

Every Child, Every Day, Without Exception

Our SCHOOL mission is to promote student learning

Date: April 2018

Character Trait: Cooperation

From the Principal

Hard to believe that we are nearing the end of the year. Lots of activities planned over the new few weeks. Below is a calendar of upcoming school events. I hope you can be a part of some of our upcoming activities. We always invite parents to be a part of our school. Find a way to get connected and involved.

This month I want to recognize several groups within our school. Our special education department is made up of Meghan Dent, Sarah Smith, Latasha Harden, Amy Forkner, Craig Womack, Emily Davis, and Barbara Trautwein. These great educators work alongside our classroom teachers to provide instruction and support to our students. Another group that works alongside the classroom teachers is our EIP teacher Susan Powell and our interventionists Pam Pierce, Ann Burt, and Keshia McCarver. These ladies work hard to make sure students are successful at grade level academics.

The last group to recognize this month is our paraprofessionals. They consist of Jamie Bradford, Kathy Holland, Lisa Crawford, Cheney Stanley, Doris (Map) McNabb, and Sara Peterson. Our school couldn't function without these great ladies. They do so many jobs around our school. We appreciate their hard work and willingness to do anything that supports our students.

From the Counselor

This month in classroom guidance we focused on test taking strategies and showing self-control. The week of April 23-27 is the GA Milestones and often times the students get worried and stressed about having to take the test. They were encouraged to relax and do their best that the test is just a way to show just how smart they really are. I shared some simple strategies with them on ways they can be best prepared and mentally ready for the test and additional strategies to use while taking the test. Most importantly, they need to make sure they **get plenty of sleep** the week of the test (9-10 hours of sleep is best) and that they eat a healthy breakfast each day. If they don't eat breakfast at home the cafeteria at BES always does a great job to provide healthy breakfast each morning that kids can take advantage of. Some strategies during the test include.

1. Making sure to read the directions thoroughly
2. Take their time
3. Use scratch paper to work out math problems
4. Mark out choices that they know are not correct
5. Re-read passages as necessary
6. Flag problems that they are struggling with and revisit them after they have finished the other remaining questions
7. DON'T STRESS AND JUST DO THEIR BEST!

As the year is coming to an end some students are struggling to maintain their self-control. Therefore, students were reminded that when an impulsive thought comes to their mind there is a four step process they can follow to help them control those impulses. Below is that four step process:

1. Stop what you are doing.
2. Think about what you are going to say or do.
3. Decide if it will make the situation better or worse.
4. Choose the behavior that makes the situation better.

Below is a resource for parents on ways to help their children with Self-Control:

<https://www.focusonthefamily.ca/content/teaching-self-control-coaching-your-child-in-constructive-reactions>

From the Nurse

Warm weather means kids are spending more time outdoors. Too much time in the sun can cause pain and even permanent harm. Protecting yourself from ultraviolet (UV) rays can prevent damage. **Minimize sun exposure**, it is best to limit time in the sun during the hours of 10 a.m. and 4 p.m. **Use Sunscreen**, It's not just for sunny days. Children should wear sunscreen every day even if the sun is not shining. Water, sand and snow reflect the sun. Clouds only block 20 to 30 percent of UV rays. Use sunscreen and lip balm made specifically for children. This should have an SPF of at least 30. It should also have "broad-spectrum coverage" on the bottle. If your child is swimming, he should use water-resistant sunscreen.

For more information visit choa.org/summersafety

From the Parent Coordinator

The end of the year is quickly approaching and May will be a month of making transitions for many of us. Our 5th graders will be visiting middle schools and those schools will hold informational meetings for parents. Heritage Middle will have a Rising 6th Grade Parent Orientation at 6pm on May 7th and Lakeview Middle will host its "Moving Up to Middle School" night at 6pm on May 8th.

Here at BES, Communities In Schools (with the help of Title I) will be conducting a "How to Help My Student with Math Homework" workshop for parents and guardians of rising 6th graders on May 15th from 6-7pm. Snacks will be served starting at 5:30pm. The workshop will focus on helping them to study math.

The workshop will cover how to create a working environment for studying, the teachers approach to teaching math, techniques for studying and staying organized, and suggested websites for some self-help when studying math. This workshop was developed by Konnie McKown, math teacher at Lakeview Middle School and John Lee, Youth Development Coordinator with Communities In Schools. Information presented is based off the book *How to Study Math: 80 Ways to Make the Grade* by Sara-Lynn Gopalkrishna & Jenny Salls. If you have any questions, contact your Title I Parent Involvement Coordinator or you can contact John Lee via e-mail at jlmcnair.lms@catossa.k12.ga.us.

As we send out our 5th graders we will also be welcoming a new group of rising 3rd graders. Current 2nd grade students from BPS will visit and tour our school on the morning of May 14th and we will welcome their parents the same evening at 6pm, May 14th at 5:30pm, is the last PTO meeting of the year, so come on out and support PTO and help pass the torch to our new parents. Let's show them what a great community BES truly is!!!

Calendar of Events

4/30 – 5/3	Georgia Milestones Make Ups
4/30	PTO 6:00
5/1	PTO Glow Party 6-9.
5/7 – 5/11	Teacher Appreciation Week
5/8	5 th Grade visits to LMS or HMS
5/9	Kids on the Block
5/10	Talent Show @ 6:30
5/11	5 th Grade to Lake Winnie
5/14	PTO 5:30
5/14	2 nd Grade Parents visit BES @ 6:00
5/15	Middle School Transition Meeting @ BES 6:00
5/16	Field Day (NEW DATE)
5/17	AR 100 Point Field Trip to UTC Aquatic Center
5/18	Field Day Rain Date
5/21 – 5/25	Georgia Milestones Retakes
5/24	NEW DATE: 5 th Grade Recognition @ LFO Gym @ 9:00