



BES Home & School Connection

October 2013

October Birthdays

Dakota Gray
 Austin Rice
 Braxton Allen
 Allison Leiva
 Caylen Chancellor
 Kohler Isbell
 Courtney Kadel
 Fatima Dominguez
 Autumn Lorenz
 Titus Thornbrugh
 Wyatt Pollet
 Kierra Gutschow
 Armando Salcido
 Anthony Brooks
 Dylan Thompson
 Jimena Dominguez
 Brycn Corbett
 Selena Johnson
 Noah Odle
 Reagan Swisher
 Kayden Tirmble
 Preston Doyle
 Riley Hilt
 Saige Heiman
 Elijah Beals
 Lillith Kimball
 Daniel Reyes
 Brian Cleveland
 Jacob Porter
 Riley Shurts
 Landon Tonne
 Tayson Romero
 Reagan Cheney
 Delmar Kocher
 Chevy Kohl
 Cameron Sneath
 Grant Arasmith
 Cailea Shadduck
 Jennings Sloan

The Character Trait for the month of October at BES will be Citizenship

Citizenship means doing your best to make your home, community, neighborhood, and school better places. A good citizen obeys rules and respects authority.

- Good citizens help protect the Earth.
- Good citizens stay informed.
- Good citizens obey rules and laws.
- Good citizens work to make their community better.

Ask yourself what steps am I taking toward my goals and dreams? A dream will probably stay a dream unless you do something to make that dream come true. For example, if you are dreaming of becoming an astronaut or a nurse, you will have to set the goal to make good grades so you can get into college someday. To make a dream come true takes more than just dreaming. It takes setting goals and working toward them.

* Project Wisdom

Celebrate Family Day!

Follow us on Facebook at www.facebook.com/FamilyDayKansas or follow us on Twitter at @KsFamilyPartner. Tell us ways you build family dinners into your busy schedules.

Children & youth who eat dinner with their families 5-7 times per week are...

Less likely to: Smoke cigarettes ~ Chew tobacco ~ Drink alcohol
 ~ Use marijuana ~ Use prescription drugs that belong to others

More likely to: Do well in school ~ Be emotionally content
 ~ Have positive peer relationships ~ Have lower levels of stress
 ~ Be bored less often ~ Be at a lower risk for thoughts of suicide

For more information on what you can do to celebrate Family Day and help raise drug-free, healthy youth, visit Kansas Family Partnership's website at www.kansasfamily.com/FamilyDay or call 1-800-206-7231.

Recipe: Family Dinners

Serves: The whole family

Ingredients:
 ~ Love
 ~ Time
 ~ Conversation
 ~ Laughter

Directions: Start with time. Add a liberal handful of love. Sprinkle in conversation and finally add laughter.

Recommended Serving Size: 5-7 times per week

KANSAS family PARTNERSHIP, INC.





Adopt-a-Classroom **2013**


Thanks to the Beloit Business Committee and area businesses that have stepped up to support; not only the Beloit Elementary School and St. John's Elementary Classrooms, but more importantly the students.

As businesses, we greatly appreciate the support of the families in the community choosing to shop at home every day.

A wonderful way to support our customers; and our community's future, is by sponsoring a classroom.

Thanks to everyone for making this investment in our community and it's education!

Guaranty State Bank
Super 8 of Beloit
Solomon Valley State Bank
Subway
Catlin's Apple Market
Bell Memorial
S & S Pharmacy
Kohler Manufacturing
Gray Drug & Fountain
Solomon Valley Building Center
Fouts Insurance—Byran Palen, Agent
MitchCo Farms
Remus Enterprises
Ackerman's True Value
Full House
Wheat Fields Floral
Fraiser & Johnson Law
First National Bank
Sonic
Zachary's Ace Hardware
Josh Burks—Citizens State Agency
Hewitt Farms
The Closet





Turkey Trot '13

Get ready to show your best trot! From October 1st – November 26th BES will be participating in a mileage club Turkey Trot. The Turkey Trot provides opportunity for students grades third (3rd) to sixth (6th), to walk for fitness. Mileage Club Turkey Trot will be held before school (7:40-7:55) at the front of the building and at recess. The walking courses will be entirely on school grounds.

Your child needs no special equipment or shoes to participate. Simply have him/her dress appropriately for the weather. Each student is free to walk as little or as much as she/he desires in the designated time. The Mileage Club is noncompetitive.



Celebrate Red Ribbon Week October 28 – November 1, 2013 “A Healthy Me Is Drug Free”

Red Ribbon Week is a national celebration and will be celebrated at B.E.S. October 28—November 1, 2013. In 1985, a Drug Enforcement Agent named Enrique "Kiki" Camarena was murdered. Enrique's death enraged many Americans, and people in his hometown of Calexico, California began wearing red ribbons in his memory. The 2013 theme will be **“A Healthy Me Is Drug Free.”** A spirit week will mark B.E.S.'s commitment to be “drug free.”

Red Ribbon Week Spirit Schedule:

Monday, October 28th: ***“I’m a ‘JEAN’-ius. I’m Drug Free”*** Wear jeans and show your support for a drug free life.

Tuesday, October 29th: ***“Living Drug Free is No Sweat”*** Wear your favorite sweats to show your pledge to be drug free!

Wednesday, October 30th: ***“Knock the Socks Off Drugs”*** Wear your craziest socks and knock the socks off drugs!

Thursday, October 31st: ***“School Pride Day”*** Wear Orange and cheer on the Trojans!

Friday, November 1st: ***“RED RALLY”*** Wear Red Day!

ATTENTION PARENTS!

Mark Your Calendars!

