UPCOMING EVENTS:

Mar. 31—Apr. 17 NeSA Testing
Apr. 7—Math Club 4:00-5:00
Apr. 7—U.S. Open Robotics Tournament @ Mid-America Center 8:30-2:30
Apr. 8—Volleyball practice 4:15-5:00
Apr. 8—Volleyball game @ Boyd 4:30
Apr. 9—Smencil Sales 8:30-9:00
Apr. 9—ACP Field Trip (both classes) 11:00-1:45
Apr. 10—PTA meeting 6:00
Apr. 14—Math Club 4:00-5:00
Apr. 14—ACP Intermediate Field Trip 10:00-2:00
Apr. 15—Volleyball practice 4:15-5:00
Apr. 16—Volleyball game @ Sunny Slope Elementary 4:30
Apr. 17—Smencil Sales 8:30-9:00
Apr. 21—Math Club 4:00-5:00
Apr. 22—KDG, 1st, 2nd, 3rd, 4th, 5th & 6th grades field trip to Werner Park 10:15-2:30
Apr. 22—Volleyball practice 4:15-5:00
Apr. 23—Book Fair/Pizza Guy PTA Night 5:00-8:00
Apr. 24—NO SCHOOL ELEMENTARY ONLY—Teacher work day
Apr. 25—Keystone Neighborhood Clean Up 9:00 a.m.-2:00 p.m.

CLASSROOM SPOTLIGHT:

Ms. Henderson, 5th Gr., Room 7

Testing is here!!!

We have been very busy in Room 7! We have been working extremely hard to prepare for our state testing in reading, math, and science. Our brains are brimming with tons of review and lots of new content. State testing is our chance to show what we have learned in fifth grade.

We are a little nervous, but confident that we will do our absolute best. As a class, we have discussed various tips that will help us during state testing. Here are the tips we have discussed:

**Tip #1: Make attendance a priority.**

**Tip #2: Make note of test days on the calendar. (FYI: We are testing on April 2-3, April 9-10, and April 16-17.)**

**Tip #3: Think positive.**

**Tip #4: Set a reasonable bedtime and stick to it.**

**Tip #5: Eat a healthy breakfast.**

**Tip #6: Read the question and all of the answers carefully.**

**Tip #7: Skip the question if you are completely stuck on it.**

**Tip #8: Check over your answers at the end of the test.**

And parents, you can help us get ready for state testing, too. Provide us with encouragement and talk to us about how the test went. We thank you for your support.

Go Beavers!

SMENCIL SALES, APRIL 10 & 17 8:30-9:00 A.M.

Make Sure Your Child is in School on Testing Days

This month, students in grades 3rd-6th will be participating in NeSA tests. How can you help? Make sure your child is in school each day and on time. Most of the testing will start first thing in the morning. If possible, schedule Dr.’s visits or trips to the dentist/orthodontist before school, after school or later in the day. See that your child gets a good night’s sleep by making sure they go to bed early, enough for 8-10 hours of uninterrupted sleep. Encourage your child to eat a healthy breakfast. Talk to your child if they seem nervous about upcoming tests. Encourage them to do their best by reading all the questions and not rushing through the test. These simple things can help your child do his or her best on the test!
Making Healthy Connections With Your Family

Good health starts with eating the right foods and getting plenty of physical activity. A healthier lifestyle may help your family in many ways, including the following:

- Less stress, depression, and anxiety
- Better sleep and more energy
- Less disease and lower health-care costs

Healthy habits don’t have to take time away from your family. Do it together and make it fun!

Eating Well

Children learn their future eating habits from watching you. Set a good example, and set the stage for a lifetime of good health. Consider the following tips:

- Family meals are an important time to connect with your children. Offer a variety of healthy foods. Then focus on what your children are saying rather than what they are eating.
- Allow children to decide how much to eat based on their hunger. Let go of “clean plate” expectations.
- Reward your children with attention and kind words instead of food. Comfort them with hugs, not sweets.
- Plan, shop, and cook more meals at home together. Involve children in choosing, washing, and (for older children) cutting and cooking fruits and vegetables.
- Let kids invent their own healthy recipes. No-fail options include trail mix, smoothies, and fruit salads.
- Having difficulty providing enough healthy food for your family? Apply for food stamps or WIC benefits, or check out local food banks to ease your budget.

Physical Activity

Children and teens need 60 minutes or more of physical activity each day. For adults, aim for at least 30 minutes per day, most days of the week. Try the following suggestions to increase your whole family’s activity level:

- Find activities you enjoy and do them as a family. Shoot hoops, dance, swim, or rollerblade—it doesn’t matter what you do, as long as you are moving together.
- Support your children’s participation in sports by helping them practice. Kick soccer balls while your child plays goalie, or hit pop-ups for her to catch.
- Take a family walk after dinner instead of turning on the TV. Make up games for younger children, such as “I Spy” or “Who can count the most ... [e.g., red cars]”. With school-age kids and teens, use the time to ask how things are going at school or with friends.
- Walk or bike with your child to and from school.
- Set family challenges, such as completing a “mud run” or a long hike together. Celebrate when you reach your goals.
- Local community centers often offer free or low-cost exercise classes, clubs, teams, and other activities for children and families. Many offer sliding-scale memberships.

Remember: Making a commitment to health together is more fun than doing it alone ... and it can bring your family closer together.

This tip sheet was adapted using information from the U.S. Department of Agriculture’s ChooseMyPlate.gov (http://choosemyplate.gov). At https://www.childwelfare.gov/topics/preventing/promoting/parenting/ you can download this tip sheet and get more parenting tips, or call 800.394.3366.
PTA NEWS!

We would like to thank all of you that donated items to our Silent Auction. Your donations helped make this event a huge success! Also, thank you to everyone that participated in the Chili Cook-off. We had some great chili’s to sample. We would also like to give a shout out to the Auction committee who helped make this entire event happen!

READ ALOUD VOLUNTEERS NEEDED!

Boyd Elementary is looking for adult volunteers for all grade levels!

Volunteers will be given a story to read aloud while being videotaped. These videotaped read-alouds will be available to teachers for use in the classroom at each grade level.

Adults will receive a copy of their read aloud to take home!

The videotaping will take place:

- Tues., April 14th & Wed., April 15th from 6:00-7:30
- Tues., April 21st & Th., April 23rd from 6:00-7:30

Taping will take approximately 10 minutes.

Call 402-572-8928 to sign up.

“PERKS”

Volunteers will receive:

- (1) voucher for 1 free month of class at Premier Gymnastics (a $100 value)
- (1) voucher to Club Mex for (1) free children’s meal with a purchase of an adult entrée.

Learning is not attained by chance. It must be sought for with ardor and attended to with diligence.~~Abigail Adams