2023  
**9-3:00pm**

CAREER CENTER CAMPUS  
2935 NORTH AVE GJ CO 81504

970-254-6000



## 6TH ANNUAL-THANKSGIVING BREAK



### BASKETBALL SKILLS CAMP

**WHO:** Boys in grades 4 – 7

**WHAT:** Basketball Skills Camp

**WHEN:** Monday and Wednesday  
November 20 and 22  
10 am - Noon

**WHERE:** Central High School Gym

**COST:** \$25 for both days/\$20 for one day  
Includes admission to the Western Colorado High School Scrimmage day at CMU on November 21 and the first day of the Warrior Challenge Basketball Tournament on November 30.

Register online ASAP using the link below or QR code:  
<https://forms.gle/VsgzcKN6uFQ5TFzy9>

Payment should be brought to camp on Monday, November 21, but please register as soon as possible. (Please have exact payment (cash or check) and DO NOT mail payment). Checks can be made out to "Central Boys Basketball"

Facebook: "CIS Future Warrior Basketball" X(Twitter): @cbkhal2023

QUESTIONS, CONTACT JOHN SIDANYCZ  
EMAIL: [sidsid@d51schools.org](mailto:sidsid@d51schools.org) PHONE NUMBER: 970-589-2720

FUTURE WARRIOR BASKETBALL WEBSITE:  
[https://ohio.mesa.k12.or.us/~department/centralhighschool/ohio\\_future\\_warriors\\_bags\\_basketball](https://ohio.mesa.k12.or.us/~department/centralhighschool/ohio_future_warriors_bags_basketball)

Bring your own ball and play basketball

Monday November 21 and  
Wednesday November 23

Grades 4 – 7

10:00 am - Noon

MAIN GYM

Central High School



UPCOMING EVENTS:

MIDDLE SCHOOL 3 vs 3 WINTER BREAK  
Saturday December 30, 2023

REGISTER FOR 3 vs 3 USING THE LINK BELOW

<https://forms.gle/DTossCPt6L45>

## CLOTHING DONATION

ROCA ETERNA CHURCH IN GJ WILL HAVE THEIR ANNUAL  
WINTER CLOTHES DRIVE FROM OCTOBER 16 - NOV 2.  
CLOTHES GIVEAWAY WILL BE ON NOVEMBER 4TH AT  
ROCA ETERNA CHURCH.



### DROP-OFF LOCATION

To donate clothes, ensure they are gently used,  
clean, and in good condition. You can bring your  
donations to:

1333 N. 23 Street, Grand Junction.

For more info call (970) 260-6769.

# Attendance Matters

# D51

Presence is Power.

When kids are in school they...



Build Self Esteem



Reach Goals



Make Friends

**Every Minute. Every Hour. Every day.**

You might believe that kids missing a day of school occasionally isn't significant... yet, those instances add up over time!

When a student misses **2** days a month:

- ★ They miss **20 DAYS** of school a year
- ★ They miss **20 HOURS** of math in a year
- ★ They miss **30 HOURS** of reading & writing a year
- ★ They miss **OVER 1 YEAR** of school by graduation

**We want students to succeed. We need them at school.**

**ATTENDANCE MATTERS.**

career center campus

# FALL

NOVEMBER 4TH  
2023  
9:00AM-3:00PM

# GRAFT FAIR

Free Admission  
Fun Activities  
Local Vendors 40+  
Unique Gifts  
**FRESH SIDE CAFE OPEN**  
**11:00AM-1:00PM**  
**and Much More!**

