UPCOMING EVENTS:

- **February 11**: Basketball (1) game @ Benson West 4:45
- **February 12**: Valentine’s parties 10:00 a.m.
- **February 12**: 6th Gr. Field trip 9:30-11:30
- **February 12**: Early dismissal 1:15 Elementary schools only
- **February 12**: No Head Start/Pre-K classes
- **February 15**: No School President’s Day
- **February 16**: Math Club 4:15-5:15
- **February 16**: Basketball (2) game @ Boyd 4:45
- **February 17**: Robotics 4:30-6:30
- **February 17**: Basketball (1) game @ Florence Elementary 4:45
- **February 23**: Math Club 4:15-5:15
- **February 24**: Conferences 4:30-7:45
- **February 25**: Conferences 1:00-7:45
- **February 25-26**: No school elementary only.
- **February 27**: Dine-out night at Chuck E Cheese’s
- **March 1**: Math Club 4:15-5:15
- **March 1**: 2nd Gr. Field trip 9:00-

CLASSROOM SPOTLIGHT:
Greeting from Mrs. Quedensley’s 4th Grade, Rm. 1

We have been very busy Beavers this school year learning a lot of new, yet challenging, concepts.

Students in grades 3-6 are currently completing Acuity in Reading and Mathematics. This is a benchmark tool that helps teachers guide their instruction. It also shows the progress students have made this school year and helps teachers to fully prepare for their Nebraska State Assessments that begin shortly after Spring Break.

Fourth graders in our class have been busy learning about cause and effect, as well as drawing conclusions in reading. In Math, we have been busy learning about fractions – finding equivalent fractions, placing in simplest form, and finding common denominators. In Writing, students are learning to write friendly letters. In Social Studies, we are set to begin our unit on explorers that came to Nebraska.

At the end of this month, 4th grade students will be taking a field trip to Fontenelle Forest to do a Webology. Students will have the opportunity to take a hike in the forest and learn about how animals survive in their environments.

Don’t forget that Parent/Teacher Conferences are Wednesday, February 24th and Thursday, February 25th. We look forward to seeing you then!

Please feel free to stop by room 1 any day to see what we are up to! Enjoy the last weeks of winter.

VALENTINE’S DAY PARTIES:
Friday, Feb. 12 is an early dismissal day for elementary students. The day ends at 1:15 p.m. for those students in grades KDG—6th grades. Feb. 12 is also a non-student day for Head Start & Pre-K children. The Valentine parties schedule is as follows:

- **Head Start**—Thursday, Feb. 11, 2:30 p.m.—3:30 p.m.
- **A.M. Pre-K**—Thursday, Feb. 11, 10:00 a.m.—11:30 a.m.
- **P.M. Pre-K**—Thursday, Feb. 11, 2:00 p.m.—3:30 p.m.
- **KDG**—5th grades > Friday, Feb. 12, 10:00 a.m.

6th grade will be attending a field trip the morning of Feb. 12.
February is Heart Month.

This month take some time to look at how you can help your own heart, and the hearts of others.

- Get enough sleep. Students should aim for 10 hours of sleep each night. Adequate sleep helps you to learn easier, affects how you behave, helps you grow, and rests your body. Thus, your heart can function better also. (Adults aim for at least 7 hours of sleep at night.)
- Enjoy healthy/positive relationships. Take time each day to talk to friends and family in person, and spend time with them doing activities that are meaningful. Electronic communication is not as rewarding as actual shared experiences. Your heart and others need positive person to person relationships.
- Eat real food. Packaged/processed food can be easy, but may not supply the balance of nutrients and fiber needed for a healthy body. If fresh fruits and vegetables are not already a part of your diet, start adding more a little at a time. Choose water over sugary drinks. Look for whole grain foods to keep you full and satisfied rather than bags of chips or snacks. Work on small changes, and then keep going. You’ll feel better in the long run, and your body will thank you with improved health.
- Take care of your teeth! Believe it or not, the condition of your teeth affects the condition of your heart! Brush your teeth at least twice a day, and floss once each day.
- Smile often, and laugh some each day. If this is hard for you, talk to someone who can help you.
- Think positive. Look for the good in each day. Find something every hour that is positive in your life. We all have struggles, but if you focus on the positive, it will help you get through the tough times.
- Look at your habits. If they need improving, make goals to improve them.
- Get up and move - at least 20 minutes each day. Choose active play rather than electronic play. It can be more fun, and helps your body. If you do watch TV, run in place or dance during commercials.
- Learn positive ways to relax, and de-stress. Learn how to do deep abdominal breathing. Look to your family beliefs or traditions for ways to find meaning and peace in your life. Or, consider yoga, Tai chi, or other focused movement/ mindfulness options.
- Help someone else. By doing something for another you help them and yourself!

The School Store is back! On Friday, Feb. 19, the store will feature Boyd-branded merchandise, including shirts for $11, water bottles for $2, and wrist bands and pen/pencil sets for $1 each.

**Dine Out:** Boyd is partnering with area restaurants for “dine out” events that benefit the PTA. The next one will be held Saturday, Feb. 27 at Chuck E. Cheese’s, 225 N, 76th St. Mention Boyd Elementary School and 15 percent of your bill will be donated to the PTA. We look forward to seeing you there!

**Volunteer Opportunities:** Volunteers are needed for the fifth-grade recognition program. Because this is the last year for sixth grade at Boyd, celebratory send-offs will be held for both fifth- and sixth-graders this spring. These events typically include a speaker, refreshments and recognition of the students. To help, email boyd_pta@yahoo.com.