UPCOMING EVENTS:

Feb. 20—“A” Basketball @ Dundee 4:30
Feb. 20—Read to Succeed 4:00-5:00
Feb. 20—Family Night & Book Fair 5:00-8:00
Feb. 22—Robotics Tournament @ Lewis & Clark 8:00 a.m.—12:00 p.m.
Feb. 25—“A” Basketball @ Boyd 4:30
Feb. 25—Math Club 4:00-5:00
Feb. 26—Parent/Teacher Conferences
Feb. 27—Parent/Teacher Conferences
NO SCHOOL ELEMENTARY STUDENTS.
Feb. 28—Teacher Work Day NO SCHOOL ELEMENTARY STUDENTS.
Mar. 4—4th Gr. @ Fontenelle Forest 11:30-2:30
Mar. 4—Tutoring 4:15-5:00
Mar. 4—Math Club 4:00-5:00
Mar. 5—Picture Day!
Mar. 5—Tutoring 4:15-5:00
Mar. 6—“B” Basketball @ Joslyn 4:30
Mar. 6—Chile Cook-off/Silent Auction
Mar. 10-14—SPRING BREAK
Mar. 18—Tutoring 4:15-5:00
Mar. 18—PTA meeting 6:00

CLASSROOM SPOTLIGHT:

MRS. PHILLIPS, 3rd GRADE, RM. 3

Greetings from room 3! We are so excited to be finished with our Spring Acuity Tests in Language Arts and Math. We have really grown quite a bit academically since the beginning of the school year!

We have learned our multiplication facts and are now able to both multiply and divide. Our class is anxious to start learning about measurement and shapes. We will also begin studying about Plants and Animals in Science and Economics in Social Studies. Another area we will begin soon is Keyboarding.

Next Wednesday and Thursday is Parent/Teacher conferences. If your child has not given you your conference time ...please check his/her backpack. I look forward to visiting with you next week.

Parent-Teacher Conferences Next Week!

Parent-Teacher Conferences are next Wednesday night and Thursday. You should have received a reminder from your child's teacher. If you are unsure when your scheduled conference time is, please contact the office or your child's teacher. Your attendance at conferences is incredibly important for your child and their future success!

Here are several things to remember as you meet with your child's teacher:

- Report card grades give information about how a student is doing relative to the grade level standard. This is completely separate from a child's effort, work completion, etc.
- Conferences are only 15 minutes long. If a longer conversation needs to be held to resolve a particular concern, please schedule an additional meeting time for after the conference.
- Ask about your child's achievement on the following:
  - Kindergarten through second grade - Ask about Imagine Learning
  - Third through sixth grade - Ask about Study Island

We look forward to seeing you here. It is absolutely one of our favorite times of the year. We love being able to talk about learning and your child. We certainly love hearing from you as well!


**PENNIES FOR PATIENTS**

**February 10 - 21**

For the next 2 weeks, the Boyd Student Council will be collecting money that will be donated to the [The Leukemia and Lymphoma Society](https://www.lasco.org). From February 10 - 14, bring in any type of money and place it in your classroom box to **add** towards your classroom total. From February 18 - 21 bring in only pennies to add to your classroom total OR bring in silver to battle other classrooms of your choice, which will **subtract** from their total. The winning class will win an Olive Garden Pasta Party. Last year, Boyd Elementary raised approximately $1,500 towards the cause of fighting cancer.

**SILENT AUCTION / CHILI CONTEST**

Next week is the last week for auction basket donations. Please send your donation by Feb. 21, 2014.

**Head Start:** Ms. Shafer - Ice cream  
**Pre-K:** Mrs. Benes AM - Tailgating/Grill and Mrs. Benes PM - Kids (anything for kids)  
**KDG:** Mrs. Bemis - Snack, Miss. Froien - Chocolate Lovers, Mrs. Bullard - S'mores  
**1st Grade:** Miss. Heeter - Games, Mrs. Jaeke - Gluten Free/Healthy, Mrs. Richter - Pampering (women's)  
**2nd Grade:** Miss. Hanson - Art, Mrs. Housh - Wild World of Sports, Miss. Phillips - Get Well  
**3rd Grade:** Mrs. Phillips - Birthday, Miss. Steele - Holiday, Mrs. Streeter - Baby  
**4th Grade:** Mrs. Adams - Exercise/Health, Mrs. O'Loughlin - Movie night, Miss. Sullivan - Creighton Sports  
**5th Grade:** Miss. Henderson - Adrenaline Rush (coffee/tea), Mr. Waller - Handy Man (men's), Miss. West - Picnic  
**6th Grade:** Mrs. Farrington - Gardening, Mrs. Hollendieck - Cooking, Mr. Urban - Fishing/Outdoors  
**ACP:** Mrs. Prentis & Mrs. Wellendorf - Day at the beach

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**Why do We Need Sleep?**

The Centers for Disease Control is trying to raise public awareness regarding the affects of sleep deprivation on public health. Associations have been shown between lack of sleep and injury, chronic illness, mental illness, poor quality of life, less productivity at work, and increased costs of health care for adults. What are the risks associated with inadequate sleep for children?

Without adequate sleep, children may get sick more easily, be more impatient, hyperactive, or moody, listen poorly to parents and teachers, forget what they have learned, have difficulty making good decisions, and have difficulty playing games and sports. When children get enough sleep, they will pay better attention in school, be more creative, be in a better mood, use better problem-solving, and be better equipped to fight sickness and stay healthy.

Research studies have shown an association between lack of sleep and the development of chronic conditions such as diabetes, high blood pressure, heart disease, depression and obesity. The association with excess body weight was especially strong in children.

The National Sleep Foundation has recommended guidelines for sleep, based on age group. In general, each night, children 3-5 years old need 11-13 hours of sleep, children 5-10 years old need 10-11 hours, children and teens 10-17 years old need 8 ½ - 9 ½ hours, and adults need 7-9 hours.

How can you promote adequate sleep for your child? Establish a bedtime routine. Set a bedtime that is the same each night. The best sleep happens in a room that is dark, cool and quiet, without the flashing light of television or video games. Although soda is never healthy, avoid sodas with caffeine in the afternoon and at night. Avoid large meals immediately before bedtime. Instead, offer a light healthy snack such as a glass of milk, and a piece of fruit. Promote running and playing at least 3 hours before bedtime. Then, having a warm bath or shower, reading, and listening to soft music during the hour before bedtime, will teach your child's body to be ready for sleep. Sometimes, even with a good bedtime routine, children may still experience sleep problems. The providers in the School Based Health Centers are available to help investigate these problems.

By establishing good sleep routines for your children, you can help them to be alert, healthy and ready to learn each day in school, and prepare them for a healthy future.