



January 2017

# BES Home & School Connection

## Character Counts at Beloit Elementary School

### January Birthdays

Frank Leiva  
Ava Schott  
Wade Gronewoller  
Scarlett Ludwig  
Kerigan Hubert  
Korbin Hamilton  
Merrari Boller  
Riley Croisant  
Robert Harmon  
Mark Jordan, Jr.  
Tierra Hiserote  
Henry Tice  
Jasmine Lake  
Emilie Sadler  
Lucas Cheney  
Daxton Elam  
Travis Peters  
Carter Fairchild  
Kerris Pilcher  
Abigail Gerber  
McKenna Channell  
Steele Pruitt  
Nevaeh St. John  
Braylin Linken  
Samantha Thompson  
Tyler Fraley

For the month of January B.E.S. will be promoting the character trait **Responsibility**.

To have good character, we have to do more than **say** we are responsible. We must **take** action. Responsible people take care of themselves as well as others and can always be counted on to do the right thing, even when the right thing is hard to do.

#### Steps to show responsibility:

Find out what needs to be done and do it.

Complete a task without being asked.

Do your best.

Always try to do the right thing.

Think before you act.

Clean up after yourself even if no one is watching.

Do what you say you are going to do.







## School Spelling Bee Set For January

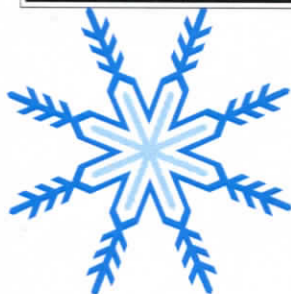
In December the 5th and 6th grade selected, through classroom competition, the students from each grade who will compete in our school-wide spelling bee contest to be conducted on January 11, 2017. The top finishers of the January competition will represent our school in the Mitchell County Spelling Bee to be held January 25, 2017 at 1:30p.m. in Tipton at the Tipton Community Building. Those who have made it to the January 11th competition are: 5th grade students, Jayden Brooks, Marley File, Trennon Sevilla, Asher Zimmer, Ethan Fay, Alternate-Bryce Beisner, 6th grade students, Brogan Rothchild, Lane Foulke, Arianna Armstrong, Shelly Chen, Wesley Adolph, Alternate-Rebecca Finney.

# Congratulations!



In the month of January, Mr. Niemczyk's P.E. classes will be jumping rope. In recent years, during this time, we have done a fundraiser for the American Heart Association called, "Jump Rope for Heart". Heart disease is this nation's No. 1 killer. Information will be coming home with the students soon.

Last year we raised \$2,000.00 for this worthy cause! To participate in the fundraiser, which is completely optional, find family or friends that will sponsor your child by making contributions. Your child will also receive prizes for their effort on how much money they raise. The money raised will fund research that could save more lives each year. Our efforts truly make a difference!



## 5th & 6th Grade Parents:

The school nurse will be presenting Human Sexuality, HIV/AIDS/STD'S and Hygiene educational information for the 5<sup>th</sup> and 6<sup>th</sup> graders. The boys and girls will view the Human Sexuality Video's separately and at different times. The DVD's will give information about physical and emotional changes that the pre-teens/teens will experience during puberty. We will also talk about the importance of hygiene. They will also learn basic HIV/AIDS/STD'S facts.

We will touch on the basics of Internet Safety at this time too.

For parents interested in viewing the Sexuality Videos please contact Tami Roberts, District School Nurse at [troberts@usd273.org](mailto:troberts@usd273.org) or phone 785-738-3581 and we will arrange a viewing of the videos and educational material.

Please contact the school nurse if interested in attending the classes with your student and you can obtain the date and time schedule.

Parents who want their child **excluded** from any or all portions of the program, there will be a form going home soon.

Tami Roberts, R.N.  
District School Nurse  
785-738-3581



Once again, we had a very successful Book Fair! In these economically challenging times, the fair is a great source of revenue for purchases at the BES Library.



Jennifer McMillan, Charlie Green, Andrea Sloan, Karen Buser, Stacy Thompson, Katie Schroeder, Richard Sedlacek, Vicki Fincham, Chris Elam, Robi Clark, Tammy Channell, Christie Fouts & her 5<sup>th</sup> grade students, Megan Gronewoller, Lynn Feldman, Summer Tobald, Neal Duden & Brady Dean, and many others who offered a hand here or there.



# PARENTS' GUIDE TO SMART PHONE SAFETY

## SMART OR SCARY?

Smartphones are essentially little computers, so you might be a little worried when handing one over to your child. Take some time to understand the risks and implement a few safeguards so that you can help your child use smartphones safely.

