Non-Profit Org. US Postage PAID Colo Spgs CO Permit No. 434

**ECRWSS** 



## District 49 Earns Peak Designation from Rocky Mountain Performance Excellence

**Bv Peter Hilts Chief Education Officer** 

District 49 has earned recognition as a peak performing organization from Rocky Mountain Performance Excellence (RMPEx). D49 is only the tenth organization to earn the highest award from RMPEx and the first school district in the 18-year history of the program. As a three-state regional association of the national Malcolm Baldrige Performance Excellence Program, RMPEx uses industry best-practice criteria to evaluate and recognize organizational leadership, and excellence in operations and results.

The RMPEx evaluation team that con-

ducted extensive reviews and a site visit last November commended District 49 for its commitment to innovation, fiscal stewardship and culture of transparency. The site team observed that district actions "demonstrate a commitment to ongoing improvement and accountability." Marie LaVere-Wright, president of the Board of Education, shared, "This award is confirmation that we are continuing to move in the right direction. As a board member, community member and parent, I am grateful to our staff and community for making D49 the best choice to learn, work and lead."

experts serving as chief officers as well as a commitment to open communication about district plans, annual budgets and weather decisions. "This recognition validates the incredibly hard work of District 49 staff at all levels to improve the quality of education and services we provide," Pedro Almeida, the district's chief operations officer remarked. "We will always have room for greater improvements, but we are clearly on the right track and will continue to strive to make this district better every single day."

As a district operating with limited com-The district earned high commendation mercial tax revenues and state-level budget event April 20, 2018 in Denver.

for its innovative leadership team with three reductions, District 49 earned praise for balancing personnel and program costs, while reserving a healthy fund balance and maintaining precise financial performance. "District 49's successful pursuit of process and result improvements through Rocky Mountain Performance Excellence honors our community's desire to have a school district that strives for excellence with effective and efficient processes that can be compared across industries—not just in education," explained Brett Ridgway, chief business officer.

RMPEx will present the Peak Award to District 49 at the annual Quest for Excellence

## **Falcon Education Foundation Awards** \$31,000 for Learning in District 49

By Matt Meister

**Communications Director** 

Falcon Education Foundation directors awarded 43 mini grants to educators across District 49 to fund unique learning opportunities as part of the Nov. 9 Fantastic 49 celebration ahead of a Board of Education meeting.

"The Falcon Education Foundation is a community-led volunteer organization dedicated to supporting the students and staff in District 49," said Kayla Maldonado, FEF vice president, prior to presenting the grant awards.

"Each year, we raise funds to support unique learning opportunities across the district that wouldn't otherwise be possible through the normal funding means," said Maldonado.

Funds are raised primarily through an annual awards and fundraising banquet held in April.

"We encourage businesses, business and community leaders, and all residents to support District 49 through the Falcon Education Foundation," said Maldonado. "You can learn more about the foundation and our 2018 banquet and auction at D49.org/FEF."



Sandi Esparsen, Falcon Education Foundation secretary, receives a plaque of appreciation from District 49 Board of Education president Nov. 9 after awarding just under \$31,000 to educators across District 49 for innovative and unique learning opportunities. (District 49/Matt Meister)

