



## Principal's Message

We are off to a great start of the new year! Our staff collaborated on what it means to be an educator at Pine Grove and what we hope for all of our students. We are happy to share our new, Pine Grove Mission Statement with our community;

***????At Pine Grove Elementary, we dedicate ourselves to fostering problem-solving skills for an ever-changing world, nurturing respect, and developing compassionate leaders through community***

***collaboration. We are committed to providing leadership opportunities that promote intrinsic motivation for learning while recognizing and honoring the unique potential of every student.????***

As the weather begins to (slowly) warm up we have more students riding scooters and bikes to school and we also are seeing more dogs at morning drop off and afternoon pickup. A few safety reminders; bikes and scooters need to be walked on school sidewalks and black top on the playground, and while we love our furry friends, per DCSD policy, there are no dogs allowed on school property. You are welcome to stay with your dog on the perimeter sidewalks surrounding the school to wait for your student. Thank you for your support in keeping students and staff safe!

Proud to be a Panther!  
~Mrs. Coonts



### PGE Spelling Bee!

Shout out to all of the PGE students who qualified for the Spelling Bee! Congratulations to 1st place winner, Reuben, and Runner-Up, Mallory! Well done everyone!



### Battle of the Books

We are so proud of all of our students who participated in Battle of the Books this year! A special congratulations to our 6th grade team, Reading Rock Star Rebels, and our 3rd grade team, Book Buddies, for winning Pine Grove's inter-school battles and moving onto the District Battles!



### Starting Hearts

February is here, which means it's heart health month. So, P.E. and health and wellness classes focus on how to keep a healthy heart and life-saving skills in the event of sudden cardiac arrest. Students are exploring Starting Hearts, a curriculum called *Call.Push.Shock*. See the [Parent Letter](#) for more information. In P.E., students learn about making healthy decisions to keep a healthy heart.

### PGE Mental Health Team News

This month in Health & Wellness, students have focused on the importance of sleep. They discussed the impacts of getting enough sleep and how insufficient sleep can impact their daily lives. Research suggests that school-aged students (6-12 years old) should get 9–12 hours of sleep each night. Not getting enough sleep can impact mood, thinking, focus, academic performance, and athletic performance.

How can you help your student have better sleep?

- Maintain a regular sleep schedule.
- Create a sleep-friendly physical environment.
- Keep a consistent bedtime routine. Try to “wind down” by doing less stimulating activities such as reading or listening to calm music.
- Electronics should be shut off 30-60 minutes before bedtime.
- Incorporate exercise into a daily routine. It may help in falling asleep more easily and sleep more deeply.
- Take a break and go outside for some time every day, especially in the morning.



- Eat meals regularly, and avoid going to bed on an empty stomach.  
Sleep Resources for parents and students:

[How to Encourage Good Sleep Habits in Kids - Child Mind Institute](#)  
[Digital Addiction and Sleep-National Center for Biotechnology Information](#)  
[How Sleep Affects Your Brain-The Dana Foundation](#)  
[The Most Important 10 Minutes](#)  
[Calm Kids-Mindfulness](#)  
[Learning Kids Cosmic Zen Den](#)

## PGE's Campus Security Specialist

Please join us in welcoming our new Campus Security Specialist, Mr. Dylan Ramage. Thank you to the voters in passing 5A this past November. Adding a Campus Security Specialist to every elementary school was an important part of 5A. Mr. Dylan, as the students refer to him, will be an extra layer of security in and around Pine Grove. He has already begin developing positive relationships with students and staff, alike!



## Panther Pride Award!

Congratulations to our January recipients of our first ever, **PANTHER PRIDE AWARD!**

As part of our school-wide Positive Behavior Intervention System (PBIS), each month students will be selected because PGE staff has seen them consistently modeling our Panther Pride Expectations:

~RESPECT YOURSELF, RESPECT OTHERS, RESPECT THE ENVIRONMENT~

This is a huge honor at Pine Grove and we are so happy to celebrate this great behavior!

**Pine Grove Elementary**  
**Principal:** Kelly Coonts  
**Assistant Principal:** Jen O'Leary  
 10450 Stonegate Pkwy, Parker, CO 80134  
 Phone: 303-387-8075 | Fax: 303-387-8076  
 Attendance Phone: 303-387-8077  
 Pine Grove Website: <https://pge.dcsdk12.org/>  
 Follow Us on Facebook: <https://www.facebook.com/PGE Panthers>





**Kelly Coonts**

Kelly is using Smore to create beautiful newsletters

[Quoted text hidden]