

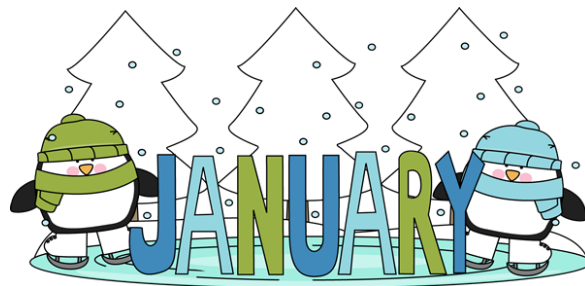
PGA Friday Update

January 23, 2026



Upcoming Dates - Mark your calendar!

2/2	High School Hearing & Vision
2/3	Elementary/MS Hearing & Vision



Notes for All Families

WINTER WEATHER IS HERE! If the district determines that there will be a 1-hour delayed start, a 2-hour delayed start, or an early release, please keep in mind that this only impacts your student if it is an on-campus day. These schedules are on our website at this link: <https://pga.psdschools.org/node/1244>

*** Doors open at 8:30 a.m. Please do not drop off students early during these cold temps! ***

Student Chat Changes in Microsoft Teams and Google Chat

As part of our District's ongoing review of digital tools and software platforms, District IT staff have adjusted student chat features in Microsoft Teams and Google Workspace to better support instructional use and compliance with District expectations. PSD's Principal Advisory Group came to consensus on this change at their December meeting.

As of Monday, December 22, students will no longer be able to self-initiate direct chats or video conferences in these platforms. Students will continue to have access to use chat and collaboration features within teacher-managed and rostered course spaces in both platforms.

These changes do not impact staff-to-staff communications through MS Teams or Google chats.

What's changing:

- Microsoft Teams Chat will be disabled for all students.
- Google Chat and Spaces will be disabled all students.

What remains available:

- Messaging within **Rostered Teams** (teacher managed).
- Communication features in **Google Classroom** including class comments/streams.

Timeline:

- **The changes began to go live on** December 22. Policies are applied district-wide, verified, and services will update automatically as policies and permissions propagate across platforms and devices.

What teachers should do:

- Use rostered Microsoft Teams or Google Classroom for student messaging.
- Continue to set, model, and communicate expectations to students on where and how to post, share work, and communicate.

Poudre Global Academy
National Honor Society
Linus Blanket Project

*Donate to help us make
blankets for children in need.*

PGA Donations—until Jan.29

Bring donations to the office by
cash, check (PGA), or student
pay (3% fee)



Learn more
about the
Linus Project
here



Optional
-bring fabric
scissors
-bring a snack to
share



Project ♥ Linus

Providing Security Through Blankets

**Blanket making on February 12th
& 18th at 4-5pm after school**

Donate \$ at
the office
until Jan.29



POUDRE GLOBAL ACADEMY

LAST CHANCE



LAST CHANCE to personalize a yearbook is 1/30/2026
GUARANTEE your copy of the yearbook, order by 2/20/2026


www.JostensYearbooks.com
 ☎ 1-877-767-5217

Not sure if you've ordered a yearbook? You can always check your order status here:
<https://www.jostens.com/customer-service/yearbook-order-tracking>

It's that time of year again!

Vision and Hearing screening will be held on the following days:

Monday, February 2, 9:10a for PGA High School students

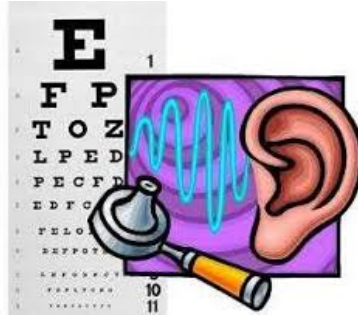
Tuesday, February 3, 9:10a for PGA Elementary and Middle School students

Vision and Hearing Screenings are for the following students:

- Grades: K, 1st, 2nd, 3rd, 5th, 7th, and 9th
- All students New to the District (K-12)
- Students with IEPs

If you are interested and would like to volunteer, reach out to the Health Office.