## THE RISKS

### ▪ CYBERBULLYING

With the constant connectivity of smartphones, your child may be more susceptible to cyberbullying or have more opportunities to cyberbully others.

### ▪ GEOLOCATION

A GPS-enabled smartphone can reveal your child's location through online posts and uploaded photos.

### ▪ INAPPROPRIATE CONTENT

With smartphones, your child has mobile access to content you may consider inappropriate, such as pornography or violent videos.

### ▪ SEXTING

Your child may use the Internet and social apps to send, receive, or forward revealing photos.

### ▪ VIRUSES & MALWARE

Just like a computer, a smartphone is vulnerable to security attacks if your child accesses unsecured websites and apps.

## 5 WAYS TO BE SMARTER THAN THE SMARTPHONE!

### 1. Be a parent and a resource.

Establish clear guidelines, including time limits and consequences for inappropriate behavior, but be open so your child will come to you with any problems.

### 2. Set up password protection.

This will keep everyone but you and your child from accessing personal information stored on the phone.

### 3. Update the operating system.

New versions often contain important security fixes.

### 4. Approve apps before they are downloaded.

Make sure you understand their capabilities and approve their content.

### 5. Understand location services.

GPS features are useful when using maps, but you'll want to disable location-tagging when your child posts anything online.

For more resources visit [NetSmartz.org/TipSheets](http://NetSmartz.org/TipSheets)

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A program of the


**NetSmartz Workshop**

NATIONAL  
CENTER FOR  
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EXPLOITED**  
CHILDREN

# Safe Winter Driving

Safe drivers know the weather and their limits. If the weather is bad, remember Ice and Snow...Take It Slow, or just don't go.

-  Find out about driving conditions before you go. Be aware of the latest weather conditions by visiting [kandrive.org](http://kandrive.org). Call 5-1-1 from anywhere in Kansas or 1-866-511-KDOT (5368) from anywhere in the US. You can also visit 511 Mobile, <http://511mm.ksdot.org>, using your mobile device.
-  Make sure you can see and be seen. Turn signals, brake lights and windows need to be clear of snow. Check your vehicle's tires, wiper blades, fluids, lights, belts, and hoses. A breakdown is bad on a good day and dangerous on a bad weather day.
-  Leave plenty of time to reach your destination safely. It's not worth putting yourself and others in a dangerous situation just to be on time.
-  Buckle up. Secure children (and adults) in appropriate seat belts, boosters and car seats. Don't strap into your car while wearing bulky winter clothing as it can affect the ability for seat belts and car seats to do their job.
-  Slow down for wet, snowy and icy conditions. Avoid quick braking or acceleration. Slow down and watch for black ice when approaching intersections, off-ramps, bridges, or shady spots. You should never use cruise control in winter weather conditions.
-  Stay attentive to your driving and avoid distractions. Don't talk on your cell phone or use your mobile device (calling, texting, emailing, etc.) while driving.

-  Allow additional room between your vehicle and others. Be patient. Watch for sudden stops or turns. Don't take chances when pulling out in front of approaching vehicles. It takes longer to stop and accelerate in bad weather.

Website:  
[www.postrock.ksu.edu](http://www.postrock.ksu.edu)

Check out our blog:  
[postrockextension.blogspot.com](http://postrockextension.blogspot.com)

Stay connected by following us  
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 "Post Rock Extension"  
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Nora Rhoades, Family and Youth Development Agent  
Email: [nrhoades@ksu.edu](mailto:nrhoades@ksu.edu) Twitter: @PRDfamilies

To access resources and services made available through K-State Research and Extension please contact Nora or visit any Post Rock District Office.



## If you become stranded in a winter storm:

- ☐ Do not panic. Always work slowly to avoid overexertion which may cause a medical emergency.
- ☐ Turn on your emergency flashers and ensure your lights are clear of ice and snow.
- ☐ Determine your location as accurately as possible.
- ☐ Turn on your crank or battery radio to stay informed about the storm and safety advice.
- ☐ Stay with your vehicle. Do not attempt to find help by walking. You can quickly become disoriented in blowing and drifting snow. Your car provides the best protection from the weather, and you are more likely to be discovered if you remain in your car.
- ☐ Keep fresh air circulating. Carbon monoxide can build up in a tightly closed vehicle, especially one sealed by blowing or drifting snow. Run the motor sparingly and open only the downwind window to provide proper ventilation.
- ☐ Keep active. Clap your hands and move your arms and legs vigorously from time to time to stimulate circulation, relieve muscle tension and keep you awake.
- ☐ Turn on your dome light. The light will help you observe others in the car and make your car more visible to a passerby.
- ☐ Do not permit all occupants of the vehicle to sleep at the same time.
- ☐ Stay hydrated. You can go a long time without food, but your body needs water every few hours, even when you are cold.
- ☐ Call 9-1-1 or a roadside assistance provider for rescue.