The Mitchell County Health Department will administer the Influenza vaccine on

Thursday, October 10th, from 3:15 to 3:45 PM at Beloit Elementary School.

The vaccine will be administered to preschool through sixth grade students.

Students must be accompanied by a parent or guardian to receive the vaccine at school. The Health Department will bill your insurance company and you will be responsible for the difference. If you have any concerns on the cost, please contact the Health Department.

We will send home more information with your child soon.

Why get the Influenza vaccine: The single best way to protect your children from the flue is to get them vaccinated each year. **CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine.**

The seasonal flu vaccine protects against three influenza viruses that research indicates will be most common during the season: an Influenza A (H1N1) virus, and Influenza A (H3N2) virus and an Influenza B virus. For more information about this season's vaccine selection, visit cdc.gov: Vaccine Virus Selection for the 2013-2014 Influenza Season.

Tami Roberts, R.N.

The logo for Square 1 Art features the word "SQUARE" in white on a blue background, followed by a yellow square containing a red number "1" and a blue star, and the word "ART" in white on a blue background.

"Where creativity starts and memories last forever!"



The 1st through 6th grade art classes are once again gearing up for Square 1 Art! If you are new to the Elementary School, or even if you have been around the orange and black halls more than a few times, you might like to know what Square 1 Art does for us. Square 1 Art is a fundraising project for students in grades 1 through 6. These students design artwork that is sent to Square 1 Art, a Georgia-based company that transforms student artwork into various products. The company sends out a personalized catalogue, with your son's or daughters' artwork and name on the cover. Any student who has created artwork for this project will receive a free sheet of Squickers, which are stickers of student artwork; whether their family orders a product or not. The company offers many great items that make wonderful gifts and keepsakes. Any products that are ordered raise money for our art program, and they enable us to replace art equipment and purchase specialty supplies. In these uncertain budgetary times, it is nice to know that we can always fall back on funds raised through Square 1 Art to ensure that Beloit Elementary maintains the same high quality arts program that it has in years past.

Look for catalogues around the middle of October. All orders must be turned in to classroom teachers by October 31, 2012. Orders received after October 31, 2012 will not be processed. These must be handled directly by the company. If you have any questions, please e-mail me at abecker@usd273.org.

Alisa Becker

B.E.S. Art Teacher



National Week

School Lunch



The week of October 14th—18th has been selected as National School Lunch Week by the School Lunch Association. This year’s theme is “School Lunch Across the USA.” USD 273 schools will be celebrating by taking school meals on an exciting trip across America. All students are encouraged to eat school lunch this week and explore the many regional tastes that make American cuisine so unique!

The adventure will start by catching some waves in the Pacific Ocean. Monday’s meal will reflect the Asian influence on the West Coast with Hawaiian Sweet and Sour Chicken. This dish features chicken, pineapple, and mixed vegetables all cooked in a delicious sweet and tangy sauce, served over rice. The meal will also include California Coleslaw, which takes a fruity twist on traditional coleslaw. Surf’s up!

The next stop on the trip will be to the American Southwest. Celebrate Native American roots with Navaho Tacos. These have a southwest spiced taco meat served over traditional Indian “fry” bread. Savor more southwestern flavors with Texas Caviar, a delicious mixture of black beans and pinto beans, marinated into a homemade southwestern dressing and served with tortilla chips. It’s cowboy approved!

Head back home to the Midwest on Wednesday and settle in for some good old comfort food. Enjoy tasty beef and noodles served over mashed potatoes. Round out this classic meal with homemade whole wheat rolls, steamed corn, and fresh apple slices. There’s a reason we love the Midwest!

Thursday will take y’all to the Deep South. Put some south in your mouth with a slightly tangy, slightly sweet, and a little spicy BBQ chicken sandwich. The southern traditions continue with honey mashed sweet potatoes and cornbread. Finish the meal with some delicious hot Georgia peaches. It’s one sweet meal!

The journey ends in the Northeast. Hit the big city streets with a New York style hot dog. Ever tried sautéed onions and tomatoes on your dog? That’s how they like it in Times Square! Then head to Massachusetts with a tasty Cape Cod Cranberry Salad. Cranberries have been a part of Northeast cuisine since the English settlers included them in their first Thanksgiving meal. This cranberry salad features whole cranberry sauce, apples, grapes, and pears for a modern twist on an old American staple.

Stay Healthy Tips for Kids in School

The start of a new school year exposes children to many things: New friends, wonderful teachers, and lots and lots of germs!

The most common illnesses that plague schools are strep throat, colds, and influenza. School nurses rarely have a year without seeing cases of lice, pink eye, and hand, foot and mouth disease.

It's very difficult to escape from the bugs in school; the key is how to keep these illnesses contained.

How do we do this? By following the below suggestions:

1. **Sleep**—Experts say children and teenagers need at least nine hours of sleep at night to ensure good health.
2. **Hand Washing**—One of the most common ways people catch a cold is by rubbing their nose or eyes after their hand has been contaminated with the cold virus. To ensure that the sharing of germs does not occur we need to teach our kids to wash their hands before they eat and after they use the bathroom. No exceptions!
3. **Breakfast**—Studies have shown that kids that eat breakfast see the school nurse less! Students who eat a healthy breakfast learn better, participate in class more often, behave better, and attend school more often.
4. **Water**—Water has so many benefits. Water helps maintain the balance of body fluids to keep healthy. Our students need water after physical activities such as PE and recess. Water may lessen the effects of seasonal allergies. In order for your student to keep hydrated it is best to have them bring a water bottle to school.

By following the above examples we can keep our students healthy and in school!



**LOST
&
FOUND**

Please check the Lost & Found located in the BES Office.

We have a lot of jackets, sweatshirts, and toys that