



Home of the Cougars

KRUSE Elementary School

4400 McMurry Avenue
Fort Collins, CO 80525

Principal
Sean Gorman

Assistant Principal
Jill Barela

Main Office Number
970.488.5625

Attendance Number
970.488.5626

Kruse Website
kruseelementary.weebly.com



March Calendar

1	K-2nd Spanish Class	8:00-8:45	Room 102
1	4th Grade Kruse Jammers	8:05-8:45	Music Room
1	Student Success Study Buddy Program	3:30-4:30	Media Center
1	PTO Meeting	6:30-8:00pm	Media Center
1-4	Read Across Kruse Week		
2	3rd-5th Spanish Class	8:00-8:45	Room 214
2	Science Fair Set-Up & Check-In	4:00-5:00	Gym
3	Science Fair Judging	9:00-1:30	Gym
3	PTO 1st-3rd Engineering Club Wooden Catapult	3:30-4:30	Room 105
3	Science Fair Viewing	5:00-7:00	Gym & Flex
4	Classrooms View Science Fair		
4	PTO 4th/5th Engineering Club- Wooden Catapult	3:30-4:30	Room 105
8	K-2nd Spanish Class	8:00-8:45	Room 102
8	5th Grade Kruse Jammers	8:05-8:45	Music Room

continued on next page



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March Calendar

8	Student Success Study Buddy Program	3:30-4:30	Media Center
9	3rd-5th Spanish Class	8:00-8:45	Room 214
9	PTO 1st-3rd Engineering Club-Lego Engine	3:30-4:30	Room 105
10	PTO 4th/5th Engineering Club-Lego Engine	3:30-4:30	Room 105
10	4th Grade Music Program	6:30	Gym
14-18	No School – Spring Break		
22	4th Grade Kruse Jammers	8:05-8:45	Music Room
22	Student Success Study Buddy Program	3:30-4:30	Media Center
23	PTO Fit Club-Boot Camp	8:10-8:45	Gym
23	PTO 1st-3rd Engineering Club-Lego Engine	3:30-4:30	Room 105
24	PTO 4th/5th Engineering Club-Lego Engine	3:30-4:30	Room 105
25	End of Second Trimester		
29	K-2nd Spanish Class	8:00-8:45	Room 102
29	5th Grade Kruse Jammers	8:05-8:45	Music Room
29	Student Success Study Buddy Program	3:30-4:30	Media Center
30	3rd-5th Spanish Class	8:00-8:45	Room 214
30	PTO Fit Club-Boot Camp	8:10-8:45	Gym
30	PTO 1st-3rd Engineering Club-Lego Engine	3:30-4:30	Room 105
31	PTO 4th/5th Engineering Club-Lego engine	3:30-4:30	Room 105

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2016 SCHOOL BUS SAFETY POSTER CONTEST

(Sponsored by the PSD Transportation Services and NAPT)

Kids – try for a chance to win a brand new bike and helmet while you have fun drawing!

Winning posters may go on to compete at the State and National levels.

The theme for the poster contest is: **# STOP ON RED!** PSD Transportation will select two winners, one from Grades K – 2 (Division #1) and one from Grades 3 -5 (Division #2)! The posters are due to your teacher by **Friday, April 22nd** or to Connie Klibbe's office at the JSSC building by **Friday, April 29th**.



It is important that you follow these Guidelines so that your poster will not be disqualified:

- Completed poster **must be 11" x 17" or 12" x 18"** and may be vertical or horizontal
- The theme **# STOP ON RED! (including all punctuation)**, should be on the front of the poster and be done freehand only. Cut paper/stencils (freehand or pre-drawn stick-on stencils) are **NOT PERMITTED** and will disqualify the poster.
- Posters should be submitted on tag, poster illustration board or heavy paper. Construction paper may be used but winning entries must be mounted on quality tag poster
- There is no limitation on type of media such as print, crayon, felt pen, etc. used on the poster design but wood, plastic, glass or metal should **NOT** be part of the poster.

continued on next page

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2016 SCHOOL BUS SAFETY POSTER CONTEST *continued*

- Collage materials should *NOT* be used
- Glued on pieces will disqualify the poster
- Poster designs *MAY NOT* include copyrighted characters, photographs or magazine/newspaper illustrations
- **At least part of a yellow school bus must be present on the poster**
- Do not put name, school, etc. on the front of the poster, all information should be **on the back only**.
- Do not laminate the poster
- Do not roll the poster, it must be delivered flat

Criteria for the selection of award winning posters are:

- a. The theme, **# STOP ON RED!** *MUST* be included in the poster design (**be sure to include all punctuation**).
- b. Relationship of the poster design to the school bus safety practices.
- c. Originality of the poster and how the idea is expressed in the poster design.
- d. Artwork and its execution. **A portion of a yellow school bus must be present in the poster.**
- e. Visual impact of the poster design.

continued on next page

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2016 SCHOOL BUS SAFETY POSTER CONTEST *continued*

If you have any questions, please contact Amy Hatch in Transportation at ahatch@psdschools.org or Connie Klibbe at cklibbe@psdschools.org.

