BOYD BEAVERS

BOYD BEACON
Omaha Public Schools

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www.ops.org/elementary/boyd

April 6, 2017

Make Sure Your Child is in School on Testing Days!
April 3 - 26 students in grades 3rd-5th 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 doctor'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. These simple things can help your child do his or her best on the test!

April 6—Golden Sowers 4:15 p.m.-5:10 p.m.
April 11—PTA meeting 6:00 p.m.
April 13—Golden Sowers 4:15 p.m.-5:10 p.m.
April 14—No School Teacher Work Day
April 17—No Head Start or Pre-K classes
April 20—Golden Sowers 4:15 p.m.-5:10 p.m.
April 25—Golden Sowers Finals @ Northwest High School 6:00 p.m.
April 27—4th Gr. Field Trip 12:00 p.m. - 2:30 p.m.
May 6—Keystone Neighborhood Clean-Up 9:00 a.m.-2:00 p.m. in the west parking lot.

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 8½ - 9½ 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.
Warm Heart Wednesdays!
Student: Tyler Nasr
Nominated by: Ms. Froien 3/28/17

I have seen Tyler doing his Beaver Best in and out of the classroom. Tyler assists Mr. Hilger in the morning with the cones after we say our pledge. He is always concerned when a friend is hurt or upset in the classroom. He will ask them if they are ok and help them if they need it. He is a master at helping friends with puzzles and always does his Beaver Best.

PTA Officer Elections: Elections for PTA officers for the 2017-2018 school year will be conducted at the next PTA meeting at 6:00 p.m. Tuesday, April 11 in the school library. The position of president, vice president, treasurer and secretary will all be open. If you are interested in filling any of these roles, please contact the PTA at boyd_pta@yahoo.com or come out to the meeting.

Dine Out At Freddy’s
Dine Out Night will be at Freddy’s Frozen Custard, 7419 Dodge St., on Thursday, April 13. Tell them you’re from Boyd Elementary and a portion of the sales will go back to the PTA!
Burke Bulldog Girls Soccer Camp

Date: June 5-June 9, 2017
Time: 9-11 am
Ages: 6-12
Cost: $60 (includes T-shirt and daily snack)
Location: Burke High School soccer field

Girls ages 6-8 will be working with the fundamentals of soccer in a fun way. Every day of camp will include 2 hours of skill instructions, rules of the game, and of course, fun soccer competitions all led by Burke girls soccer players.

Girls ages 9-12 with some competitive experience will be challenged in the skill and intermediate tactical areas in a fun but competitive environment. Each 2 hour session will conclude with small-sided match play and competition all led by Burke girls soccer players.

Check the Burke Girls Soccer website and twitter for updates/weather postponements:
www.burkegirlssoccer.com  @burkegirlssoccr

*Register & pay for camp electronically on our website under the SUMMER CAMP tab on the menu!*