

The Bethke Journal



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Lettuce Be Healthy Encourages Students to Make Healthy Food Choices

By: Sadie McManus

Lettuce Be Healthy will be starting very soon, and I would like to tell you a little bit about it and its creator, our P.E. teacher: Mrs. Keyworth. I have interviewed her and found some facts that you might want to know. Lettuce Be Healthy, which will take place December 4-8, 2017, is a fun way to convince Bethke students to eat healthy. If you eat five fruit and vegetable servings that are larger than your fist, you get a ticket. After the day ends, the office will call out numbers on the loudspeaker and if the number is on your ticket you win a prize!

Mrs. Keyworth created this because all throughout the nation, people are not eating enough vegetable. Mrs. Keyworth decided to find a way to make the school healthier and for students' desire to eat healthy grow in a fun way. Another reason that she created this is because we are very lucky and have a fantastic salad bar that makes it easy to get five fruits and vegetables per day. Mrs. Keyworth does not compete for the prizes, but she tries her best to eat healthy every day!

Mrs. Keyworth always feels better even after one month of eating healthy, and she wants kids to feel that way too. The snack challenge also is a good way to get kids to eat better. Mrs. Keyworth purposely does this around the holidays because she knows that people don't eat as healthy and eat candies, which she does not want.

Now you might be wondering, "All this talk on vegetables is fine, but what about fruit?" Well, as I said before, you need five vegetables but with *fruits* included. However, fruit does have more sugar in it than vegetables even though it is still healthy for you. Mrs. Keyworth has gone to many wellness conferences and I am now hoping that she will convince other schools that healthy eating is the way to go and the path to take. So when you are wondering what to get at lunchtime or what to pack in your cold lunch, think of Mrs. Keyworth and pack something healthy for Lettuce Be Healthy!

Bethke's Jingle Choir to Perform Holiday Favorites

By: Chloe Wilson

Hello Bobcats! Have you heard of the Bethke Jingle Choir? It's a choir for a group of third graders that get to sing with their friends and have fun! The Jingle Choir focuses on holiday songs and will perform at the Timnath Tree Lighting on December 1, 2017 on Main Street in Timnath.

This event starts at 5:30 p.m. and has snacks, singing, games and more.

Many other school choirs will also be singing at the tree lighting too, but our choir gets to go first. The Jingle Choir will also be performing at two assisted living homes on December 6, 2017.

The Jingle Choir will also perform at the Foothills Mall in Fort Collins at 12:00 noon on the same day. The songs they sing will be "Comin' Up Christmas Time," "Santa's on his Way medley," "Peace on the Silent Night," "Sparklejollytwinklejingly," and "Joy to the World."

The Jingle Choir will not be performing in front of the school. There will also be no solo parts. So if you want to see this talented choir, you should make some plans to come out into the community and see the Bethke Jingle Choir sing!



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Bethke Students Raise Money to Buy Books for Others

By: Ethan Sorg

All for Books is a program supported through the Scholastic Book Fair each year. Throughout the week, Student Council collected loose change from parents and kids. Bethke, as a school, collected over \$700 to be dispersed between these two charities. A collection of new books will be donated as part of our contribution.

This year, the Student Council at Bethke chose *La Familia Family Center* and *Kids Hope USA* as the recipients of our donation. *La Familia Family Center* provides quality and affordable child care and educational assistance to families in need. *Kids Hope USA* provides at-risk kids a one-on-one posi-

tive mentoring relationship with a caring adult. Both programs have a really positive influence on the lives of Colorado kids.

A big thank you to all the parents and kids that helped make this year's All for Books campaign a big success.

Buy Holiday Gifts at Bethke School Store

By: Lizzie Elias

One of the many great features at Bethke Elementary is our school store, and the school store is a perfect place to do some holiday shopping! The school store is open only at lunchtime on Fridays for grades kindergarten through fifth grade.

The store will carry items that are seasonal during the holiday months. During this holiday season, the store will have

themed items! Some of the items in the coming months are: splat toys, holiday pens, and adorable plush toys. The store also carries erasers, pencils, stickers, and bouncy balls all year long.

Fourth and fifth graders have the opportunity to work at the store. The store workers meet frequently to look into which items are popular and selling well. Next, they choose items from a magazine and get Mrs. Drage's permission to buy

those items for the school store.

Make sure to check out the Bethke school store on Fridays! It is full of exciting items to buy at a great price. I would highly recommend checking out school store, especially during the holiday season!



Food Review: Bethke Beef Tacos

By: Maddie Whitlock

Hello, Bobcats! A few days ago I tried the yummy beef taco and rice served in the Bethke cafeteria, and I would like to tell you about it. First, I am going to talk about the beef taco.

The taco is perfectly put together with a crispy taco shell, seasoned beef, and real cheddar cheese. The taco is served with lettuce, tomatoes, olives, and salsa. The servers in the cafeteria give out black beans and cilantro lime rice along with the taco. Cilantro lime rice is white rice with cilantro seasoning and lime juice. All of these things together make a delicious meal!

