

Thunder Mountain Elementary School



March 2017

Diane Carver, Principal | Shawn Wilson, Asst. Principal | Mary Gorsuch, Secretary | Jackie DiThomas, Secretary

Important Dates

PTA Butter Braid fundraiser

March 1st-March 15th, 2017

School of Choice opens

March 6th, 2017 10:00 a.m.

Stone/Kissner concert

March 6th, 2017 6:00 p.m.

PTA meeting in Library

March 7th, 2017 4:15 p.m.

Preschool Open House

March 7th, 2017
4:30-6:30 p.m.

Schaneman/Utemei concert

March 7th, 2017 6:00 p.m.

Math & Science Night

March 7th, 2017 6:00 p.m.

Kindergarten Roundup

March 10th, 2017 9:00 a.m.

SOAR Assembly grades K-2nd

March 28th, 2017 8:30 a.m.

SOAR Assembly grades 3rd-5th

March 29th, 2017 8:30 a.m.

School of Choice closes

March 31st, 2017 4:00 p.m.

A Message From the Principal

Shared vision: We strive to be a positive community who thinks creatively, problem solves, and loves learning.

Dear Thunder Mountain Community:

Good things continue to happen at Thunder Mountain!

Strong Academic Growth – As always, our main focus is on strong academic growth and high expectations for learning for our students. It takes hard work from students, teachers, and parents to achieve the state grade level expectations. The teachers plan daily learning targets and learning activities to help students in their academic growth. The skills and joy in learning that your students develop in the classroom will make a difference in the opportunities that are available to them throughout their lives.

Music Performances - Our annual music programs give all the students an opportunity to perform in front of an audience. Students in each grade level learn many skills to be able to perform. We so appreciate our families and Mrs. Johnson supporting the Barnes and Noble fundraiser with the performances there. It is a treat to enjoy the results of the hard work Mrs. Johnson and the students put into these performances. It also gives parents a great photo opportunity to preserve fun memories.

Art – Thunder Mt. student art work is always displayed throughout our hallways adding to our pleasing environment. Students also have the opportunity to enter art contests and have some of their artwork preserved in items parents can purchase during the art fundraiser. Thunder Mt. happens to be one of the few elementary schools in the district that have been able to do an art class. We are grateful to Mrs. Sommersted for her hard work.

P.E. – Mrs. Tenace is very creative with the units she plans and the way she decorates the gym to make P.E. fun for the students. One of the units in P. E. has been a gymnastics unit. The district provides gymnastics equipment that rotates among the elementary schools. Ms. Tenace does a great job helping the students develop their gymnastics skills. Ask your children what their favorite stations are!

Library – So many good books and just not enough time to read them all. Our librarian, Mrs. Jenny Aker, shares so many beautifully written books with our children to encourage them to develop a love of reading. Each week library time is like receiving a gift students can't wait to open when they get to check out books. What a wonderful lifelong pleasure!

Computer lab – Learning to use and be safe with technology is an essential skill in this age of computers. Mrs. Amy Kirch, our computer teacher, uses many computer programs to help our students learn important skills and internet safety. Many helpful programs are available on our Thunder Mt. website. Look through them and you will be amazed at how many are available to help your children develop skills and enjoy learning.

Student Council- The activities that Student Council has sponsored have helped give our community great spirit and fun! We have had fun spirit days of wearing certain clothing, growth mindset skits at SOAR assemblies, art and talent show, and fund raisers. Thanks so much to the sponsors for taking on this additional work. It has been a great addition to our having a positive community!

I have only mentioned a few of the special things that go on with your children at Thunder Mountain. I think the most important thing is that Thunder Mountain is a happy place to be and learn with a caring staff, great students, and great parents! It is our Thunder Mountain Vision that “We strive to be a positive community who thinks creatively, problem solves, and loves learning.”

Sincerely,
Diane Carver, Principal

IMPORTANT NOTICE REGARDING SCHOOL HOURS

The cafeteria opens at 8:15 a.m. and the playground is open to students at 8:30 a.m. each morning. Please do not send your child to school before 8:30 unless they will be eating breakfast. As the weather warms and more students walk or ride bikes to school, please help your child find the appropriate time to leave the house so they don't arrive too early.

Please pick up your child before 4:00 p.m. after school each day and 2:00 p.m. on Wednesdays (early release) or arrange for them to attend K-Kids until you can arrive. Please review road safety rules as more students will walk or ride home as Spring arrives.

Thank you for your support.

Chess Tournament

The chess tournament is Wed. Mar. 8 at 2:00 PM in the library. Students must be signed up ahead of time with a parent permission slip. Players will each have five 20 minute games unless they draw a bye. Snacks will be provided for the players. The tournament should be over about 5:00, but students will be able to call for their ride.