#### 2017-2018 FALCON EDUCATION FOUNDATION GRANTS

Project Title	Amount	School	Instructor(s)
A Paleontologist's Adventure	\$449.85	MRES	Margaret Stanley
Developing 21st Century Skills Through Play	\$665.76	SES	Erin McGovern
Curation, Collaboration and Celebration	\$890	VRHS	Michael Hoffman
ACCESS & Prepare Curriculum for Social Skills in Middle School	\$326.12	SMS	Krista Rauer
Can You Hear Me Now?	\$191	OES	Amanda Bower
Enhancing Spanish Acquisition	\$360	HMS	Madison Stuart
Next Gen Photos and Videos	\$313.67	PPEC	Jimmi Wright
Drums Alive! Brings Music and PE Together	\$1,000	WHES	Melissa Ellenberger and Joe Patton
Skeleton in the Choir Room	\$150	FMS	Emily Callahan
Mini Golf Course	\$1,000	FMS	Jedd Sims
Hawk Quest Educational Experience	\$500	RES	Stephanie Peterson
SPED Help in Preschool	\$987.46	WHES	Kari Roberts
IXL to Target Student Needs in Science	\$986	HMS	Mickelle Spendlove
Bring Imagination to the Life with Robots	\$683	OES	Mollie Garrett
Good Reads, Good Deeds	\$540	OES	Amy Willis
Healthy Clean	\$1,000	HMS	Willian Yerger
First Responder Project	\$1,000	HMS	William Yerger
Zapped (Fundraising Tool)	\$1,000	HMS	William Yerger
Earth, Wind and Rain Barrel	\$303.08	SES	Matt Monfre
Hail, Hail, the Gang's All Here	\$524.73	SES	Matt Monfre
Good to the Last Drip	\$1,078	SES	Matt Monfre
High School Buddy Program	\$650	SCHS	Krystle Jankovsky
Light Up and Build	\$932.81	OES	Kristi Guinn
All Remington Reads - A Novel Event	\$836.60	RES	Carolyn Leyes
Engineering & STEM Tools for Girls	\$671.54	ALLIES	Stephanie Hazelton
3 Doodlers for Young Creators	\$798	ALLIES	Stephanie Hazelton
Mindup Program for FESoT	\$36	FESoT	Christine Perrizo
Bringing Music to Life with a Rehearsal Piano	\$1,100	HMS	Melanie Hawthorne
Coding with the Kano Motion and Pixel Kits	\$990	SSAE	K-5 Teachers
Zap It! Exploration through Experimentation	\$832.18	MRES	Merry Monk
STEM in the Stream	\$1,000	PHS	Paul Austin
23 and Me	\$1,000	PHS	Paul Austin
RVES Loves Literacy	\$900	RVES	Mary Beth Vander Molen
Hand to Mind: Math Manipulatives	\$467.94	RES	Lori McCoy
Little Raiders Love to Move, Move, Mooove!	\$379.96	SES	Lanee VanSant
Irrigation System in a Box	\$1,000	FHS	Dave Kranz
Ceramics for Real Life	\$865	VRHS	Brandon Ager & Lynn Williams
Coding to Learn	\$960	SSAE	Joshua Wixom
Using Educational Escape Rooms FOR Learning	\$450	FHSP	Sandra Smith
Making Heroes	\$700	FESoT	Michael Roth
Building Inspiration for Elementary Engineers	\$915.20	WHES	Mary Hopper
Gotta Catch 'Em All!	\$614.75	RVES	Victoria Villescas
Math Mastery Bags	\$878.71	RVES	Jessica Orinak



Our new Falcon Zone elementary school, Bennett Ranch, will be open for the 2018-2019 school year! Come join us for an important community meeting to learn about the mission and vision of BRES, see renderings and an animated walkthrough of the school, learn about the educational and extra-curricular offerings, and hear about the enrollment process for becoming part

of the Bennett Ranch Elementary School family. Leadership team members will be present to introduce themselves and to answer questions.

When: Tuesday, Feb. 6, 2018 Time: 6:30 p.m. - 7:30 p.m.

Where: Falcon Middle School Commons, 9755 Towner Ave., Peyton, CO 80831



District 49 leaders and students break ground on the new ALLIES facility Oct. 26. The building is slated to open for the 2018-2019 school year and will provide resources for dyslexic students. (District 49/Matt Meister)

#### By Matt Meister

Communications Director

Academy for Literacy, Learning & Innovation Excellence students, parents and staff joined with community members Oct. 26 to break ground on a building for the new school.

"We know that the children who share their days with us at ALLIES have tremendous gifts," said Rebecca Thompson, ALLIES director of academic services. "We spend our days in awe at their sense of wonder, their strengths, the way they help us to see the world, their perseverance and their laughter."

"We know that our students are working hard to break the code of reading," said Thompson. "They persevere every day through something that comes easily to many of us, but perhaps not to them."