PSD School Bus Safety Poster Contest winners will be selected and the teachers of the winners will be informed on or about May 13th. Bicycles and helmets will be presented before summer break on a date determined by the school and PSD Transportation.

Winning Posters will not be returned and become the property of PSD Transportation Department. We will make every effort to return all other posters to the school site.

Please have students turn all contest entries into our Art Teacher, Mrs. Pibal.



2015 Poster Contest Winner

Entry Form on next page

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2016 SCHOOL BUS SAFETY POSTER CONTEST *continued*

ENTRY BLANK:

Please cut out and complete the following form and attach it securely to the back of your poster.



2016 NATIONAL SCHOOL BUS SAFETY POSTER CONTEST

Student Name: _____

Grade: _____ Age: _____ Division: _____

School Name: _____

School Address: _____

City: _____, Colorado Zip: _____

Teacher's Name: _____

Student's Home address: _____

City: _____, Colorado Zip: _____

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**Mondays &
 Wednesdays**
 Kruse PTO
 After School

MARCH

**Drawing
 Birds**



art club

*Mondays
 or Wednesdays 3:30 - 4:30pm*

March Schedule

This MARCH We Are Drawing Birds !

In March, we will be drawing beautiful, very realistic, pictures of birds! If your child loves realism, this month will be amazing for them. For all grade levels and experience.

March: (Mondays) 7th, 8th, 21st & 28th

(Wednesdays) 2nd, 9th, 23rd, 30th

Time: 3:30-4:30pm

Grades: 1st-5th graders

**Tuition: \$45.00 total cost for Mondays or Wednesday
 (supplies included)**

PARENTS! Please try to have students signed up by the last Monday or Wednesday of the month, for the following month. Make-up days are always welcomed.



a bout the instructor

Mary Caraway grew up in the New Orleans area, where her childhood was shaped by the art, architecture and spirit of the region. After studying fine art and graphic design at Louisiana State University, she spent 15 years as a graphic designer, illustrator and watercolor artist before relocating with her husband and two sons to Fort Collins in 2002. She currently teaches fine art and graphic design part-time in a private school in Ft. Collins.

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art club

R

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Fill out and return to school office. Please include payment with registration.

Make checks payable to "Kruse PTO".

Contact Mary Caraway (Art Club teacher) with any questions.

coloradocaraways@gmail.com or (970)207-1700

Parent Name: _____

Parent Phone: _____

Parent Email: _____

Student name and grade level:

_____ Grade: _____

_____ Grade: _____

Which month(s) will your child be attending? _____

Which days will your child be attending? circle one Mondays or Wednesdays

Monthly Fee Included? _____ \$45 per month

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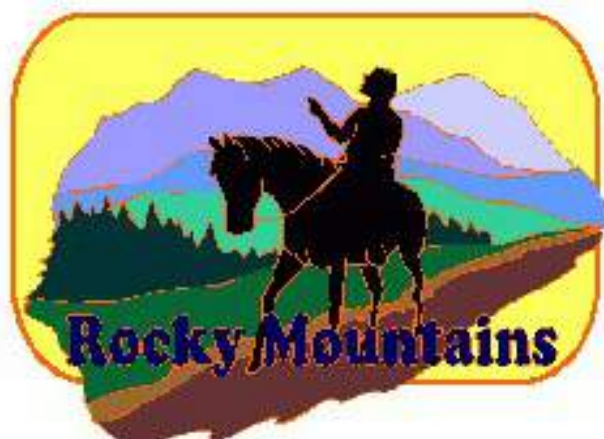
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- Call 651-747-7761 or 970-491-5129
- Email research@colostate.edu
- Visit <http://frdl.colostate.edu/volunteer.aspx>

Attention Parents of Fourth Graders:
Mark your calendars for our upcoming music program:



This is Colorado!