Cristie Hendrickx, Health Tech
 970-488-4603



Learning Coach Corner

Weekly & Monthly Opportunities to Partner

At this month's Learning Coach Coffee we talked about some positive reinforcement ideas, tips for successful at-home learning and activities to try at home. Check out the slide show if you would like to see what was presented: [1.6 Learning Coach Coffee](#)

🌱📱 **Friday Fun Club** ⚡💡🌱 **February 13 | 1:00-3:00 PM | CSU Energy Institute- Powerhouse**

We will begin with an educational hands-on component and then tour their Powerhouse Facility.

Location: 430 N College Ave

[RSVP Here](#)

💻 **Learning Lab** 💻 **Wednesdays | 9:00–11:00 AM | Room 118**

A weekly space for students and Learning Coaches to work and learn together. Enjoy a quiet place to focus, get in-the-moment support from teaching staff, and collaborate with other families.

Thank you!!!! 🏠 Middle School Matters 📦

Thank you to all who attended Middle School Matters. It was so good seeing so many of you. I am attaching some of the resources that were shared:

- [Virtual Wellness Room](#)- Presented by Val Cox
 - [Upcoming Resources](#)- Presented by Anne Eakins
 - [MS to HS Transition](#)- Presented by Chris Hagge
-

👕 **LOST AND FOUND** 👕 Our lost and found is full! If your child is missing something, have them swing by, and when you come in for your child's conference you can check it out too!

Elementary Students 🏃🍎 **5210+ Challenge** 🍌🏃 Begins in February! Check your child's class stream for more information.

MIDDLE SCHOOL MATTERS



**REQUIRED
FOR MIDDLE SCHOOL LEARNING COACHES**

BREAKOUT SESSIONS INCLUDE

- RE-ENGAGEMENT STRATEGIES
- SUBSTANCE USE PREVENTION COUNSELOR
- TRANSITION FROM MIDDLE TO HIGH SCHOOL
- MENTAL HEALTH SUPPORTS
- DE-ESCALATION TIPS

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January 20th
3:00-4:00pm

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POWERHOUSE TOUR @



ENERGY INSTITUTE
COLORADO STATE UNIVERSITY



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February 13th
1-3pm

430 N. College Ave.

MIDDLE SCHOOL LEARNING LAB

Q3

Learning Lab offers you and your child personalized, one-on-one support with a teacher and the Partnership Coordinator to build confidence and success in hybrid learning.

 **EVERY WEDNESDAY
FROM 9:00-11:00 AM**

Staff Schedule

Mater (Math) 9:00-10:30

Ewing (Social Studies) 10:00-11:00

Mickelson (Language Arts) 10:00-11:00

Becker (6th Grade) 9:00-10:00

Davis (Health) 9:00-10:30

Kalli Gladu 9:00-11:00



STAFF ARE AVAILABLE TO PROVIDE SUPPORT THROUGHOUT THE ENTIRE TIME. IF YOU NEED ASSISTANCE IN A SPECIFIC SUBJECT AREA, TEACHERS WILL BE AVAILABLE ACCORDING TO THE POSTED SCHEDULE.

ESPORTS CLUB

GRADES 6-8



**SMASH BROS, MARIO KART,
BRING YOUR OWN MULTIPLAYER
SWITCH GAMES AND MORE...**

GROWING HEALTHY PLANTS AND KIDS

JOIN US FOR
PGA'S 4TH-8TH
GRADE
GARDEN CLUB

GROW, LEARN, BLOOM TOGETHER

1/22, 2/12, 2/26, 3/12, 3/26, 4/9, 4/23, 5/7
8:15-8:45 in PGA's garden

WHAT DO WE DO?

Whether you are a gardener, nature lover, or are looking for a place to grow your mental health, this club is a place to come together and start your day positively. We will learn about caring for the garden and about caring for our own mental health needs.

For more information:
EMAIL: MS. OKESON OR MS. RACHEL
EOKESON@PSDSCHOOLS.ORG
REATON@PSDSCHOOLS.ORG
LET'S GROW FOOD, FLOWERS, AND
HEALTHY MINDS TOGETHER

MINECRAFT CLUB

BUILD ANYTHING!