"We believe today celebrates their hard

ALLIES, which opened in August, currently conducts classes in several modular buildings. The new building is scheduled to be open for the start of the 2018-2019 school year at 6275 Bridlespur Avenue in Colorado

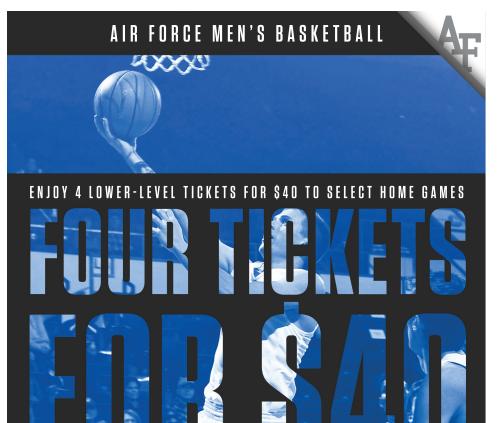
"It's so exciting to be breaking ground on this building," said Corina Martin, ALLIES parent. "This isn't going to be just a school of bricks and mortar, but this is a symbol of change and progress. This building will be a place for our children to receive support and services that they may not have otherwise

The new building is being constructed on the south end of the Odyssey Elementary School campus. OES will use a portion of the new facility for additional classroom space.

ALLIES will have 8,000 sq. ft. with a dedicated entrance and office, six small group therapy rooms for Take Flight intervention instruction and seven larger classrooms for ALLIES learners.

"The real struggle for dyslexic students isn't that they will just struggle to spell or to read, but that they will give up on themselves before they ever have a chance," said Martin, during an address focused on the importance of having dedicated space for the new school. "In a world today that is bombarding our kids with messages that they are not enough, ALLIES is providing a framework, a foundation to tell them that not only are they enough, but that there are others like them and with the proper tools they can be successful."

"The creation of this building does allow this program to be mainstreamed, setting a huge precedent. And I can't wait to witness the success that will result from this



AIR FORCE VS. FRESNO STATE / JANUARY 20 / 2 PM / GLUNE ARENA



PURCHASE YOURS BY CALLING 719-472-1895 OR VISITING GOAIRFORCEFALCONS.COM/PROMO AND USE PROMO CODE: D49

#### DISPATCH

Board of Education:

Administration:

President, Marie LaVere-Wright Chief Education Officer, Peter Hilts Vice-President, John Graham Secretary, Dave Cruson

Chief Business Officer, Brett Ridgway Chief Operations Officer, Pedro Almeida New Communications Director, David Nancarrow

Treasurer, Kevin Butcher Director, Joshua Fry

This newspaper is an authorized publication of District 49. The editorial content of the Dispatch is the responsibility of the District 49 communications department. Tel: 719.495.1151. The email address is info@d49.org. Printed circulation is 32,000 copies.

The Dispatch is printed by Colorado Springs Military Newspaper Group, a private firm in no way connected with District 49. It is published four times per year.

The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement bySchool District 49 or the Colorado Springs Military Newspaper Group, of the products or services advertised. The publisher reserves the right to reject advertisements.

All correspondence or queries regarding advertising should be directed to Colorado Springs Military Group, 235 S. Nevada Ave., Colorado Springs, CO 80903, phone 634-5905.

The Dispatch's editorial content is edited, prepared and provided by the District 49 communications department, 10850 E. Woodmen Rd., Peyton, CO, 80831, phone 495-1151. Reproduction of editorial material is authorized. Please credit accordingly.

## **Falcons Break Ground to Soar Higher**

By Matt Meister

Communications Director

Students, staff, families and community members gathered Oct. 27 at Falcon High School to break ground on a new academic wing.

The addition to the school is part of the Building Our Future Community plan, approved by voters as ballot issue 3B in November 2016.

"I moved to Falcon right before the start of my sophomore year," said Noah Gray, 16, eleventh-grader. "I vividly remember being amazed when I was shown classes in the health academy."

"Prior to Falcon, I had never seen a high school that allowed me to focus a large portion of my education on learning about different aspects of the field I knew would employ me someday."

"I attribute my confidence to the fact that I attend a high school that is continuously advancing in the learning opportunities of students and that offers a program that allows me to attain firsthand experience of what the

health field has to offer," said Gray.