## Vehicle Emergency Kit Suggestions

- |   |   |
|---|---|
| <input type="checkbox"/> Ice scraper                                    | <input type="checkbox"/> Radio (battery or hand-cranked)                                |
| <input type="checkbox"/> Shovel   | <input type="checkbox"/> Red flag   |
| <input type="checkbox"/> Flashlight                                     | <input type="checkbox"/> Flares/reflectors  |
| <input type="checkbox"/> First aid kit and essential medications        | <input type="checkbox"/> Tow rope or chain  |
| <input type="checkbox"/> Extra winter clothing (coat, hat, boots, etc.) | <input type="checkbox"/> Whistle  |
| <input type="checkbox"/> Cell phone and chargers                        | <input type="checkbox"/> Area maps  |
| <input type="checkbox"/> Blankets                                       | <input type="checkbox"/> Extra cash   |
| <input type="checkbox"/> Water  | <input type="checkbox"/> Matches/lighter  |
| <input type="checkbox"/> Non-perishable food                            | <input type="checkbox"/> Essential toiletries   |
| <input type="checkbox"/> Can opener                                     | <input type="checkbox"/> Supplies for young children and individuals with special needs |
| <input type="checkbox"/> Jumper cables                                  | <input type="checkbox"/> Family and emergency contact information                       |
| <input type="checkbox"/> Sand or cat litter                             | <input type="checkbox"/> Non-electronic activities for passengers                       |
| <input type="checkbox"/> Traction mats                                  |   |
| <input type="checkbox"/> Extra batteries                                |   |
| <input type="checkbox"/> Spare tire, jack and tire iron                 |   |
| <input type="checkbox"/> Multi-purpose tools (pliers, wrench set, etc.) |   |



Content Sources: Kansas Department of Transportation, American Red Cross, Prepare Kansas, K-State Research and Extension



### Post Rock Extension District

**Beloit Office** 115 S. Hersey Beloit, KS 67420 (785) 738-3597  
**Lincoln Office** 216 E. Lincoln P.O. Box 8 Lincoln, KS 67455 (785) 524-4432  
**Mankato Office** 307 N. Commercial Mankato, KS 66956 (785) 378-3174  
**Osborne Office** 113 N. 1<sup>st</sup> Street Osborne, KS 67473 (785) 346-2521  
**Smith Center Office** 218 S. Grant P.O. Box 287 Smith Center, KS 66967 (785) 282-6823

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# January 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 NO SCHOOL Teacher Workday	3 4:30 BB vs Phillipsburg	4	5 Scholars Bowl @ SES 4:30 JH BB vs Republic County (G-Away, B- Home) 6:30 Wrestling @ Russell	6 4:30 BB @ Russell  4:30 Concordia JV Wrestling Tourn	7 9:30 Norton Wrestling Tourn.  KMEA Instrumental Live Auditions @ Salina  JH BB @ South- east
8	9 4:30 JH Boys BB vs Concordia (Boys only)  Board Meeting	10 4:30 BB vs Chapman	11 BES Spelling Bee	12 4:00 JV Scholars Bowl @ Washing- ton Co.  JH NCAA League BB @ TBA	13 No Preschool Teacher In-service  4:30 BB @ Min- neapolis	14 9:00 Marysville Wrestling Tourn  KSU String Fling @ Manhattan  JH NCAA League BB @ Ellsworth
15 KSU String Fling @ Manhattan	16 Scholar Bowl @ Clifton Clyde  Sterling Invita- tional BB Tourn.	17 Scholar Bowl @ Rock Hills  Sterling Invita- tional BB Tourn	18	19 Scholar Bowl @ Washington  Sterling Invita- tional BB Tourn	20 NO SCHOOL  2:00 Beloit Invita- tional Wrestling Tourn.  Sterling Invita- tional BB Tourn	21 10:00 Beloit Invi- tational Wrestling Tournament 9:30 JV Wrestling @ Minneapolis Tourn Scholar Bowl @ St Johns
22	23 NO SCHOOL Teacher In-service  NCAA League Scholar Bowl @ Beloit	24 4:30 BB vs Sacred Heart	25	26	27 3:30 Concordia Wrestling Tourn- ment	28
29	30 7:00 p.m. 3rd Grade Program	31 JH Scholar Bowl @ Ellsworth  4:30 BB @ Re- public County				