Come to the Minecraft Club!
Play Minecraft with your friends
and have some fun! Questions, ask
James C and Cody N



HAVE FUN!

**MIDDLE SCHOOL
4:00-4:30
TUESDAYS STARTING Jan. 13
ROOM 118**



CHALLENGE!

WHAT IS IT?
The Healthy Kids 5210+ Challenge is a **FREE** month-long program during February where students, school staff and families learn and practice the 5210+ healthy habits **every day**. This year 131 schools across 16 Colorado districts are participating in the Challenge. Research shows practicing 5210+ daily for one month helps to create and maintain lifelong healthy habits.

TIMELINE

- Students and staff logs will be delivered the week of January 19.
- The Challenge takes place February 1-28.
- Students and staff will submit their logs online by Thursday, March 5.
- Winners will be announced the first week of May. Shirts will be delivered to your school by mid-May.

Students and Staff:
Track your 5210+ habits on your log. Get 80 (out of a total of 140) or more checks and you'll earn a t-shirt!

Families:
This year we're excited to introduce Family 5210+ Bingo! The new Family Bingo log went home with oldest/only students across northern Colorado. Join in the fun as a family as you build healthy habits together. Go to uhealth.org/5210challenge to print an extra log.

Research shows that good nutrition, daily activity and healthy sleep leads to:

- Better concentration.
- Increased attention.
- Improved memory.
- Better mood.
- Increased energy.



Scan here for more information and tips for practicing the 5210+ healthy habits.



K-5 students, staff, and families are invited to participate in the 2026 5210+ challenge.

SRO CORNER

Rude vs. Mean vs. Bullying – What’s the Difference?

As part of our commitment to creating a safe and respectful learning environment, we want to help families and students understand the difference between being rude, being mean, and bullying. These words are sometimes used interchangeably, but they mean very different things—especially when it comes to how schools address them.

1. Rude

Definition: Rude behavior is when someone says or does something hurtful—often without thinking—because they’re being inconsiderate, careless, or self-centered in the moment. It’s usually not meant to hurt deeply or target a specific person repeatedly.

Examples:

- Interrupting someone while they are speaking.
- Making a joke that offends someone without realizing it.
- Cutting in line without saying “excuse me.”

What helps? Gentle correction, modeling kindness, and practicing empathy usually turn these situations into learning moments.

2. Mean

Definition: Being mean is when someone says or does something with the intention to hurt another person’s feelings, embarrass them, or put them down. It’s often a reaction to anger, jealousy, or frustration—but still a choice.

Examples:

- Calling someone an unkind name.
- Making fun of someone’s appearance on purpose.
- Deliberately excluding a friend from a game.

What helps? Mean behavior should be addressed directly. Apologies, repairing relationships, and teaching conflict resolution are key.

3. Bullying

Definition: Bullying is repeated, intentional harm—physical, verbal, or social—where there is a power imbalance. It’s not a one-time argument or an occasional unkind comment; it’s a pattern that can make

someone feel unsafe at school.

Examples:

- Repeatedly spreading rumors to damage someone's reputation.
- Consistently pushing, shoving, or intimidating someone.
- Targeting a younger or less confident student with ongoing insults.

What helps? Bullying requires immediate adult intervention, clear consequences, and ongoing support for both the target and the student engaging in bullying behavior.

Why this matters

When students and families understand the difference between these behaviors, we can respond appropriately and teach skills that prevent problems from escalating. One of our goals is to help students grow into respectful, compassionate, and responsible members of our school community.

If you or your child witnesses behavior that feels like bullying, please report it right away. Together, we can ensure our school stays a safe place for everyone to learn and thrive.

-Officer Sarah Klich

High School Information

- [Upcoming Info](#)

Counseling Connection 1/23/26



PGA counselors and their contact information:

Elementary & Middle School Students = [Rachel Eaton](#)

High School Students (A-L) & Options = [Chris Hagge](#)

High School Students (M-Z) = [Anne Eakins](#)

Counselors support students with academics, social and emotional health, and career exploration/pursuits.