Kruse Elementary Fourth Grade

Thursday, March 10, 2016

6:30 p.m.

Watch for details in Friday Folders

IT'S TIME TO ORDER YOUR STUDENT'S YEARBOOK!

LAST DAY TO ORDER: TUESDAY, MARCH 17TH, 2016

Prices:

Yearbook \$20 online

Yearbook \$21 pay via check made out to Kruse PTO

Additional add-on items:

Personalization is \$3 per Yearbook – you have to add personalization in order to be able to add additional icons

Icons are \$1.00 each (One yearbook can have a maximum of 4 icons)

If you want your student to receive his/her yearbook, you must turn in an order form per student if you choose to purchase via check

To make your purchase online, please visit <http://www.schoolannual.com> and click on the button that says "Buy Your Student's Yearbook".

Select KRUSE ELEMENTARY SCHOOL Fort Collins CO 80525 from the drop down, make your selections, and pay for your yearbook online.

To make your purchase by sending in a check, please detach the bottom of this page and return it in an envelope with your check made out to KRUSE PTO to your child's homeroom teacher.

IF YOU DO NOT ORDER A YEARBOOK BEFORE MARCH 17TH, YOUR STUDENT WILL NOT BE GUARANTEED A COPY OF THIS YEAR'S YEARBOOK

If you have additional questions, please contact the yearbook via e-mail at krusevbstaff@gmail.com

School Name: _____		Home Room: _____		Grade: _____	
Student Name: _____					
Parent's Email Address: _____					
Number of yearbooks _____		Price _____		Parent's Phone: _____	
1 Line of personalization _____		Price _____			
2 Lines of Personalization _____		Price _____			
Personalization Icons _____		Price _____			
		Total _____			

Enter personalization exactly as you want it to appear on cover (28 characters maximum including spaces)

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Icons:		<div style="border: 1px solid black; width: 20px; height: 20px;"></div>				<div style="border: 1px solid black; width: 20px; height: 20px;"></div>				<div style="border: 1px solid black; width: 20px; height: 20px;"></div>				<div style="border: 1px solid black; width: 20px; height: 20px;"></div>				<div style="border: 1px solid black; width: 20px; height: 20px;"></div>									

YEARBOOKS USING THIS FORM ARE \$21 per yearbook. Personalization for \$3 must be added in order for any icons at \$1 per icon to be added. A different order form must be submitted for each student in your household. Checks should be made payable to KRUSE PTO.


Be Sure to Add Personal Icons to Your Yearbook!

Graduation Cap 5236	Basketball 5002	Bowling 9025	Bull 9078	Band 5238	Crew 5976	Skateboarding 5246	American Flag 5367
Senior 5974	Cheerleading 5003	Gymnastics 9006	Dragon 9042	Choir 5239	Diving 5977	Martial Arts 5362	Butterfly 5253
Junior 5975	Football 5004	Dance Shoes 5013	Dino/Elephant 9051	Music 5019	Fencing 5978	Building 5363	Heart 5018
Sophomore 5076	Golf 5005	Hockey 5014	Yin Yang 5023	Guitar 9050	Figure Skater 5979	Pawprint 5364	Smile 5021
Freshman 5177	Soccer 5006	Swimming 5258	Star & Crescent 5255	Drama Masks 5015	Flag/Color Guard 5980	Eagle 5365	Clover Leaf 9028
8th Grade 5278	Tennis 5008	Lacrosse 5241	Star of David 5256	Painter's Palette 5240	Motorcross 5981	Wolf 5247	Rose 9036
7th Grade 5379	Track/Cross Country 5009	Field Hockey 5380	Cross 5257	Journalism 5022	Surfer 5983	Dolphin 5248	Palm Trees 9037
6th Grade 5480	Volleyball 5010	Equestrian 5242	Peace Symbol 5012	Photography 5982	Weightlifting 9001	Ram 9073	
Academics 5011	Wrestling 5130	Snowboarding 5361	Maple Leaf 5366	Baseball/Softball 5001	Gymnast 9007	Lion 9074	