CAREER CENTER  
CAMPUS  
2935 NORTH AVE.  
GRAND JUNCTION  
CO 81504





## PRESENTERS

### Youth Mental Health Presenters



**Elizabeth Clark**  
Behavior Systems Specialist  
Mesa County Valley School District 91



**Jacque Berry**  
Juvenile Diversion and Lighthouse Program Director  
21st Judicial District Attorney Office

### Safe and Stable Housing Presenter



**Ashley Chambers**  
Housing Manager  
City of Grand Junction

### Youth Mentorship Presenter



**Blake Ammon**  
Mentoring Program Director  
Mesa County Partners

### Youth Volunteerism Presenter



**Mia De Villegas-Decker**  
Youth Equity Advocate, Student-Athlete



# Community Impact Council Presents THE STATE OF THE COMMUNITY

Topic: Empowering Community Youth

Wednesday, November 15  
5:00-7:00pm

Mesa County Fairgrounds Community Building  
2785 US-50, Grand Junction, CO 81503

Nurturing and empowering our community youth establishes a solid groundwork for a brighter tomorrow, as they actively shape the future of our local communities right here in Mesa County.

We invite you to The State of the Community, presented by the Community Impact Council. Join us for an educational evening as we focus on "Empowering Community Youth", where our presenters will cover the importance and impact of youth mental health, safe and stable housing, mentorship, and youth volunteerism.

Please RSVP by November 13 by visiting  
[www.communityimpactcouncil.org](http://www.communityimpactcouncil.org)  
or scan the code



**This is a free community event**

THANK YOU TO OUR SPONSORS!



## Community HOSPITAL

# Project U

Building Long-Term Health & Wellness

**Project U** at Community Hospital is a healthy lifestyle program for youth ages 8+ and their families! This program focuses on adopting healthier nutrition, increased physical activity and lifestyle habits for improved long-term health and wellness.

**Classes will include exercise, hands-on cooking and health education in a fun, interactive environment.**

*A provider referral is required.  
Program is covered by most insurances.*



**September 19 - November 14, 2023**

Tuesdays • 5:00 - 6:30 p.m.

Grand Valley Wellness • 605B 28 1/4 Road

**Sign Up or Learn more!**

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## CAGT Happenings



### Conversations With CAGT

Conversations With CAGT

1st and 3rd Tuesdays each month at 5:00 pm MST on Facebook Live

*Conversations with CAGT* is back with an all-new season of timely, relevant topics by preeminent local, national, and international specialists in the field of gifted education! CWC programs premier on the **first and third Tuesdays of the month** at 5:00 pm MST on Facebook Live. [Check out past Conversations with CAGT programs on our website](#), where you may rewatch past videos anytime!

*Conversations with CAGT* is an incredible opportunity to get expert advice on topics regarding giftedness for FREE with time to ask your questions. Questions from CAGT members get priority!

Join us on the **first and third Tuesdays of the month** at 5:00 pm MST on Facebook Live!

Connect with [Conversations with CAGT on Facebook](#)

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## Rocky Mountain PBS Kids



Helping Children with Tragic Events in the News

In times of community or world-wide crisis, it's easy to assume that young children don't know what's going on. But one thing's for sure - children are very sensitive to how their parents feel. They're keenly aware of the expressions on their parents' faces and the tone of their voices. Children can sense when their parents are really worried, whether they're watching the news or talking about it with others. No matter what children know about a "crisis," it's especially scary for children to realize that their parents are scared.

Some Scary, Confusing Images



The way that news is presented on television can be quite confusing for a young child. The same video segment may be shown over and over again through the day, as if each showing was a different event. Someone who has died turns up alive and then dies again and again. Children often become very anxious since they don't understand much about videotape replays, closeups, and camera angles. Any televised danger seems close to home to them because the tragic scenes are taking place on the TV set in their own living room. Children can't tell the difference between what's close and what's far away, what's real and what's pretend, or what's new and what's re-run. The younger the children are, the more likely they are to be interested in scenes of close-up faces, particularly if the people are expressing some strong feelings. When there's tragic news, the images on TV are most often much too graphic and disturbing for young children.

"Who will take care of me?"

In times of crisis, children want to know, "Who will take care of me?" They're dependent on adults for their survival and security. They're naturally self-centered. They need to hear very clearly that their parents are doing all they can to take care of them and to keep them safe. They also need to hear that people in the government and other grown-ups they don't even know are working hard to keep them safe, too.