Upcoming Events:

Event Title & Flyers	Date & Location	Description
High School Course Registration for 26/27 School year	1/21-2/2	Counselors will be visiting 8th-11th grade Advisory classes to help students register for next year's classes. You can find the Registration Website here .
PSD Scholarship Application now open for seniors! Flyer	Due January 23rd	Apply to multiple local scholarships with one application. See your counselor for help.
PSD Career Tech Center Family & information Night - flyer	January 28th, 6:15 to 7:00 at CTC at Poudre High School	High School students and families come learn more about the CTC and classes and pathways available to all PSD HS students.
PGA's 4th-8th grade Garden Club	Next meeting: 2/12 8:15-8:45 am In PGA's garden	For gardeners, science and nature lovers, and anyone looking to start the day positively and grow their mental healthiness. questions : reaton@psdschools.org
FAFSA/CASFA information Drop in Hours - flyer	Various dates, Future Ready Center at the Foothills Mall	Seniors and families can drop in to receive assistance in completing your FAFSA/CASFA.

Grade Level or School-wide Updates:

- **Seniors:** NoCo Foundation Scholarships - several scholarships are available - [Application](#) due March 15th
- **Free Peer Tutoring:** 2/11, 2/25, 3/11, 3/25, 4/8, 4/22; qualified district tutors will be available to help in every subject at every level. SAT Review Sessions 3/28, 4/4. Sign up via the linked website
- **[High School 4-Year Career and Academic Guide](#)**
- **[PSD Post High School Planning Guide](#)**

Mental Health Tools & Community Resources:

1. **[Art & Writing Group Therapy for Teens:](#)** Saturdays March 7-April 25th 3:30-5:00. This group is focused on self-discovery. You do not need to be a good writer or artist to participate. You just need to be willing to try.
2. **[\(Free\) Screen Time Solutions Virtual Summit:](#)** Do your kids or teens struggle to break free from screens, grapple with the ethical use of AI, compare themselves to others online, prefer screens to other activities, get cranky when screen-boundaries are enforced, or generally have unhealthy tech habits? If so, then this event is for you! February 4th-6th, Join 31 experts to discover science-backed tools to raise resilient kids in a digital world.
3. **[Food Resources:](#)** With the SNAP benefit distribution delay, we anticipate a higher number of families may need food support at this time.
 - a. **[PSD McBackPack food bags available to families.](#)** Please reach out to your student's counselor if you would like to learn more about this resource.
 - b. **[Fort Collins Area Food Resources](#)**
 - c. Other resources:
 - i. **[Food Bank of Larimer County](#)**

- ii. [Larimer County Food Pantries](#)
 - iii. [Toys for Tots](#)
 - iv. [Homeward Alliance](#)
 - v. [Kenzi's Causes Toy Shop](#)
 - vi. Colorado 211: Call 2-1-1 or 866-760-6489 or visit www.211colorado.org
 - vii. Feeding Colorado: visit www.feedingcolorado.org/find-food or email info@feedingcolorado.org
 - viii. Hunger Free Colorado Food Resource Hotline: 855-855-4626
4. [Colorado Youth Outdoors CORE](#): want to get your child off their screens and engaged in outdoor activities with you? CYO teaches fishing, survival/orientation skills, fly tying, shooting sports, and archery while fostering healthy relationships with their adult. 12 week sessions are 1 night per week from 5:30-7:30. Scholarships available.
 5. [Free Therapy for Colorado Youth](#): iMatter provides up to six free therapy sessions for any Colorado youth 18 and younger, or 21 and younger who are receiving special education services. This Mental Health Awareness Month, support mental health wellness for youth, and visit IMatterColorado.org to sign up for in-person or telehealth services in English, or YoImportoColorado.org for services in Spanish. Youth 12 and older can sign up for services without parent or guardian consent. Youth 11 and younger can have their parent/guardian sign them up.
 6. [Community Resource Packet](#): comprehensive list of local resources for families.

En Español

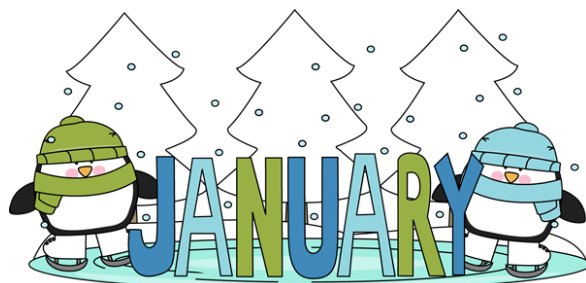
PGA Actualización del viernes

23 de enero de 2026



Próximas fechas: ¡Marca tu calendario!

