

We are travelers on the Aspen Ridge Trailways. It is our mission to think independently, participate in our integrated world, and achieve individual goals in order to gain knowledge and understanding. We will approach challenges with confidence and assist others in our community while learning and growing together on the trail of success.

Owl Trends

August 15, 2017
Volume 1

Everything Aspen Ridge

Pg. 1 Meet Christiana Shams

Pg. 2 Meet Angie Reddy

Pg. 2 Counselor Rebecca Mayo-Cody

Pg.3 Summer Activity Program

Pg. 4 Message from Counselor

Meet Christiana Shams – Third grade teacher



Christiana is originally from Boulder, Colorado and has moved back to the area to pursue her classroom teaching goals. Christiana attended Colorado College in Colorado Springs and received a BA in Environmental Science. While at CC, Christiana participated in their student government and played on their women's soccer team. Since then, Christiana has moved from ski towns of Colorado to the Big Island of Hawaii gaining experience in the world of outdoor education. Last year, Christiana graduated from the Friends' Teacher Preparation Program, during which time she co-taught a 5th grade classroom. Christiana is currently completing her Master's degree in Education & Human Development with an emphasis in Human Learning from the University of Colorado Denver. When not in school, Christiana can be found hiking or running one of the many trails in the Greater Boulder area and spending time practicing yoga. In the winter, you can most likely find her on the ski slopes! Christiana is thrilled to join the positive and motivated community of learners at Aspen Ridge this coming fall!

Meet Angie Reddy - Preschool three's program assistant



My name is Mrs. Reddy, and I am very excited to be joining the Aspen Ridge Preparatory Family. I will be the pre-school assistant teacher in the three-year-old classroom, and am looking forward to a year of fun, learning and adventure. I am an experienced Early Education Teacher's Assistant and recently just completed the required courses at Colorado Mountain College. Most importantly I want the parents to know that while your children are at preschool they will be cared about, their ideas, thoughts, and actions are valued and each child has their own unique strength and talents that I am eager to see.

Fun facts about me, I am married with two daughters. Our oldest will be a junior at CU and is on the dance team Go Buffs! Our youngest will be a sophomore at Legacy and is on the Pom team Go Lightning! We have two dogs, Molly and Ruby (I adore dogs). I also love cross fit and am usually at the gym by 5 a.m.!!

I look forward to meeting all the new students and parents in the fall!!

Dear Aspen Ridge Parents,

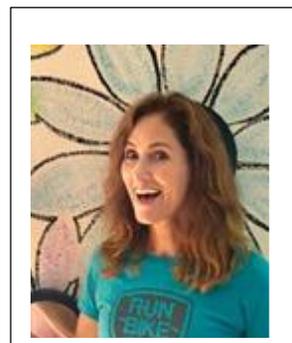
I'm Rebecca Mayo-Cody, the school counselor at Aspen Ridge Prep School. I look forward to working with you and your child! This year, I'll be at ARPS four days per week: Monday through Thursday. Please do not hesitate to contact me if you have any questions, comments or concerns.

I'd love to connect with you and your child, so feel free to stop by during the Student Assessments. My new office is in the lower school office. I hope to see you!

- Some of my responsibilities at ARPS:
- Provide individual and group counseling
- Provide mental health education and support
- Coach students within the classroom environment to encourage successful behaviors
- Collaborate with parents, teachers and staff to support student success
- Assist students with developing positive communication skills
- Address peer conflicts and assist with mediation
- Provide crisis intervention
- Provide parents with referrals for community resources when necessary

rmayocody@aspenridgeprepschool.org

cell phone 303-362-1266



Summer Program Was a Big Success!

More than 150 Aspen Ridge Students completed their summer activities book and read over 4,000 hours as reported in the summer check-ins. All students who complete the The Summer Activity Book by August 31st and read a minimum of 300 minutes will receive:

- ✚ An Adventure T-Shirt that shows off your “Gold Status” Summer Adventure
 - ✚ \$5.00 in Scholastic money to be used at the ARPS Fall Scholastic Book Fair, and
 - ✚ A Certificate of Completion presented at the 1st assembly of the year on September 6th.
- ✚ (Plus, we’ll publish your name in the school newsletter!)



Limousine Ride August 17th at 3 p.m.

Hot Air Balloon Rides August 17th

7:15 to 8:15 a.m.



Have questions? Don’t hesitate to contact Mrs. Salmeron (csalmeron@aspenridgeprepschool.org) or Mr. Cordrey (tcordrey@aspenridgeprepschool.org)

Continue your learning journey by staying engaged, involved, and connected to Aspen Ridge!



Parenting Is Not For Wimps!

Here are a few suggestions to help make the road a little smoother...

LOVE, LOVE, LOVE Them- Show them you love them, tell them you love them, remind them that you love them...every day, no matter what.

Pay Attention- What children want most is your attention. Put down your phone and interact mindfully with them, or they will seek out attention in negative ways.

Be The Boss- Good parenting is like a benevolent dictatorship. It's important to listen to their wants and needs, but in the end, you need to be the leader.

Talk With Them, Not At Them- Focus on two-way communication rather than lecturing. Listen, and try to suspend your judgement while you seek to understand their perspective. Help them discover their own answers: "What could you have done differently to avoid getting in trouble?"

Help Them Understand And Regulate Their Emotions And Behavior- Mirror your observations and encourage healthy coping strategies: "It looks like you're really hurt about your friends not including you. Do you want to talk about it, or get some exercise together? That might clear your head a bit, and help you see the situation differently."

Discipline Calmly With Love- The goal is to teach them self-discipline, not scare them into temporary submission. Build relationships, not resentments. Take a break when you feel yourself losing your temper. Apologize when you lose it.

Be Consistent With Your Expectations And Discipline- Kids are masters of manipulation and skilled at finding loopholes. Don't be a pushover, or you'll encourage bratty, undisciplined behavior, which is exhausting for you and everyone else.

Choose Your Battles- Stick to your guns on the important stuff and don't sweat the small stuff. Let them have the freedom to express their individuality and learn from their own mistakes.

Keep It Positive- Balance constructive criticism with specific praise for their efforts. Laugh and have fun together!

Practice What You Preach- Model the behaviors you want. Show them how to behave by your example.

Take Care Of Yourself- You're a better parent when you honor yourself and take care of your needs. Take breaks, get some exercise, have some fun. Good parenting is hard, but there's nothing like the satisfaction of doing it (mostly) right!

Ask for Help- Ask for honest feedback from people you trust about your parenting and your child's behavior. Ask for help before you've reached the breaking point. It takes courage to admit you're lost. Remember, parenting is not for sissies!

Counselor's Corner Message by Rebecca Mayo-Cody

