UPCOMING EVENTS:

Mar. 26—Chili Feed/Silent Auction 5:30-7:30
Mar. 27—Summer School registration deadline
Mar. 27—ACP (both classes) Field Trip 11:30-1:30
Mar. 31—Math Club 4:00-5:00
Mar. 31—Apr. 17 NeSA Testing

April:

Apr. 1—Robotics 4:00-5:00
Apr. 7—Math Club 4:00-5:00
Apr. 7—U.S. Open Robotics Tournament at Mid-America Center 8:30-2:30
Apr. 10—ACP Field Trip (both classes) 11:00-1:45
Apr. 14—PTA meeting 6:00
Apr. 14—Math Club 4:00-5:00
Apr. 14—ACP Intermediate Field Trip 10:00-2:00
Apr. 21—Math Club 4:00-5:00
Apr. 23—Book Fair/Pizza Guy PTA Night 5:00-8:00
Apr. 24—NO SCHOOL ELEMENTARY ONLY-Teacher work day

CLASSROOM SPOTLIGHT:

Ms. Froien, Kindergarten, Rm. 17

Welcome to Room 17! We are so ready for spring!!

We have been very busy in reading working on our 75 high frequency words. Reading leveled readers and continuing to work beginning, middle and ending sounds. We have gotten better at blending and segmenting however some of us are still struggling with rhyming words.

In math we talked about 2 dimensional, and 3 dimensional shapes and will be getting ready for our unit on measuring. In writing workshop we have been working on personal narratives and are getting better at spelling and sounding out our words.

We are getting excited about upcoming field trips to the Rose Theatre, Werner Park to see a Storm Chasers Baseball Game, Keystone Park and Fontenelle Forest.

The end of the year will be here before we know it.

Greetings Boyd Family,

Welcome to the 4th quarter at Boyd Elementary! We plan on the 4th quarter bringing consistent spring weather along with focused student minds. During the week of March 30, students in grades 3-6 will begin their state testing. The students in grades 3-6 will be tested in NeSA-Reading and Math. The fifth grade students will also test in NeSA-Science.

Students take two sessions for each content area test. For example: If your student is in 3rd Grade, they will take a Math: Session 1, Math: Session 2, also-Reading: Session 1, and Reading: Session 2. Students typically take one session per day. Identify when the sessions/tests will take place with your student or classroom teacher so you can encourage them! It’s always helpful for students to get enough sleep the night before a test, eat a good breakfast, stay focused and relaxed, read the questions carefully, use time wisely, and always do their best!

Thank you for your continued support of Boyd Elementary.

GO BEAVERS!

Mr. Hilger
Assistant Principal
Enhancing Motivation

Parents should be very cautious about the use of many extrinsic rewards (candy, money, excessive praise), as this can severely interfere with the child's motivational development. Praise for an accomplishment is appropriate, but be sure that your child is doing a task because she is interested, not because she thinks it will bring praise from you.

Difficulties arise when adults or others within the child's environment enforce external standards and replace the internal reward system with one that depends upon outside forces to supply all of the rewards. Children then begin to feel successful only if someone else rewards them for accomplishments. They lose their intrinsic motivation and may only feel success when someone else judges them as successful. In such situations, children may not develop feelings of self-worth, and will judge their own value by someone else's standards.

There are several strategies parents can use to help children remain more fully intrinsically motivated.

- Provide an environment allowing children to freely explore and to see the effect of their actions.
- Allow children ample time when working to allow for persistence.
- Respond to children's needs in a consistent, predictable manner, but allow them to be as independent as possible.
- Provide many opportunities for children and adults to explore together and interact directly.
- Provide situations that give children an acceptable challenge. Activities that are slightly difficult for the child will be more motivating and provide for stronger feelings of success when accomplished.
- Give children opportunities to evaluate their own accomplishments. You'll never go wrong by asking the question, "What do YOU think?"
- Do not use excessive rewards and rewards should be based upon children's effort and persistence, rather than on the actual accomplishment.

For more information, contact your school psychologist or visit www.nasponline.org.

Why do We Need Sleep?

The Centers for Disease Control is trying to raise public awareness regarding the affect 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 with 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.