



THOMAS  
MACLAREN  
SCHOOL

# FRIDAY FOLDER

## Upper School Friday Folder January 7, 2022

*From the seminar to the science lab, from the music room to the playing field, we begin with the conviction that all human beings can know truth, create beauty and practice goodness. ~ from the Thomas MacLaren School Mission Statement*

### Project Day is Monday, January 10

**Don't forget! Project Day is a half-day for all students. Dismissal times are staggered as usual, with Lower School releasing at 11:30 and Upper School releasing at noon.** As we are not serving lunch on Monday, January 10, please be sure to send your child with a hearty snack to be eaten during the normal lunch time. Thank you!



#### COVID Vaccines and Boosters

If your child has received a COVID vaccine or booster, please email your updated information to our health team at [machealth@maclarenschool.org](mailto:machealth@maclarenschool.org). Thank you!

#### Grateful for your Generosity!

Our faculty and staff have been working tirelessly this week during Evaluations and Project Week-- and so have you! Thank you to all the parents and community members who kept our bodies and minds fueled during this stressful time by providing snacks and homemade lunches!

**THANK YOU!**  
*thank you!*

**MacLaren Honored:  
"Performance With Distinction" Nine Years in a Row!**

For the ninth year in a row, our authorizer, the Charter

School Institute (CSI), has awarded us their highest accreditation level - "Performance With Distinction" - for excellence in academic, financial and organizational performance. Our Distinction rating puts us in the top 25 percent of all public schools in Colorado for academics and we are one of just nine CSI schools earning "Performance with Distinction" for the 2020-21 school year. Kudos to all our employees and Board members who have again contributed to this outstanding recognition of the work that we do at MacLaren day in and day out.



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## Need Transcripts?

Transcripts will be sent to parents the week of January 9 via the Secure File Delivery email system. The password to retrieve the reports is your child's birthday in this format, slashes included: *mm/dd/yyyy*. If you have any questions about the delivery of these reports, please [email Mrs. Stokes](mailto:Mrs.Stokes@macLaren.org), Registrar.

## Relive the Memories for Years to Come



Relive the most memorable experiences from this past school year! Reserve your Upper School Yearbook for \$30.00 on [MySchoolBucks](https://www.myschoolbucks.com). Yearbooks will be distributed in May. Questions about yearbook orders can be [emailed to Mrs. Hanson](mailto:Mrs.Hanson@macLaren.org).

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## Keep Your New Year's Resolutions by Supporting MacLaren!



**Set it and forget it!** Donate without spending a dime while you shop at [Amazon](https://www.amazon.com), [Safeway](https://www.safeway.com), [King Soopers](https://www.kingsoopers.com), and [American Furniture Warehouse](https://www.americanfurniturewarehouse.com)! Click to see how easy it is to get those donations flowing to MacLaren... *without spending extra!*

# Highlander Athletics

## Announcements

High School Boys and Girls basketball and Middle School Girls basketball players: Things are changing! Please monitor the [Athletics Schedule](#) on our website or tap the "Athletics" icon on the MacLaren App as schedules may have changed since Winter Break.

## Highlanders in Competition

Monday – MS Girls Bball @ Atlas Prep

Tuesday – HS Boys and Girls Bball @ Calhan

Wednesday – **MS Girls Bball HOME vs. James Irwin**

Friday – MS Girls Bball @ Banning Lewis



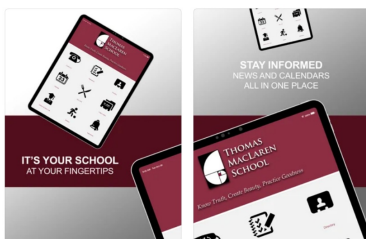
## Stay Connected to your Community

### School Directory Delivered to Email Inboxes

An email was sent to all parents at the end of the first semester with the 2021-22 School Year Directory attached. We hope that this directory will help to create more community and connectivity between families; the directory also has contact information for faculty and staff. We ask that you do not use this directory for anything other than these purposes; please do not distribute this directory to anyone outside of the MacLaren school community. We want to respect everyone's privacy.



### Download the MacLaren App Now



Download our FREE app from the [Google Play store](#) or the [Apple App Store](#) for easy access to attendance, the faculty directory, Athletics Calendars, and more!

### Join our Community!

### K-12 Information Night - Thursday, January 13

Our final **Information Night before the enrollment lottery** will take place, in-person, on **Thursday, January 13 at 6:30 p.m.** Invite your friends, neighbors, co-workers -- anyone you run into who is looking for a great fit for their child. We would love for them to come and learn more about us! Click [here](#) to print a flyer!

The last day to submit a [Letter of Intent](#) before the 2022 Lottery is Friday, January 28.

## Notes from the Nurse

### The Importance of Sleep

How many hours of sleep do children need each night? The ideal amount of sleep for school-aged children is **10-12 hours per night**. When children don't get enough sleep, they can't concentrate on their schoolwork, they have trouble remembering things, they become irritable and fidgety, and they become vulnerable to colds and flu.



Here are some important things you can do to ensure that your child gets enough sleep every night of the week, including weekends:

- **Make time.** Don't allow their lives to get so full of sports, hobbies, and other activities that they can't get everything done without shorting themselves on sleep.
- **Set a regular time for bed each night and stick to it.** Saying "good night" at the same time each night will ensure a good night's sleep. The human body functions best on a regular timetable.
- **Be firm about your chosen bedtime.** Make sure that they understand that complaining about bedtime isn't going to get them anywhere. Alert your child a half hour before

bedtime and then remind them again 10 minutes beforehand.

- **Empower your child.** Let him pick out his own pajamas to wear, stuffed animal to take to bed, etc.
- **Establish a relaxing bedtime routine,** such as a warm bath, playing soothing music, or reading a book. Reading is a great way to help children drift into sleep.
- **Beware of caffeine.** Avoid giving children anything with caffeine. Caffeine is a stimulant that can affect sleep.
- **Create a cozy sleep environment.** Keep your child's room cool, quiet, and dark (a nightlight is OK).

It's hard enough for children to get by with too little sleep for one or two nights, but it's even harder when sleep deprivation becomes a nightly habit - that's because the effect accumulates. Look at it this way, the more sleep your child gets, the more sleep you get!

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### Save the Date!



- 1/10 - K-12 Half Day
- 1/13 - K-12 Information Night
- 1/14 - No School/In-Service
- 1/17 - No School/Martin Luther King, Jr. Day
- 1/21 - [MacLaren Society Event](#)
- 1/27 - Board of Directors Meeting
- 1/31 - [Enrollment Lottery](#)

Subscribe to the full calendar on the [App Store](#) or [RSS Feed](#)!

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