The new 22,120 sq. ft. wing, being constructed on the northern end of the school, will house several programs, including the Academy of Health Sciences. Eight new learning spaces, including a career and technical education shop, a print shop and computer labs will complete the space.

"Career and technical education is more than a buzz word," said JaDee Harsma, DLR Group project architect and design leader for the addition. "It's the pathway to prepare students for college and career."

"We fully embrace this idea," said Harsma. "We design spaces that enable this concept of applied learning and allow for new programs and coursework in the future."

"I would like to thank the parents of our district for the special trust you give our faculty and staff every day to educate your children," said John Graham, District 49 Board of Education vice president. "I thank the community for entrusting us with your hard earned dollars to continue to expand and improve our schools."



Falcon High School students break ground on a new academic wing at their school Oct. 27. (District 49/Matt Meister)

## New Performing Arts Spaces, Gym and Classrooms on the Way to Vista Ridge High School



Students participate in groundbreaking festivities at Vista Ridge High School Oct. 26. The ceremony paved the way for new performing arts, classroom and gym facilities at the school. (District 49/Matt Meister)

#### By Matt Meister

Communications Director

District 49 students, staff and community members gathered at Vista Ridge High School Oct. 26 to kick off major additions to the school made possible by the passage of ballot issue 3B in November 2016.

"I want to thank our community," said Dave Cruson, District 49 Board of Education director. "They said yes, school is important and we want to make opportunities for all students."

The ceremony kicked off expansion projects at the POWER Zone high school. An auditorium, auxiliary gymnasium and additional classroom spaces are being constructed on the west side of the school.

"Our students and parents have told us that we need to focus on some art pathway pieces and extracurricular activities," said Mike Pickering, PhD, POWER Zone leader.

"Our teachers and students have pulled off some of the best performances in the area with the resources they currently have. I am very excited to see what they will produce when they have the resources that they deserve."

Pickering said that the new performing arts spaces at VRHS will combine with a successful arts program at Skyview Middle School and a new arts-focused POWER Zone elementary school to create the first K-12 arts pathway in District 49. The new elementary school is scheduled to open in the Banning Lewis Ranch neighborhood in August 2019.

"This groundbreaking is a long time coming for Vista Ridge," said Sierra Tune, 18, twelfth-grader and president of the VRHS student body and thespian club. "It's finally giving the students, the teachers and the staff the opportunity to expand and expound on their potential and abilities."

"This is a truly historic event for Vista Ridge," said Tune. "Over the last four years our Wolfpack theatre and choirs have made incredible strides in the arts world."

"Art is what keeps all of us human. It's what connects us to not only ourselves and who we are, but to those we love and those who love us."





at Pikes Peak School of Expeditionary Learning with the Pledge of Allegiance Nov. 10. (District 49/Amy Matisek)



Boy Scouts prepare to start the Veterans Day celebration Banning Lewis Ranch Academy celebrated Veterans Day with an all-school assembly Nov. 10. Students were joined by family and friends in the



Kylie Bernard, 13, eighth-grader, reads her original poem, "Through the Bruises and Blisters," at the Veterans Day program at Pikes Peak School of Expeditionary Learning Nov. 10. (District 49/Amy Matisek)

Fifth grade students hosted three patriotic performances of the musical, "A Celebration of Our Country," Nov. 9 at Ridgeview Elementary School. (District 49/Samantha Dosen-Himelrick)





Danika Steel, 9, fourth-grader, folds the flag after a dance at Meridian Ranch Elementary School during the Veterans Day celebration Nov. 10. (District 49/Amy Matisek)



Kindergartners at Springs Ranch Elementary School (left to right) Jacob Dones, 6, Addison Ratke, 5, and Brooklynn Snapp, 5, display the hats they made for Veterans Day festivities Nov. 10. (District 49/Lauren Stuart)



Cpl. William Antrim is escorted on the "American Walk" by Merry Monk, his granddaughter and fourth grade teacher, through the hallways at Meridian Ranch Elementary School during Veterans Day festivities Nov. 10. (District 49/Amy Matisek)



More than 50 current and former military service members were honored with a standing ovation during the Veterans Day celebration at Horizon Middle School Nov. 9. (District 49/Matt Meister)