2/2	Audición y visión en la escuela secundaria
2/3	Audición y visión de primaria y secundaria



Notas para todas las familias

¡EL CLIMA INVERNAL YA ESTÁ AQUÍ! Si el distrito determina que habrá un retraso de 1 hora en el inicio, 2 horas en el inicio o una salida anticipada, tenga en cuenta que esto solo afecta a su estudiante si es un día de clases presenciales. Estos horarios están disponibles en nuestro sitio web en este enlace: <https://pga.psdschools.org/node/1244>

*** Las puertas abren a las 8:30 a.m. ¡Por favor, no deje a los estudiantes temprano durante estas temperaturas frías! ***

Cambios en el chat de estudiantes en Microsoft Teams y Google Chat

Como parte de la revisión continua de las herramientas digitales y plataformas de software de nuestro Distrito, el personal de TI del Distrito ha ajustado las funciones de chat estudiantil en Microsoft Teams y Google Workspace para facilitar su uso educativo y cumplir con las expectativas del Distrito. El Grupo Asesor de Directores del PSD llegó a un consenso sobre este cambio en su reunión de diciembre.

A partir del lunes 22 de diciembre, los estudiantes ya no podrán iniciar chats directos ni videoconferencias en estas plataformas. Sin embargo, podrán seguir usando las funciones de chat y colaboración en los espacios de cursos gestionados por el profesor y programados en ambas plataformas.

Estos cambios no afectan las comunicaciones entre el personal a través de MS Teams o Chats de Google.

¿Qué está cambiando?

- El chat de Microsoft Teams estará deshabilitado para todos los estudiantes.
- Google Chat y Spaces estarán deshabilitados para todos los estudiantes.

Lo que queda disponible:

- Mensajería interna **Equipos enlistados** (gestionado por el profesor).
- Características de la comunicación en **Google Classroom** incluyendo comentarios/transmisiones de clase.

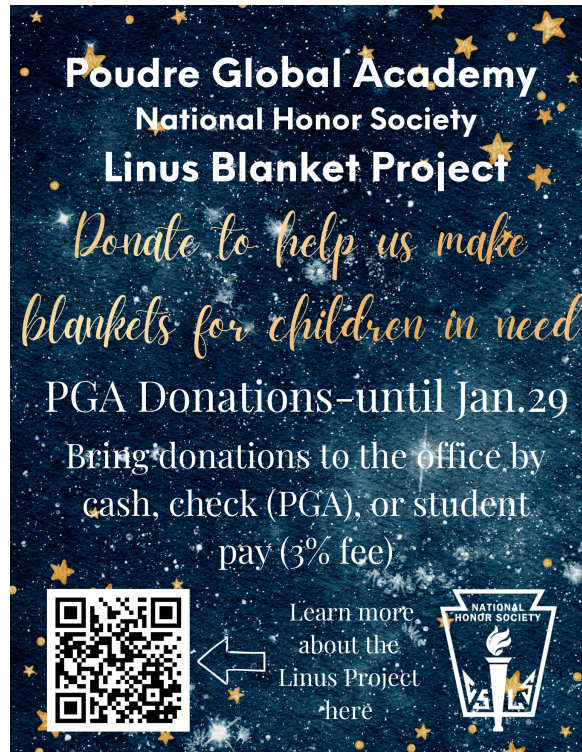
Cronología:

- **Los cambios comenzaron a implementarse** 22 de diciembre. Las políticas se aplican en todo el distrito, se verifican y los servicios se actualizarán automáticamente a medida que

las políticas y los permisos se propagan a través de plataformas y dispositivos.

Lo que los profesores deberían hacer:

- Utilice Microsoft Teams o Google Classroom programados para la mensajería de los estudiantes.
- Continuar estableciendo, modelando y comunicando expectativas a los estudiantes sobre dónde y cómo publicar, compartir trabajos y comunicarse.



