



BOYD BEACON  
Newsletter



**Feb. 13—Boys basketball game @ Boyd 5:00 p.m.**

**Feb. 14—Early Childhood work day. No Head Start or PK classes on this day.**

Feb. 14—Valentine's Day parties 2:00-4:00 p.m.

**Feb. 17—No school in honor of President's Day.**

Feb. 18—Boys basketball practice 4:15-5:15 p.m.

Feb. 19—Boys basketball practice 4:15-5:15 p.m.

**Feb. 20—Boys basketball game @ Boyd 5:00 p.m.**

Feb. 24—Good News Club 4:05-5:30 p.m.

Feb. 25—Boys basketball practice 4:15-5:15 p.m.

Feb. 26—Boys basketball practice 4:15-5:15 p.m.

**Feb. 27—Boys basketball game @ Benson West 5:00 p.m.**



Briana McLeod-Larsen, Principal

[www.ops.org/elementary/boyd](http://www.ops.org/elementary/boyd)

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February 13, 2020

## Boyd Elementary Arrival and Dismissal Procedures

Dear Boyd Parents and Guardians,

The following arrival and dismissal procedures have been established to maintain a safe and secure environment while protecting the instructional time of all students.

### Arrival

Parents wishing to walk their child into school will need to say their good byes in the gym. Staff will supervise/direct students from the gym to their classrooms. Allowing students to walk to class with peers, along with staff supervision, promotes independence, reduces delays to the instructional day, and ensures that the required safety measures are firmly in place.

If your child arrives to school after 8:50 am, please check your child in at the office and say good bye to him/her there. Keeping good byes to the gym, or front office in the event of tardiness, will ensure that no unauthorized individuals are in the school and reduces interruptions to instruction.

At any point during the day that you would like to walk with your student to their classroom, or visit a classroom, please sign in, wear a yellow visitor's sticker and the first available staff member would be happy to accompany you and/or your student to your destination.

### Dismissal

On an occasion when your student needs to leave school early, (i.e., doctor appointment or special event) please make arrangements to check your child out before 3:40pm. After 3:40pm, we ask that parents wait at the specified dismissal locations until your child is dismissed at 4:05pm. Parents who are walking home with their children can meet them outside. All parents picking up their child should wait in their vehicle until your child is directed by a staff member to safely get into the vehicle.

For safety reasons, we want to limit the number of people in the building. For the protection of all students, staff must be certain with whom their students leave. Therefore, parents may not wait in the office area or hallways for their child to dismiss from class.

We appreciate your cooperation. If you have any questions, please call the school at (531) 299-1140.

## SPECIAL EVENTS AT BOYD ELEMENTARY

Boyd special events take place the last day of school week even when the special day occurs earlier in the week. Students should return to their classroom and check out with their teacher or office when leaving before dismissal with a parent/guardian or another adult authorized to pick up per the student info packet.

Boyd host many all school special events each year. These special events include, but are not limited to music programs, BBQ and Field Day, Fall Festival and Valentine's Day. Special events are planned by the Boyd Staff and aim to build fellowship and a sense of community.

**No food treats or balloons should be brought to school.** Only nonfood items, i.e. pencils, stickers or erasers should be brought to celebrate as food items and balloons take time from instruction and are unsafe for some students and staff.

Thank you for adhering to the policy as it aligns directly with the Boyd and OPS Wellness Plan.



### Warm Heart Wednesday!

Student: Julien Estrada

Nominated by: Mrs. Larsen

Julian always uses his hands and words for helping. When Julian comes to school he walks on the sidewalk, which keeps him and the people around him safe. He also picks up trash on his way in the building without being asked. Julian takes time to smile, greet others and shows he cares by using everyone's name. Julian's classmates enjoy learning with him. Here are a few things Julian's classmates had to say about him: He is nice. He always lets me play with him. He is a good student. Julian listens to me when we play. Julian is nice. Whenever I get hurt he takes care of me. Julian shares with me at centers.