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T H E R E ' S O N L Y O N E

TESTING

PARCC testing begins the end of March and testing continues into April.

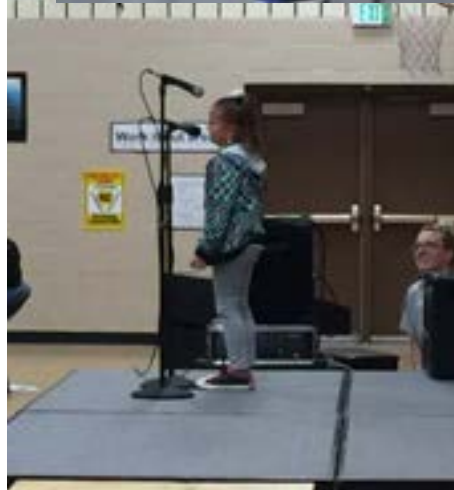
What can you do to help your student do his/her best possible job?

- Get plenty of rest and sleep
- Eat a healthy breakfast – your house or school
- Be positive – if your child is anxious, put the focus on doing his/her best
- Be at school and be on time



Second graders dress as 100 year olds to celebrate 100 days of school





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SPECIAL THANKS

Administration

Diane Carver
Shawn Wilson

Principal
Vice Principal

Program Committee

Jennifer Aker

Student Council
Advisor

Angela Johnson

Student Council
Advisor

Maja Sommersted

Art Teacher

Lori Hammond

Student Council
Advisor

Diane Schaneman

Student Council
Advisor

Student Council

members

Riane Tanner
Logan Sack
Dahlilah Brown
Matthew Moats
Rohnan Story
Sarah Hoffman
Emma Grabau
Payton Kolenc
Mikey Higgins
Alex Stewart
Brynn Wagner
Scarlet Storey
Lynessa Asplund
Madison Nunley
Alyssa Johnston
Trapper Palmer
Mekhi Thomas
Dylan McNally

President
Vice President
Secretary
Treasurer
5th grade Ambassador
4th grade Ambassador
3rd grade Ambassador
Story HM Rep
Broughton HM Rep
Byrne HM Rep
Kissner HM Rep
Saims HM Rep
Davis HM Rep
Nelson HM Rep
McKissen HM Rep
Batchelor HM Rep
Carey HM Rep
Manupella HM Rep



NIGHT OF CREATIVE THUNDERBIRDS



THUNDER MOUNTAIN ELEMENTARY

Friday, February 10, 2017

6:00 p.m.

PERFORMERS

Balin Hartman and Dustin Huffman

Magic

Taylor Bierman and Sage Siegrist, Dance

Shake it Off by Taylor Swift

Bree Obедencia-Botts, Vocal

When I'm Gone by Anna Kendrick

Brekken Hildreth and Hayden Rupe

Magic

Riane Tanner, Piano

Mozart

Christ Miller and Isael Beal, Dance

Juju On That Beat by Zay Hilfigerrr & Zayion McCall

Tate Schmalz, Recorder

Imperial March by John Williams

Everett Henson

Magic

Kaylee Combs, Vocal

Take Me Out to the Ball Game by Albert Von Tilzer

Kendall Barnett, Dance

When I'm Gone by Anna Kendrick

Jaedyn Marshall

Gymnastics

Jaden Cullen, Piano

Dance of the Irish

Logan Moats, Dance

Watch Me by Silentó

Jameson Legate

Magic

Abby Vroman, Vocal

Fight Song by Rachel Platten

Elora Anderson, Piano

Twinkle Twinkle Little Star

Belicia Busani, Dance

Can't Stop the Feeling by Justin Timberlake

Landyn Anderson

Beatboxing

Scarlet Storey and

Brave by Sara Bareilles

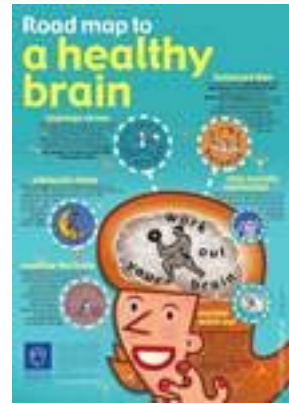
Cambria Henson, Vocal

THUNDER MOUNTAIN STUDENT COUNCIL EVENTS AND FUNDRAISERS 2016-2017

- **Officer Geer Memorial-** Student council bought and cut over 500 blue ribbons so Thunder Mountain Students could tie them on the fence in the front of the building. We made a thin blue line to show our support of Officers who sacrifice their lives to keep us safe. Student council also encouraged staff and students to wear blue. We planned this event on the anniversary of Deputy Derek Geer's death, last Wednesday February 8th.
- **Heavenly Hats-** A school wide fundraiser where all funds went to the Heavenly Hats foundation that makes hats for children who have lost their hair due to sickness.
- **School Store-** A student run store that is open Tuesdays during lunch. Student council members are in charge of the ordering, inventory, marketing, and cash register.
- **Spirit Days-** Spirit Days happen once a month and students dress up or participate in themes like: Jersey Day, Crazy Dress Day, Hero Day, etc.
- **Clean up Days-** One a month student council provides each classroom with gloves and trash bags so they can help keep our Thunder Mountain playground and field clean.