Lunch Menu

Kruse

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 ◆ Cheese Ravioli ◆ Chicken Bites & Roll ◆ Carlicky Green Beans ◆ Cold Deli Meat ◆ PBj Sandwich ◆ Cold Deli Yogurt	2 ◆ Asian Teriyaki Rice Bowl with Chicken ◆ Hamburger/Cheeseburger ◆ Steamed Veggies ◆ Cold Deli Yogurt ◆ Cold Deli Meat ◆ PBj Sandwich	3 ◆ Beef Tacos & Cilantro Lime Rice ◆ Cheesy Refried Beans ◆ Pig In a Blanket ◆ Cold Deli Yogurt ◆ Cold Deli Meat ◆ PBj Sandwich	4 ◆ BBQ Chicken Pizza ◆ Cheese Pizza ◆ Tuna Salad Sub Sandwich ◆ Cold Deli Yogurt ◆ Cold Deli Meat ◆ PBj Sandwich
	7 ◆ Toasted Cheese Sandwich & Tomato Soup ◆ Chicken Nuggets ◆ Corn ◆ PBj Sandwich ◆ Cold Deli Meat ◆ Cold Deli Yogurt	8 ◆ Spaghetti & Roasted Veggie Meat Sauce ◆ Meatball Sub ◆ Steamed Carrots ◆ PBj Sandwich ◆ Cold Deli Meat ◆ Cold Deli Yogurt	9 ◆ Sweet & Sour Meatballs ◆ "Fried" Rice ◆ Chicken Patty Sandwich ◆ Peas and Carrots ◆ PBj Sandwich ◆ Cold Deli Meat ◆ Cold Deli Yogurt	10 ◆ Chicken Enchilada Bake ◆ Trout Treasures ◆ Black Beans ◆ PBj Sandwich ◆ Cold Deli Meat ◆ Cold Deli Yogurt
	14 Spring Break - No School	15 Spring Break - No School	16 Spring Break - No School	17 Spring Break - No School
21 ◆ Sloppy Joe Sandwich ◆ Macaroni & Cheese ◆ Peas ◆ Cold Deli Yogurt ◆ Cold Deli Meat ◆ PBj Sandwich	22 ◆ Penne & Meat Sauce ◆ Cheese Calzone ◆ Dipper with Marinara ◆ Steamed Broccoli ◆ Cold Deli Meat ◆ PBj Sandwich ◆ Cold Deli Yogurt	23 ◆ Asian Noodles with Chicken ◆ Grilled Chicken Sandwich ◆ Steamed Veggies ◆ Cold Deli Yogurt ◆ Cold Deli Meat ◆ PBj Sandwich	24 ◆ Green Chili Pork Bowl ◆ Hamburger/Cheeseburger ◆ Black Beans ◆ Cold Deli Yogurt ◆ Cold Deli Meat ◆ PBj Sandwich	25 ◆ Meat Lovers Pizza ◆ Cheese Pizza ◆ Chicken Caesar Wrap ◆ Cold Deli Yogurt ◆ Cold Deli Meat ◆ PBj Sandwich
28 ◆ Turkey Gravy & Roll ◆ Chicken Nuggets ◆ Mashed Potatoes & Gravy ◆ Cold Deli Yogurt ◆ Cold Deli Meat ◆ PBj Sandwich	29 ◆ Lasagna With Veggies ◆ Rotini with Roasted Spring Veggies & Chicken ◆ Green Beans ◆ Cold Deli Yogurt ◆ Cold Deli Meat ◆ PBj Sandwich	30 ◆ Orange Chicken & Rice ◆ Hot Dog ◆ Steamed Veggies ◆ Cold Deli Yogurt ◆ Cold Deli Meat ◆ PBj Sandwich	31 ◆ Beef Burrito ◆ Chicken Patty Sandwich ◆ Cheesy Refried Beans ◆ PBj Sandwich ◆ Cold Deli Meat ◆ Cold Deli Yogurt	



FRUIT & VEGGIE OF THE MONTH MARCH: ASPARAGUS & KUMQUATS



Food Offered Daily: Fruit- Salad Bar, Veg- Salad Bar, Whole Wheat Dinner Roll, Chocolate Milk, Milk fat free, Milk low fat 1%

March: Check on the salad bar every Wednesday in the Café to try this month's fruit of the month. Never Try, Never Know!

KUMQUATS

Nutrition Bio:

- ⇒ Although kumquats taste just like citrus fruits (orange, tangerine, lemons), they are eaten with the peel, which is full of nutrients.
- ⇒ The fiber in the kumquat peel has tannins, pectin, hemi-cellulose and other factors that are known to help prevent many diseases.
- ⇒ Beta-carotene gives kumquats their orange color and anti-oxidant properties that help protect against diseases and infections.

We want to know, how do they GROW?



A mature kumquat tree bears several hundred olive-sized, orange color fruits. November to March are ideal growing months for this fruit. Five or six varieties of kumquats grow throughout the world today.