POUDRE GLOBAL ACADEMY

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¡Ha llegado nuevamente esa época del año!

Las pruebas de visión y audición se realizarán los siguientes días:

Lunes 2 de febrero, 9:10 a. m. para estudiantes de PGA High School

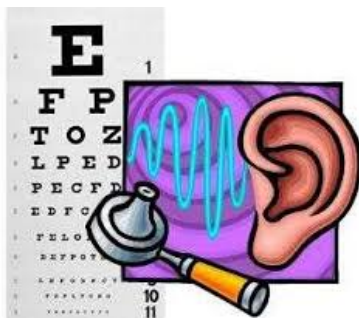
Martes 3 de febrero, 9:10 a. m. para estudiantes de primaria y secundaria de PGA

Los exámenes de visión y audición son para los siguientes estudiantes:

- Grados: K, 1º, 2º, 3º, 5º, 7º y 9º
- Todos los estudiantes nuevos en el Distrito (K-12)
- Estudiantes con IEP

Si está interesado y le gustaría ser voluntario, comuníquese con la Oficina de Salud.

Cristie Hendrickx, tecnología de la salud
 970-488-4603



Rincón del entrenador de aprendizaje

Oportunidades semanales y mensuales para asociarse

En el Learning Coach Coffee de este mes, hablamos sobre ideas de refuerzo positivo, consejos para un aprendizaje exitoso en casa y actividades para practicar en casa. Si quieres ver la presentación, echa un vistazo a la presentación: [1.6 Café de Coach de Aprendizaje](#)

🌿📱 **Club de diversión del viernes** ⚡💡🌿 **13 de febrero | 13:00-15:00 | Instituto de Energía de la CSU - Powerhouse**

Comenzaremos con un componente educativo práctico y luego recorreremos sus instalaciones Powerhouse.

Ubicación: 430 N College Ave

[RSVP aquí](#)

🖥️ **Laboratorio de aprendizaje** 🖥️ **Miércoles | 9:00–11:00 AM | Sala 118**

Un espacio semanal para que estudiantes y tutores de aprendizaje trabajen y aprendan juntos. Disfruten de un espacio tranquilo para concentrarse, reciban apoyo inmediato del profesorado y colaboren con otras familias.

!!!**Gracias!!!!** 🏠 **Asuntos de la escuela secundaria** 🎒

Gracias a todos los que asistieron a Middle School Matters. Fue un placer verlos a tantos. Adjunto algunos de los recursos que se compartieron:

- [Sala de bienestar virtual](#)- Presentado por Val Cox
 - [Próximos recursos](#)- Presentado por Anne Eakins
 - [Transición de MS a HS](#)- Presentado por Chris Hagge
-

👕 **OBJETOS PERDIDOS Y ENCONTRADOS** 👕 ¡Nuestra sección de objetos perdidos está llena! Si a tu hijo le falta algo, pídele que pase por aquí y, cuando vengas a su conferencia, ¡también podrás buscarlo!

Estudiantes de primaria 🏃🍎 **Desafío 5210+** ¡Comienza en febrero! Consulta el calendario de clases de tu hijo/a para más información.

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GRADES 6-8



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- Increased attention.
- Improved memory.
- Better mood.
- Increased energy.



Scan here for more information and tips for practicing the 5210+ healthy habits.



K-5 students, staff, and families are invited to participate in the 2026 5210+ challenge.

ESQUINA SRO

Grosero vs. Malo vs. Acoso: ¿Cuál es la diferencia?

Como parte de nuestro compromiso con la creación de un entorno de aprendizaje seguro y respetuoso, queremos ayudar a las familias y a los estudiantes a comprender la diferencia entre ser grosero, ser cruel y el acoso escolar. Estas palabras a veces se usan indistintamente, pero significan cosas muy diferentes, especialmente en cuanto a cómo las escuelas las abordan.

1. Grosero

Definición: El comportamiento grosero se da cuando alguien dice o hace algo hiriente, a menudo sin pensar, por ser desconsiderado, descuidado o egocéntrico en el momento. Generalmente, no tiene la intención de herir profundamente ni de atacar repetidamente a una persona específica.