District 49 Dispatch

## **Veterans Day**



In Rita Engelhart's first-grade classroom, Navy veteran Jessica DeMarco, read aloud to the students during Veterans Day festivities Nov. 10 at Falcon Elementary School of Technology. (District 49/Samantha Dosen-Himelrick)



Guest speaker, Lt. Col. Kevin Bolke, shared his insights on the history and significance of Veterans Day with students at Banning Lewis Ranch Academy Nov. 10. (District 49/Aaron Villescas)



ROTC cadets from Sand Creek High School present the colors at Veterans Day festivities Nov. 9 at Horizon Middle School. (District 49/Matt Meister)



Col. Pedro Almeida (Ret.), U.S. Army, recently began serving District 49 as chief operations officer. Almeida provided the keynote address for the all-school Veterans Day assembly at Falcon Middle School Nov. 10. (District 49/Matt Meister)



Aaron Pitch, 10, fifth-grader, sings his solo of "American Tears" during the fifth grade hosted patriotic performance of the musical "A Celebration of Our Country" Nov. 9 at Ridgeview Elementary School. (District 49/Samantha Dosen-Himelrick)



Students at Falcon Middle School present and honor the flag during Veterans Day activities Nov. 10. (District 49/Matt Meister)

**6** January 19, 2018 District 49 Dispatch

## Santa's Toy Express Delivers Happiness for the Holidays

By Amy Matisek

Internal Communications Manager

Santa's Toy Express dashed into District 49 Dec. 2 to bring Christmas cheer to a special list of guests. Thanks to a long-standing tradition of the transportation department, 52 students in need were hosted at central office for a jolly occasion.

Sixteen years ago, RJ Berry, bus driver, created Santa's Toy Express. His idea was to reach out to families that need a little extra help during the holiday season. The first Santa's Toy Express hosted 15 students.

Students like Aziah Bell, 7, second-grader, and her brother, Levial, 5, kindergartner, were welcomed with a hot breakfast to include pancakes, sausage and eggs. While the meal was enjoyed, Aziah was quick to note, "The best part is that we're going to get to see Santa."

All children were matched with an adult sponsor to help navigate the festivities of the day. The Bell kids were paired with Shaunna Walewski. "We've had struggles of our own," shared Walewski. "This is our way of giving back with a little extra love." Her daughter, Becca, 15, tenth-grader at Sand Creek High School, was on hand to help, too.

After breakfast, Santa Claus arrived on a fire truck provided by the Falcon Fire Department. Students were greeted with hugs and smiles before boarding school buses to go holiday shopping.

Each student received gift cards to buy presents for their loved ones. Sponsors accompanied the children to the nearby Walmart.

The Bell kids had a shopping list that included their parents and three younger siblings. They spent time selecting something magical for each one of their family members. Once shopping was complete, students boarded buses for a return trip to central office to wrap their gifts, make ornaments and for a magic show.

The festive finale of the day included a one-on-one visit with St. Nick. Santa explained to each child that while they spent the morning shopping for others, it was now their turn to be on the receiving end. He presented each student with a bag full of gifts of their own.

"If you aren't in the Christmas spirit when you arrive, you are when you leave," stated Jack Pietraallo, director of transportation. "Santa's Toy Express always kicks off my holiday season."

Santa's Toy Express is made possible with donations from businesses and individuals. Sponsors include Walmart, Farmers State Bank, The State Bank of Falcon, Aspen Auto Clinic, Falcon High School ROTC and D49 staff members.



Kinsley Smith, 6, first-grader, isn't sure what to think when she meets St. Nick at the Santa's Toy Express event that was hosted at the District 49 central office Dec. 2. (District 49/Amy Matisek)



Levial Bell, 5, kindergartner, pays close attention while selecting jewelry at Walmart for a loved one with the help of sponsor Shaunna Walewski as part of the Santa's Toy Express event Dec. 2. (District 49/Amy Matisek)

## Military Partners Recognized During Special Fantastic 49

By Samantha Dosen-Himelrick

Digital Communications Manager

Military partners were recognized during a special Fantastic 49 presentation before the District 49 regular Board of Education meeting Dec. 14.