Don't forget about everything else you can get with the beef taco. You can get all-you-can-eat fruit and veggies in the salad bar. All school meals come with milk or chocolate milk. Students can buy other things to add to their lunches for extra money, including water, pretzels, Goldfish, Doritos, and mild cheddar cheese blocks. The next time you see tacos on the menu at Bethke, try them!

During the Holidays, it's Important to Remember the Gift of Giving

By: Gershona Lamkin

People ask "what is the gift of giving?", and nobody can usually explain it well enough. Well, the gift of giving is all about meaning. If you put love and friendship into your gift, it doesn't matter whether it's a picture drawn by hand or a big, fancy, tied up box. Like they say, it's the thought that counts!

Giving doesn't have to be a present. The gift of giving could be a donation to someone in need. There are thousands of people who are huddled up in tiny houses, without enough money to support their families. They have not nearly enough money for presents. You could help

them during the holiday season by donating. Your donation could be money, toys, food, or anything you would like to give.

The gift of giving doesn't have to be just during the holidays. People out there need gifts and help all year round. It's not only people who need help, but animals too! You can donate to the Humane Society, any local pet shelter, or causes like *Save the Whales*, or a club created to help jaguars.

Giving gifts is fun, but giving doesn't always have to be a gift like a toy. If you don't have anything to give, do something kind for someone and that will surely make you realize the importance of the gift of giving!



Members of Bethke Student Council volunteer with Respite Care.
Photo: Jamie Clegg

Kids Care Club Gives Back During the Holiday Season

By: Miriah Ogimachi

Do you like the holidays? I do, and the part I like most is that people all around the world help people who are in need for the holidays. At our school, we have a club that helps people in need all year long. It's called Kids Care Club, and the members love helping people, especially during the holiday season.

Kids Care Club is run by Mrs. Haselby and Mrs. Berger. This holiday, Kids Care Club is making ornaments for a Christmas tree at a

nursing home and are making decorations for the tree. Those decorations will bring so much joy to the residents, who are often lonely.

Over the years, Kids Care Club has worked with many local stores, humane societies and veterans' groups, and even the Fort Collins Cafe. Kids Care Club meets once a month and creates new projects to help people in our community for each holiday. In October, the kids made goodie bags for service men and women.

The best part is that everyone in the school is welcome to join Kids Care Club. You don't have to go to all of the meetings. For more information about the next meeting, you can see the poster in the hallway by the library. All of the Kids Care Club Projects are made at school and are never done outside of Bethke. If you like to make crafts and help people in need, then you should join Kids Care Club!



Bethke Elementary

5100 School House Drive
Timnath, CO 80547
Phone: (970) 488-4300
Fax: (970) 488-4302

We're on the Web!
bet.pedschools.org

Calendar of Events

- 12/1: Jingle Choir Concert at Timnath Tree Lighting
- 12/4: New Parent Breakfast
- 12/5: Kinard Principal at Bethke, 6:30 p.m.
- 12/14: Fourth Grade Wax Museum
- 12/21: Classroom Holiday Parties
- 12/22-1/5: No School/Winter Break
- 1/15: No School/MLK Day
- 1/18: Kindergarten Information Night
- 1/19: Bethke Spelling Bee
- 1/25: Bethke Talent Show, 6:30 p.m.
- 1/26: Bethke Talent Show, 9 a.m.

Publisher/Editor in Chief: Ms. Kirsten Wilson and Ms. Alex Wedemeyer

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“Honoring All Learners”

Spotlight: Mrs. Carlucci

By: Gershona Lamkin

There are a lot of excellent teachers at this school, but none like first grade teacher, Mrs. Carlucci. I interviewed her to find out some of her favorite things and she said her favorite movie is Despicable Me, her favorite book is Royal B and her favorite subject in school is writing, which you need to be good at to be in the Bethke Journal. Her favorite hobby is swimming with her daughters.

A unique fact about her is that her birthday is on Valentine's Day, February 14, and she is 36 years old. She grew up in Louisville, Colo. She spent the best vacation ever at the hot, sandy California beaches and the wonderful kid-friendly Disneyland.

She would most like to visit anywhere warm and sunny and with palm trees. That means Florida, California and Hawaii are probably good options.

Mrs. Carlucci is easy-going, happy and optimistic. When I met her, she seemed just like that. If she could choose any career, she would always be a teacher - and she's a good one. When she is with her family, she is the happiest. She would spend her perfect day sleeping in (who doesn't like sleeping in?), reading a book, playing outside with her family and shopping.

She would like to be remembered as a teacher who loved all of her students. I can tell that's true! Bethke is lucky to have Mrs. Carlucci as a first grade teacher. She can't be beat!



Mrs. Carlucci's students think she is the best first grade teacher ever!

Photo: Alivia Senk