



- 12/18 CiCi's Night Fundraiser (Spanish Trip)
- 12/19 Pajama Day
- 12/19 Middle School Geography Bee 4:00 PM
- 12/20 Holiday Shirt Day
- 12/20 Holiday Sing-a-Long 10:15 AM
- 12/20 Elementary Holiday Parties
- 12/20 End of 2nd Quarter/1st Semester
- 12/21 Winter Break— No School
- 1/7
- 1/7 No School— Teacher Work Day
- 1/8 Students Return from Winter Break
- 1/8 Report Cards Sent Home
- 1/9 BAAC Meeting 4:30 PM
- 1/9 Academy Board Meeting 6:15 PM
- 1/10 PTA Meeting 6:00 PM
- 1/11 Middle School Honor Roll Breakfast 7:30
- 1/11 Elementary 2nd Quarter Awards 9:00 AM



From the Director

The Island of Misfit Coats (Redux)

It's that time of year when the Grinch, Santa, and Rudolph the Red Nosed Reindeer are on TV. One of my all time favorites is the animated version of Rudolph where he finds the Island of Misfit Toys: a place where the broken, outdated, and unloved toys live. That is until they are found by Santa and delivered to kids around the world with Rudolph's help. Once they are in the hands of loving children, the toys are no longer misfits, but useful and happy.

Unfortunately, Crown Pointe has its own version of the Island of Misfit Toys and it's known as the Lost and Found. Coats, lunchboxes, and even gym shorts once new are now living in a blue bin next to the lunch room. At one time these items were clean and new; now they are sad and lonely. Many still proudly announce their names like Nike, Under Armour, Power Rangers, and the GAP.

All hope is not lost though. These sad coats and smelly lunch boxes can be rescued and become new again. It just takes you to make it happen. This week, we will have them in the office for display. Like Rudolph, we want you to come by and rescue them so they can be with their families for the holidays. Once returned home (and thoroughly washed), they can make a happy return to their loved ones and will no longer be misfits. Instead they will give many more years of enjoyment to the kids who once wore them (or their little brothers and sisters if they don't fit anymore). With cold weather just around the corner, it couldn't come at a better time. Hope to see you soon.

Upcoming Events at Crown Pointe Academy!

Wednesday, December 19th: Pajama Day

Students may come to school wearing pajamas, robes, and slippers. All attire must be school appropriate and follow non-uniform guidelines.

Thursday, December 20th: Holiday Shirt Day

Students may wear a holiday-themed shirt to school with jeans (if they have purchased jeans for the year).

Thursday, December 20th at 10:15 a.m.: Elementary Holiday Sing-a-long

Join us in the gym for a performance by the CPA choir followed by a holiday sing-a-long.

Thursday, December 20th: Elementary Class Holiday Parties

Each elementary classroom will have a holiday party during the day. Please see your classroom newsletters for more information. Please use the parking lot behind the shopping center for overflow parking.

Friday, December 21st-Monday, January 7th: Winter Break— No School for Students

Tuesday, January 8th: Students Return and Report Cards Sent Home

Students will return to school to start the second semester.

The Yearbook Club is in need of your photos! We would appreciate pictures of all school events, specials activities, after school programs, field trips and every day school life. PLEASE start going through your camera and help share the memories of this school year! Please put your photos on a CD and label it ATTN: Yearbook Club and drop it off at the front office, or you can email your photos to yearbook@crownpointeacademy.org

Thank You very much for all your help!

Inclement Weather Reminder

It's that time of year when Colorado may experience severe inclement weather, so we wanted to remind everyone of our school closure procedures. If we determine that school closure is necessary due to inclement weather, please watch your local news media outlets for **Crown Pointe Academy** on their list of school closures. We will also send an email blast, text message, and phone call to each family to communicate our status. Please check your Infinite Campus Parent Portal to ensure that we have your most current phone numbers listed, and contact the front office if you have any questions. Thank you!



Stress, Depression, and the Holidays: Tips for Coping from the Mayo Clinic

The holiday season often brings unwelcome guests — stress and depression. And it's no wonder. The holidays present a dizzying array of demands — parties, shopping, baking, cleaning and entertaining, to name just a few. But with some practical tips, you can minimize the stress that accompanies the holidays. You may even end up enjoying the holidays more than you thought you would.