Improve Brain Health to Achieve Goals

When you want to get things done, you need to ensure that your brain is in proper working order. Just like the rest of your body, your brain needs to be taken care of to continue to work at an optimal level. Thankfully, there are several simple things you can do to make sure that your brain is fit and healthy. If you start today, you will start noticing a positive difference in your cognitive ability in as little as a week and this will help you to stay focused, increase your discipline and meet all of your goals.



Keep Your Stress Under Control

When you are under a lot of stress, this clouds your ability to think, especially when it comes to critical thinking. You will find that it is harder to make decisions and problem solve. Both of these can significantly hinder your ability to meet your goals. Keeping stress under control is not terribly difficult, but it is an ongoing process. Make sure that you are taking the time each day to relax and give your mind a break from worry. Something as simple as a walk in the park or meditating for 15 minutes can put you and your mind at ease.

Get Enough Sleep

The importance of sleep cannot be stressed enough and the hard truth is that lack of sleep dulls your ability to think and process information. There is a reason that your teachers in school told you to get plenty of rest before a big exam. When you are not getting enough sleep, your brain is not functioning at its highest level. To make sure you are getting enough rest, you want to start a pre-bed routine that takes about 30 minutes and relaxes you. Then, make sure that you are getting between seven to nine hours per night to wake up rested and refreshed.

Give Your Brain Some Exercise

Exercising the body is important, but do not forget to give your brain a workout too. Things like puzzles and brain games help you to increase your ability to think quickly and make decisions. You should do some type of exercise for your brain at least once a day. Each session only needs to last 15 to 30 minutes for your brain to fully benefit.

Give Your Body Some Exercise

When you are fit and healthy, you have a much better chance performing mentally too. Remember that your emotional, physical and mental health are all closely related to one another. Ideally, you want to exercise most days of the week for at least 30 minutes. This exercise should be at least moderately vigorous and enough so that you reach your target heart rate. Throughout the day, you also want to get more exercise by doing things like skipping the elevator in favor of the stairs.

You also need to focus on your strength and flexibility. Since you do not want to stretch until your muscles are fully warmed up, it is best to do your flexibility training after each of your cardiovascular exercise sessions. As for strength training, it is best to do it every other day. Having a day of rest in between these sessions will ensure that your muscles have time to recover.

Improve Brain Health to Achieve Goals (Continued)

Make Sure You Have a Social Life

Staying socially active is something that a lot of people do not think about, but it is probably one of the most important aspects of keeping your brain healthy. People who are regularly social tend to be happier and at a lower risk for depression and anxiety. See your friends at least once a week and use other modes of communication to keep up with people. Even quick phone calls, text message conversations and spending a little time on social media will help to keep you social and in touch with friends and family.

Eat for Your Brain

The foods you eat have a major impact on the overall health of your brain. Remember that your brain is highly complex and that there are a number of nutrients that it requires for all of the processes for work efficiently. Make sure that you are getting a mixture of lean proteins, dairy products that are low in fat, organic fruits and vegetables and a good amount of whole grains. If you have difficulty eating enough each day, talk to your doctor about taking a multivitamin to ensure you are getting enough nutrients.

References:

<http://inside-the-brain.com/tag/brain-infographic>

Appropriate Clothing at School

Here are some guidelines to follow as the weather warms up for what is and is not appropriate to wear to school.

- Shorts need to be mid-thigh length
- No tank tops or tops that show stomachs
- No spaghetti straps on dresses or tops
- We also ask that student wear tennis shoes instead of flip flops because it is safer to play in P.E. and on the playground. Flip flops often are a hazard at school.

Thank you very much for your help in supporting these rules so that we can remain focused on learning and to keep the students safe.



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“Painting the Music”

1st and 2nd Grade students learned about the artist Wasily Kandinsky and Abstract Art. Kandinsky was an artist who saw colors when he heard music, so inspired by Kandinsky, students listened to music and painted how it made them feel.



Artist of the month
Angelann Jones
5th grade

Printmaking

3rd, 4th and 5th grade students etched their designs into Styrofoam, rolled ink onto the Styrofoam plate and then printed multiple copies of their design.

Kindergarten students used found objects such as potato mashers and bubble wraps to create some colorful abstract prints.