In 2016, District 49 was awarded a five-year, \$1.5 million grant from the Department of Defense Education Activity (DoDEA), which will allow the district to improve social-emotional support through the implementation of restorative practices through the BRIGHT initiative. Recently DoDEA awarded District 49 a second grant of \$1 million to support the IGNITE initiative, which brings STEAM (science, technology, engineering, arts and math) activities to K-8 students. The military partners making the DoDEA grants possible were thanked and recognized during the Fantastic 49 presentation.

"Partnerships with local military are paramount to our success," said Lea Holland, BRIGHT project manager. "Nearly 20% of all District 49 families are connected to active duty or Department of Defense contractor families. The BRIGHT and IGNITE initiatives give us the opportunity to work with military families during transitions."

Junior ROTC Cadet Lt. Col. Jalen Criss, from Sand Creek High School, kicked off the recognition with an a cappella performance of the national anthem. Junior ROTC students from District 49 high schools introduced special guests while BOE president, Marie LaVere-Wright, presented plaques and personalized coins as a token of appreciation.

Colonel Jennifer Grant, Commander 50th Space Wing, Air Force Space Command, at Schriever Air Force Base, was presented with a plaque for the base's partnership with the district. "Anytime we have school districts, teachers and counselors who



Military partners were recognized during a special Fantastic 49 presentation before the District 49 regular Board of Education meeting Dec. 14. (District 49/Samantha Dosen-Himelrick)

get involved with our young ones across the board and help them to become adaptive and resilient, there's a lot of goodness there," said Grant.

Junior ROTC Cadet First Lt. Nicholas Benfiel, from Vista Ridge High School, presented Col. Todd Moore with a plaque for the district's partnership with Peterson Air Force Base.

"It's an honor to be here tonight," said Moore. "As a parent, we're commissioned to serve, but my

kids ride along. It's important for any school to know how important these moves are for children emotionally. I'm thankful D49 is meeting those needs with these programs."

Mr. De' Anzo Williams, school liaison officer with Fort Carson military installation, accepted the recognition for the post's partnership with the district. "I'm honored tonight to represent, as a parent and a liaison for schools," said Williams.



Santa and Mrs. Claus greet a young boy at the holiday party hosted for foster children by the Junior Optimist International Club at Horizon Middle School Dec. 9. (District 49/Matt Meister)

#### By Matt Meister

**Communications Director** 

Foster children and their families experienced the joy of Christmas during the Hope for the Holidays Christmas Carnival Dec. 9 at Horizon Middle School.

Students in the school's Junior Optimist International Club partnered with the Fostering Hope Foundation, a local non-profit organization to provide food, fun, music, crafts, activities and gifts to foster families.

According to their website, "Fostering Hope fills a unique role in the lives of foster children and the foster parents who care for them by serving as the 'extended family' they do not have. This is the missing ingredient, the secret sauce that often means the difference in whether a child thrives or fails."

"We believe in the importance of developing empathy,

service and leadership," said Heather Ullrich, language arts teacher and JOI club sponsor. "In addition to many grade-level, school-wide, and classroom-focused service projects, our Junior Optimist International Club is for students who want to develop their service and leadership skills further."

It's the second year JOI club students have hosted the holiday party on behalf of the Fostering Hope Foundation. In total, the club has 28 members and officers donating time and resources to make it a success.

"All the food, games, gifts and decor exist thanks to the creations, donations and preparations of JOI club students and teacher sponsors," said Ullrich. "Our Academy Optimist volunteers and sponsors, HMS staff, and the Colorado Springs and Falcon communities also helped make this possible."

"It's fabulous," said Christina Krehbiel, 13, seventh-

grader and JOI club member, while returning a ball for a game to a young child in attendance. "I like seeing the smiles on peoples' faces."

"It makes me happy inside."

The foster families had the opportunity to make crafts together, get pictures taken with Mr. and Mrs. Claus, dance and sing holiday songs, and pick presents as part of the weekend festivities.

"We want District 49, Colorado Springs and Falcon families to know the great hearts our Horizon Middle School students have, as well as their drive and determination to serve a community in need," said Ullrich.