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. Acknowledge your feelings. If someone close to you has recently died or you can't be with loved ones, realize that it's normal to feel sadness and grief. It's OK to take time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.
2. Reach out. If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.
3. Be realistic. The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.
4. Set aside differences. Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression, too.
5. Stick to a budget. Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives: Donate to a charity in someone's name. Give homemade gifts. Start a family gift exchange.
6. Plan ahead. Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your shopping list. That'll help prevent last-minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.
7. Learn to say no. Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.
8. Don't abandon healthy habits. Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Try these suggestions: Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Get plenty of sleep. Incorporate regular physical activity into each day.
9. Take a breather. Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm. Some options may include: Taking a walk at night and stargazing. Listening to soothing music. Getting a massage. Reading a book.
10. Seek professional help if you need it. Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

Take control of the holidays: Don't let the holidays become something you dread. Instead, take steps to prevent the stress and depression that can descend during the holidays. Learn to recognize your holiday triggers, such as financial pressures or personal demands, so you can combat them before they lead to a meltdown. With a little planning and some positive thinking, you can find peace and joy during the holidays.

Help the CPA Drama Class!

The CPA middle school drama class is looking for donations of fabric as they are creating the backdrops and props for the CPA drama club's performance of *The Jungle Book* coming up this spring. They are specifically looking for earth and natural tones in any pattern (think browns, grays, greens, black, blues, etc.), but they will take any color and any pattern. If you have anything you can donate, please send it to the front office and make sure it's clearly labeled as fabric for the drama club.

Thanks for supporting the CPA drama class and drama club!



Staff Extensions (303) 428-1882

219	Austin, Tammie	Kindergarten Assistant
127	Bandel, Denise	In House Substitute
223	Bonadonna, Janet	2nd Grade Assistant
512	Davis, Typhany	Middle School Math Teacher
410	Felten, Adina	4th Grade Teacher
103	Fiorini, Leslie	Front Office
408	George, Andrea	3rd Grade Teacher
102	Gerber, Trisha	Front Office
406	Gonzalez, William	4th-8th Grade Spanish Teacher
228	Granado, Alicia	Kindergarten Assistant
412	Hardy, Liz	5th Grade Teacher
123	Hernandez, Diane	Evening Custodian
210	Hersh, Kala	1st Grade Teacher
211	Holmes, Liann	1st Grade Teacher
212	Hubin, Ashley	2nd Grade Teacher
514	Hughes, Bonnie	Middle School Social Studies Teacher
104	Jaime, Felicia	Health Aide
521	Johnson, Kim	Middle School Assistant
418	Johnson, Velvet	3rd Grade Assistant
107	Keyes, Erin	Assistant Director
115	Knutson, Kari	School Counselor
409	Kokoszka, Jessie	4th Grade Teacher
222	Lacert, Abbi	2nd Grade Assistant
221	Lamb, Michaela	1st Grade Assistant
513	Laxton, Meghan	Middle School Language Arts Teacher
510	MacGregor, Matt	Middle School Math Teacher
105	MacGregor, Sandi	Executive Secretary
113	Munier, Morgan	Day Custodian
422	O'Connor, Katie	5th Grade Assistant
307	O'Neal, Pam	K-8 Music Teacher
106	Ouweneel, Keith	Director
118	Pilbeam, Jen	RtI/ELL Coordinator
407	Qualkinbush, Morgan	3rd Grade Teacher
419	Ring, Anna	4th Grade Assistant
504	Roe, Marcia	Middle School Science Teacher
421	Ross, Brenda	5th Grade Assistant
209	Rullo, Rosemarie	Kindergarten Teacher
220	Melo, Thalia	1st Grade Assistant
313	Satterfield, Ann Marie	K-3 Spanish Teacher, K-8 Art Teacher
511	Scott, Jay	Middle School Language Arts Teacher
599	Sherlock, Evan	Expo Teacher
425	Sinclair, Jennie	4th Grade Assistant
405	Smeltzer, Danielle	Special Education Teacher
417	Sonday, LuCinda	3rd Grade Teacher
523	Southern, Julie	Middle School Electives Teacher, 6th Grade ELA Teacher
117	Strass, Monica	Innovation Programs Director
208	Sullivan, Jackie	Kindergarten Teacher
318	Vарner, AJ	Physical Education Teacher
411	Wetmore, Melanie	5th Grade Teacher
213	Winham, Wilhelmina	2nd Grade Teacher
502	Worley, Paula	MS RtI, Gifted and Talented Coordinator

Staff e-mail Formula:

firstname.lastname@crownpointeacademy.org

Check your student's grades and attendance
anytime from the

Infinite Campus Parent Portal

Pick up your login info at the school office.

Crown Pointe Academy Board of Directors**President**

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Board Member: Anthony Dietz

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Auditor: Liann Holmes (303) 428-1882 x211

Visit us on the web at
www.crownpointeacademy.org

Non-Discrimination Policy

Crown Pointe Academy shall comply with all applicable federal, state, and local laws, rules and regulations including without limitation, the constitutional provisions prohibiting discrimination on the basis of disability, age, race, creed, color, gender, national and ethnic origin in administration of its educational policies, admissions policies, athletic and other school-administered programs.