### CLASSROOM SPOTLIGHT:

Miss Pane ~ Kindergarten

We have been busy here in room 127! The kindergartners have been focusing on what it means to follow the 5 B's here at school! We also recently celebrated kindness week. They love showing different acts of kindness towards others and it was so fun to see them come up with their own ways to show kindness! They are continuing their reading journey, practicing new sight words and building their phonics abilities each day. Every day is an adventure here in kindergarten, and we love it!

# NOTES FROM THE NURSE

## How Sleep Affects Health

There's no doubt that lack of sleep affects how you feel during the day- but it can also affect health and learning. Students who do not get enough sleep can be sick more often AND can have difficulty concentrating or learning in class.

The National Sleep Foundation did a 2-year study, and came up with guidelines for sleep, based on age:

| Category                    | AGE                  | Hours of Sleep Needed |
|-----------------------------|----------------------|-----------------------|
| Newborns                    | 0 to 3 Months        | 14-17 hours           |
| Infants                     | 4 to 11 Months       | 12-15 hours           |
| Toddlers                    | 1 to 2 Years         | 11 to 14 hours        |
| Pre-Schoolers               | 3 to 5 years         | 10 to 13 hours        |
| <b>School-aged children</b> | <b>6 to 13 years</b> | <b>9 to 11 hours</b>  |
| Teenagers                   | 14 to 17 years       | 8 to 10 hours         |
| Young adults                | 18 to 25 years       | 7 to 9 hours          |
| Adults                      | 26 to 64 years       | 7 to 9 hours          |
| Older Adults                | 65 years and up      | 7 to 8 hours          |

Sleep is essential to keep the mind and body healthy. It restores chemical balances in the body and helps your body to heal itself. Keep in mind, that this is SLEEP- not just lying in bed. Many students, when interviewed, admit to playing electronic games, texting friends, watching videos or TV etc. when their parents believe they are in bed asleep. Research is ongoing as to the effects of time spent on electronics and brain development. But there is no doubt that screen-time limits are essential for good health.

Lack of sleep has been shown to affect the following:

**MEMORY:** During sleep the brain forms connections that help to process new information. Memory- both short-term and long-term is affected when there is a shortage of sleep.

**CONCENTRATION:** Think how hard it is as an adult to make it through the day after a short night of sleep. Now imagine how hard it can be for a child to learn when sleepy. Lack of sleep also affects creativity and problem-solving skills.

**MOOD:** When you are tired, you are more likely to be moody, emotional, &/or quick-tempered--not exactly a recipe for success.

**GROWTH IN CHILDREN:** Hormones are chemical messengers in the body that keep the body in balance and help it to function. There are many hormones in the body, and lack of sleep can affect their function. The GROWTH HORMONE helps children grow. When there is a decrease in growth hormone levels, growth can be affected.

**INJURIES:** Lack of sleep can affect coordination, resulting in more falls or injuries. The body can't move as efficiently or as coordinated as it needs to when it is tired. And, drowsiness can be especially risky when operating machinery or driving.

**WEAKENED IMMUNITY:** Your immune system fights off many diseases and illnesses. When the immune system is weak you are more likely to get sick. The body loses its strength to fight off germs when it doesn't get enough sleep.

**INCREASED RISK FOR SERIOUS DISEASE:** Lack of sleep can result in increased blood pressure, increased risk for Diabetes, and increased risk for heart disease.

## HOW CAN YOU ESTABLISH a Healthy Sleep Schedule?

Realize how important sleep is to YOUR QUALITY OF LIFE and YOUR HEALTH.

Establish good sleep habits for children and monitor their use of electronics so they develop good habits for life.

Set goals to go to bed at the same time each night and wake up at the same time each morning -even on days off/weekends/ holidays (as much as possible). Your body and mind will do better if you can keep a regular (or almost regular) schedule.

Get regular exercise during daytime hours. (Stretching in the morning will wake up your muscles and help your body prepare for the day. Then, find ways to move throughout the day- but well before bedtime.)

Avoid eating two hours before bedtime.

Incorporate "slow down" activities an hour before bedtime. Bedtime reading/ listening to soft music/meditating/ or any relaxing NON-ELECTRONIC activity can prepare you for a more restful sleep.