"It is also essential that people know of the awesome work that the Fostering Hope Foundation does in our area to support foster families and foster children, and that many of us can find ways to contribute to the organization."

### Nancarrow Named District 49 **Director of Communications**

By Peter Hilts Chief Education Officer

After a hiring process beginning in November, District 49 has announced that local television anchor David Nancarrow will begin serving the district on January 22 as the new director of communications. The announcement concludes a multi-step process involving panel interviews, presentations and reviews of sample communications.

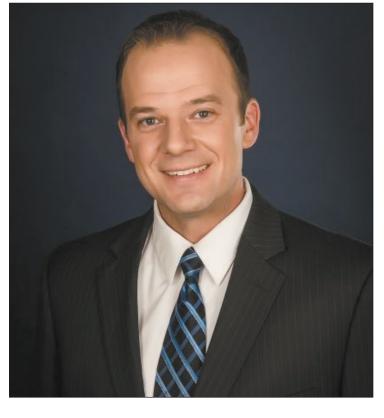
Nancarrow currently anchors the morning news broadcast for Colorado Springs CBS affiliate, KKTV Channel 11. He emerged from a deep field of local and national candidates with experience in education, government and journalism. As a resident of El Paso County and D49, Nancarrow's familiarity with the community and knowledge of district dynamics helped him stand out. "David's knowledge of the Colorado Springs community is a wonderful asset to our school district," affirmed Dave Cruson, a member of the Board of Education. "His experience as a local broadcaster, both as a reporter

and anchor, make David a trustworthy face for district communications."

Peter Hilts, chief education officer agreed, "We fully expect David to extend our legacy of personalized and transparent communications on everything from student excellence and teacher performance to weather delays and cancellations."

Nancarrow comes to District 49 as a product of Colorado's schools and stations. He graduated from Colorado State University and has served at television stations in Amarillo, Texas and Colorado Springs. During his journalism career, Nancarrow has earned numerous awards from the Associated Press and the Colorado Broadcasters Association. Nancarrow shared his perspective, "It's a thrilling opportunity to join District 49. I've closely watched the district grow over the years, and I am eager to be a part of its promising future."

As the district's lead public information official, Nancarrow's contact information is dnancarrow@d49.org and 719-232-7189.



8 January 19, 2018 District 49 Dispatch

# Community Races to Health, Wellness at First-Ever D4.9K Run/Walk

By Amy Matisek
Internal Communications Manager

Students, staff and family members of all ages hit the trail to wellness at the first D4.9K Run/Walk, Sat., Nov. 4 at Stetson Elementary School. The event sold out with 499 participants registered for the new race that took runners and walkers down the Sand Creek Trail behind the school.

"It's exciting to see this become a reality," shared Rachel Duerr, coordinator of health and wellness. "We had two goals with the run/walk - to support the district's wellness initiative and to create a low-cost, healthy event for the community."

It was Dale Bonavita's idea for the district to host the run/walk. She is a college advisor/counselor at Pikes Peak Early College. "I thought it would be a good idea to plan a wellness event that everyone could do," stated Bonavita. "I am a big believer that it pays to live a healthy lifestyle."

Nicole O'dell, officially kicked off the race, and led runners and walkers on her bike. O'dell was diagnosed with multiple sclerosis in 2014. While the disease is not curable, regular exercise does make it easier to manage. Participating in the D4.9K helped O'dell spread the message of health and wellness.

Families came out in big numbers to support the event. "We're here today to champion for the school district," said Sondra Rymer, Stetson Elementary School parent. "We love fun, outdoor activities that engage the whole family."

Duerr and her wellness program encouraged participation across the district with a contest. A \$250 prize was on the line for the school with the highest participation percentage from their entire school community. Stetson Elementary School was the recipient of this award.

Austyn Larson, 12, sixth-grader, took the prize of crossing the finish line first with a time of 22:55. He is a student at Skyview Middle School.



Runners and walkers leave the start line at the first-ever D4.9K Run/Walk Nov. 4 at Stetson Elementary School. (District 49/Amy Matisek)