Ejemplos:

- Interrumpir a alguien mientras está hablando.
- Hacer una broma que ofende a alguien sin darse cuenta.
- Colarse en la fila sin decir “disculpe”.

¿Qué ayuda? La corrección amable, el ejemplo de amabilidad y la práctica de la empatía suelen convertir estas situaciones en momentos de aprendizaje.

2. Media

Definición: Ser cruel es cuando alguien dice o hace algo con la intención de herir los sentimientos de otra persona, avergonzarla o menospreciarla. Suele ser una reacción a la ira, los celos o la frustración, pero sigue siendo una decisión.

Ejemplos:

- Llamar a alguien con un nombre desagradable.
- Burlarse de la apariencia de alguien a propósito.
- Excluir deliberadamente a un amigo de un juego.

¿Qué ayuda? El mal comportamiento debe abordarse directamente. Las disculpas, la reparación de relaciones y la enseñanza de la resolución de conflictos son fundamentales.

3. Acoso escolar

Definición: El acoso escolar es un daño repetido e intencional (físico, verbal o social) donde existe un desequilibrio de poder. No se trata de una discusión aislada ni de un comentario desagradable ocasional; es

un patrón que puede hacer que alguien se sienta inseguro en la escuela.

Ejemplos:

- Difundir rumores repetidamente para dañar la reputación de alguien.
- Empujar, dar codazos o intimidar constantemente a alguien.
- Dirigir ataques constantes contra estudiantes más jóvenes o menos seguros de sí mismos.

¿Qué ayuda? El acoso requiere la intervención inmediata de un adulto, consecuencias claras y apoyo continuo tanto para la víctima como para el estudiante que incurre en la conducta acosadora.

Por qué esto es importante

Cuando los estudiantes y sus familias comprenden la diferencia entre estos comportamientos, podemos responder adecuadamente y enseñar habilidades que eviten que los problemas se agraven. Uno de nuestros objetivos es ayudar a los estudiantes a convertirse en miembros respetuosos, compasivos y responsables de nuestra comunidad escolar.

Si usted o su hijo/a presencian un comportamiento que se percibe como acoso escolar, por favor, repórtelo de inmediato. Juntos, podemos garantizar que nuestra escuela siga siendo un lugar seguro donde todos aprendan y prosperen.

-Oficial Sarah Klich

Información de la escuela secundaria

- [Próximamente información](#)

Conexión de asesoramiento 23/01/26



Consejeros de la PGA y su información de contacto:

Estudiantes de primaria y secundaria = [Rachel Eaton](#)

Estudiantes de secundaria (A-L) y opciones = [Chris Hagge](#)

Estudiantes de secundaria (M-Z) = [Anne Eakins](#)

Los consejeros apoyan a los estudiantes con sus estudios, su salud social y emocional y su exploración y búsqueda de carreras profesionales.

Próximos eventos:

Título del evento y volantes	Fecha y lugar	Descripción
Inscripción a cursos de secundaria para el año escolar 26/27	1/21-2/2	Los consejeros visitarán las clases de orientación de 8.º a 11.º grado para ayudar a los estudiantes a inscribirse en las clases del próximo año. Puede encontrar el sitio web de inscripción aquí .
¡La solicitud de becas PSD ya está abierta para personas mayores! Volantes	Fecha de entrega: 23 de enero	Solicita varias becas locales con una sola solicitud. Consulta con tu consejero para obtener ayuda.
Noche de información y familia del Centro de Carreras Tecnológicas del PSD - folleto	28 de enero, de 6:15 a 7:00 en CTC en Poudre High School	Los estudiantes de la escuela secundaria y sus familias vienen a aprender más sobre el CTC y las clases y caminos disponibles para todos los estudiantes de PSD HS.
Club de jardinería de 4.º a 8.º grado de la PGA	Próxima reunión: 12/2 8:15-8:45 am En el jardín de PGA	Para jardineros, amantes de la ciencia y la naturaleza, y cualquiera que busque comenzar el día de manera positiva y mejorar su salud mental. Preguntas: reaton@psdschools.org
Horario de atención para solicitar FAFSA/CASFA - volantes	Varias fechas, Future Ready Center en el Foothills Mall	Las personas mayores y sus familias pueden acercarse para recibir ayuda para completar su FAFSA/CASFA.