Fun ways to EAT this:

- Eat kumquats as you would eat grapes—with the peel!
 - Kumquats taste best if they are gently rolled or squeezed before being eaten
 - Slice and add kumquats to a fruit salad
 - Use kumquats in marmalade, preserves or try them candied
 - Chop kumquats to make a unique salsa
 - Use kumquats in place of orange or lemon in cakes or breads
- Remember food safety: Kumquats should be washed before eaten raw AND before slicing them for a recipe.



IN THE
CAFÉ

FUN FACTS: Kumquats are native to China, and their name comes from the Cantonese kam kwat, which means "golden orange."



Recipe to try as a FAMILY

Kumquat Salsa

- 2 cups chopped sliced kumquats
- 1/2 cup chopped red onion
- 1/4 cup chopped fresh cilantro
- 3 Tbsp olive oil
- 1/4 teaspoon red pepper flakes
- Dash of cayenne pepper
- Pinch of kosher salt
- Optional: 1/2 jalapeno, deseeded and sliced



Directions:

1. Combine all ingredients. Add more or less red pepper and cayenne to desired heat.
2. Great served with steak or seafood such as shrimp, tilapia, halibut, or salmon. Try it topped on a fish or steak taco!

http://www.simplyrecipes.com/recipes/kumquat_salsa/#ozz3wble2y6p



Last year students called kumquats the "sour patch kid fruit" because of their sweet but sour and fun taste. Let's see your best kumquat pucker!

March: Check on the salad bar every Wednesday in the Café to try this month's veggie of the month. Never Try, Never Know!

ASPARAGUS

Nutrition Bio:

- ⇒ Asparagus is loaded with good stuff (including flavor!). This vegetable is a very good source of dietary fiber, protein, vitamins A, C, E, K, B complex vitamins and minerals.
- ⇒ Folate found in asparagus is needed to make new cells to help tissues grow. This water-soluble vitamin can't be stored in the body, which is why it is important to eat folate-rich foods (like asparagus!) daily.
- ⇒ Asparagus is a rich source of glutathione that detoxes the body by mopping up carcinogens (factors that causes cell damage) and free radicals (scavengers that damage your body).

We want to know, how do they GROW?



Asparagus crowns are planted by early spring. It grows into tall branched stems that have fine fern-like green needles making the plant look feathery. Young scaly edible spears emerge from underground roots, which can be ready for harvest by early spring.

Fun ways to EAT this:

- Try it plain either steamed or boiled
- Blend into soups with broccoli, cheese or potato
- Roast in the oven with parmesan cheese
- Grill on a barbecue with garlic
- Sauté in a stir fry with sesame seeds and soy sauce
- Chop into small pieces and add to pasta dishes
- Mix with eggs and cheese in an omelet, quiche or frittata
- Make asparagus ribbons with a peeler and add to salads

Remember food safety: Wash asparagus before you eat it!



Recipe to try as a FAMILY:

Cheesy Asparagus Flatbread Pizza

Ingredients:

- 1 tablespoon canola oil
- 1 garlic clove
- 1/2 pound fresh asparagus trimmed
- 1/2 teaspoon sea salt
- 1/8 teaspoon freshly ground pepper
- 2 whole grain flat breads (naan bread, pita bread, lavash, or cooked pizza crust)
- 1 tablespoon olive oil
- 1/2 cup shredded part-skim mozzarella cheese
- 1/4 cup shaved Parmesan cheese
- Optional: pancetta, prosciutto, mushrooms, pesto



Directions:

1. Preheat the oven to 400 degrees.
2. Heat a skillet over medium heat. Add canola oil, asparagus and garlic. Sauté 7-10 minutes until soft, but not soggy. Stir in salt and pepper.
3. Lay out flat bread on a cookie sheet.
4. Brush flatbreads with the olive oil.
5. Top the flatbreads with mozzarella, asparagus and Parmesan cheese.
6. Bake flatbread pizzas for about 10 minutes (or until the cheese is melted).
7. Enjoy plain or dipped in warm marinara sauce!

FUN FACT: Have you ever seen white asparagus? White asparagus (spargel) is a delicacy in parts of the world (especially Germany) because of its mild flavor and tender bite. Spargel is the same as green asparagus, but grown entirely surrounded by earth without sunlight, which prevents photosynthesis.

**IN THE
CAFÉ**

Brought to you by the PSD Child Nutrition Department. [Find out what's for Breakfast & Lunch.](#)