### Helping Children Feel More Secure

Play is one of the important ways young children have of dealing with their concerns. Of course, playing about violent news can be scary and sometimes unsafe, so adults need to be nearby to help redirect that kind of play into nurturing themes, such as a hospital for the wounded or a pretend meal for emergency workers.

When children are scared and anxious, they might become more dependent, clingy, and afraid to go to bed at night. Whining, aggressive behavior, or toilet "accidents" may be their way of asking for more comfort from the important adults in their lives. Little by little, as the adults around them become more confident, hopeful and secure, our children probably will, too.

### Turn Off the TV

When there's something tragic in the news, many parents get concerned about what and how to tell their children. It's even harder than usual if we're struggling with our own powerful feelings about what has happened. Adults are sometimes surprised that their own reactions to a televised crisis are so strong, but great loss and devastation in the news often reawaken our own earlier losses and fears – even some we think we might have "forgotten"

It's easy to allow ourselves to get drawn into watching televised news of a crisis for hours and hours; however, exposing ourselves to so many tragedies can make us feel hopeless, insecure, and even depressed. We help our children and ourselves if we're able to limit our own television



viewing. Our children need us to spend time with them – away from the frightening images on the screen.

## Talking and Listening

Even if we wanted to, it would be impossible to give our children all the reasons for such things as war, terrorists, abuse, murders, major fires, hurricanes, and earthquakes. If they ask questions, our best answer may be to ask them, "What do you think happened?" If the answer is "I don't know," then the simplest reply might be something like, "I'm sad about the news, and I'm worried. But I love you, and I'm here to care for you."

If we don't let children know it's okay to feel sad and scared, they may think something is wrong with them when they do feel that way. They certainly don't need to hear all the details of what's making us sad or scared, but if we can help them accept their own feelings as natural and normal, their feelings will be much more manageable for them.

Angry feelings are part of being human, especially when we feel powerless. One of the most important messages we can give our children is, "It's okay to be angry, but it's not okay to hurt ourselves or others." Besides giving children the right to their anger, we can help them find constructive things to do with their feelings. This way, we'll be giving them useful tools that will serve them all their life, and help them to become the worlds' future peacemakers – the world's future "helpers."

## Helpful Hints

- Do your best to keep the television off, or at least limit how much your child sees of any news event.
- Try to keep yourself calm. Your presence can help your child feel more secure.
- Give your child extra comfort and physical affection, like hugs or snuggling up together with a favorite book. Physical comfort goes a long way towards providing inner security. That closeness can nourish you, too.
- Try to keep regular routines as normal as possible. Children and adults count on their familiar pattern of everyday life.
- Plan something that you and your child enjoy doing together, like taking a walk, going on a picnic, having some quiet time, or doing something silly. It can help to know there are simple things in life that can help us feel better, in good times and in bad.
- Even if children don't mention what they've seen or heard in the news, it can help to ask what they think has happened. If parents don't bring up the subject, children can be left with their misinterpretations. You may be really surprised at how much your child has heard from others.
- Focus attention on the helpers, like the police, firemen, doctors, nurses, paramedics, and volunteers. It's reassuring to know there are many caring people who are doing all they can to help others in this world.
- Let your child know if you're making a donation, going to a town meeting, writing a letter or e-mail of support, or taking some other action. It can help children to know that adults take many different active roles and that we don't give in to helplessness in times of worldwide crisis.

[Author:](#)

[Fred Rogers Productions builds on Fred Rogers' legacy in innovative ways through a variety of](#)

company's highly rated children's series, including "Daniel Tiger's Neighborhood," "Peg + Cat," "Odd Squad," and "Through the Woods," have earned 30 Emmy Awards. Their latest series are "Donkey Hodie," the innovative puppet series inspired by characters from Mister Rogers' Neighborhood, and "Alma's Way," an animated series created by Sonia Manzano. Fred Rogers Productions strives to inspire a lifelong enthusiasm for learning through its series as well as efforts beyond broadcast including games and digital offerings, community engagement activities, and much more!

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## *D51 Gifted & Talented Department*



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