Actualizaciones de nivel de grado o de toda la escuela:

- **Personas mayores:** Becas de la Fundación NoCo: hay varias becas disponibles. [Solicitud](#) con vencimiento el 15 de marzo
- **Tutoría gratuita entre pares:** 11/2, 25/2, 11/3, 25/3, 8/4, 22/4; habrá tutores calificados del distrito disponibles para ayudar en todas las materias y en todos los niveles. Sesiones de repaso del SAT: 28/3, 4/4. Insíbete a través del sitio web vinculado.
- **[Guía académica y profesional de 4 años para la escuela secundaria](#)**
- **[Guía de planificación posterior a la escuela secundaria del PSD](#)**

Herramientas de salud mental y recursos comunitarios:

1. **[Terapia grupal de arte y escritura para adolescentes:](#)** Sábados del 7 de marzo al 25 de abril, de 15:30 a 17:00. Este grupo se centra en el autodescubrimiento. No necesitas ser un buen escritor o artista para participar. Solo necesitas estar dispuesto a intentarlo.
2. **[Cumbre virtual \(gratuita\) sobre soluciones para el tiempo frente a la pantalla:](#)** ¿A tus hijos o adolescentes les cuesta liberarse de las pantallas, lidiar con el uso ético de la IA, compararse con otros en línea, preferir las pantallas a otras actividades, irritarse cuando se imponen límites en el uso de pantallas o, en general, tener malos hábitos tecnológicos? Si es así, ¡este evento es para ti! Del 4 al 6 de febrero, únete a 31 expertos para descubrir herramientas con respaldo científico para criar niños resilientes en un mundo digital.

3. **Recursos alimentarios:** Con el retraso en la distribución de los beneficios de SNAP, anticipamos que un mayor número de familias pueden necesitar apoyo alimentario en este momento.
 - a. **Bolsas de alimentos PSD McBackPack disponibles para familias.** Comuníquese con el consejero de su estudiante si desea obtener más información sobre este recurso.
 - b. **Recursos alimentarios del área de Fort Collins**
 - c. Otros recursos:
 - i. **Banco de Alimentos del Condado de Larimer**
 - ii. **Despensas de alimentos del condado de Larimer**
 - iii. **Juguetes para pequeños**
 - iv. **Alianza de regreso a casa**
 - v. **Tienda de juguetes Kenzi's Causes**
 - vi. Colorado 211: llame al 2-1-1 o al 866-760-6489 o visite **www.211colorado.org**
 - vii. Alimentando a Colorado: visita **www.feedingcolorado.org/encuentra-comida** o envíe un correo electrónico a **info@feedingcolorado.org**
 - viii. Línea directa de recursos alimentarios de Hunger Free Colorado: 855-855-4626
4. **Jóvenes de Colorado al aire libre CORE:** ¿Quieres que tu hijo/a deje de usar las pantallas y disfrute de actividades al aire libre contigo? CYO enseña pesca, técnicas de supervivencia y orientación, atado de moscas, tiro deportivo y tiro con arco, a la vez que fomenta relaciones saludables con su adulto. Las sesiones de 12 semanas se realizan una noche a la semana de 5:30 a 7:30. Hay becas disponibles.
5. **Terapia gratuita para jóvenes de Colorado:** iMatter ofrece hasta seis sesiones de terapia gratuitas para jóvenes de Colorado de hasta 18 años o de hasta 21 años que reciban servicios de educación especial. Este Mes de la Concientización sobre la Salud Mental, apoye el bienestar mental de los jóvenes y visite **IMatterColorado.org** para inscribirse en servicios presenciales o de telesalud en inglés, o **YoImportoColorado.org** para servicios en español. Los jóvenes de 12 años o más pueden inscribirse en los servicios sin el consentimiento de sus padres o tutores. Los jóvenes de 11 años o menos pueden inscribirse con sus padres o tutores.
6. **Paquete de recursos comunitarios:** Lista completa de recursos locales para familias.