

SEPTEMBER 2018 NEWSLETTER BURWELL ELEMENTARY

PRINCIPAL'S CORNER
MR. MAX, PRINCIPAL

IMPORTANT DATES:

Labor Day NO SCHOOL	Sept 3
Map Testing Grades 3-6	Sept 5th/6th 10th/11th
10:00 Late Start	Sept 12th
Elementary Picture Day	Sept 13th
Longhorn Pride Assembly	Sept 21st
Homecoming Week	Sept 24- 28th
1:00 Dismissal	Sept 28th

The Three R's of school success

The new school year is here! You can help make it a successful one by setting the stage for learning. Share these three R's with your youngster: readiness, routines, and responsibility.

Readiness

Ensure that your child goes to school ready to learn everyday:

- Speak positively to your child about school and the teachers. Your attitude toward learning will send a powerful message to your child.
- See to it that your child gets at least eight hours of sleep and a nutritious breakfast so they'll feel rested and alert.

Routines

Develop simple routines for smooth, stress-free mornings:

- Help your child pick an outfit and pack their lunch in the evening.
- Have them put everything they need for school in a special grab 'n' go corner.
- Together, create a regular morning routine. For example, you might make your bed while your youngster gets dressed. Then, you could both eat breakfast.

Responsibility

Teach your child responsibility by helping them get organized.

- Make sure your child has a notebook for writing down assignments and due dates. You can show a younger child how to mark dates on a calendar so you can both keep track of assignments.
- Keep your child's take home folder in their book bag. Suggest that he tuck permission slips and notices of special events into the folder so they don't get lost.



1st Day of School



Longhorn Pride



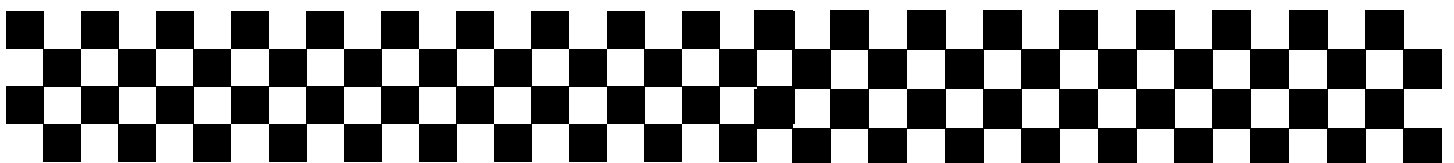
At Burwell Elementary School we hold our students to a level of high success both in the classroom and out. Our Longhorn Pride Program instills common character behavior traits into each student by the choices they make and the effort they put into their studies. We reward great character with a certificate given to a student by the adult that recognizes their behavior and hard work.

Once a month we hold a Longhorn Pride Assembly where the students come together and celebrate their accomplishments. If you or your business is interested in helping support the Longhorn Pride Program you may do so with a financial donation of an amount of your choosing, gift certificates, item donations, etc. We appreciate your involvement in this program promoting positive strong character.

Burwell Public Schools



When you do GOOD things,
GOOD things happen.



Calamus Kids Preschool News

Welcome to our new 2018-2019 Preschoolers!! Calamus Kids Preschool is having fun and are busy learning this year. They currently have 33 children enrolled this school year.

The students have been enjoying the nice weather outside for sand play and riding trikes.



We want to congratulate Anne Kelley and Eileen Dunbar for being recognized by the Central Nebraska Community Action Partnership for years of service with the Burwell Calamus Kids Preschool. Anne Kelley has 20 years of service and Eileen Dunbar has 10 years of service at our preschool.

Burwell Public Schools is very fortunate to have a partnership with the Burwell Calamus Kids Preschool. Our preschool is a vital part of the Burwell Public School system and provides a valuable foundation towards the education of our young students.

Burwell Public Schools appreciates all of the preschool staff and their continuous hard work and commitment to our school system and to the people of our community.

6 Small Changes in Screen Time Have Big Impacts



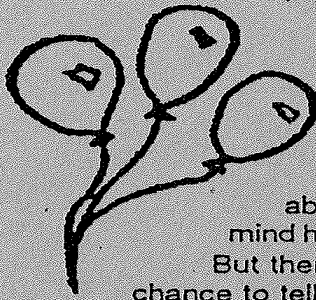
Living Hands Free does not mean giving up technology altogether, and it does not mean ignoring your job responsibilities, volunteer obligations, or home duties. *Living Hands Free* means making a conscious decision to temporarily push aside the daily distractions of screen time and give your undivided attention to someone or something meaningful in your life. Here are six small changes you can make as individuals or as a family that will make a big impact on you and your family's well-being, now and in the future:

- Protect family time by turning off the notifications on your phone and placing it out of reach so you are not tempted to check it whenever it dings. In addition, shut down the computer until the kids go to bed so a quick look at email or social media doesn't turn into hours of useless screen time. If your children use devices, have everyone participate in this sacred time of undisturbed connection each day.
- Go to places with no electronic distractions and leave the devices at home. Visit the local library or go on family hikes and picnics. Visit new places on the weekends, such as parks, museums, farmer's markets, and inexpensive sporting events. Taking a break from the online world offers a restorative breather. Within these breaks, conversation flows and memories are made.
- Resist the urge to look at your phone when you are with your children/family in "waiting" situations like the doctor's office, restaurants, events, or activities. This wait time is ideal "connection" time and provides powerful modeling. In addition, wait time provides much needed time for our minds to wander and process the feelings and events of the day.
- Be an example of what it means to live presently. Let it be known when you make the choice to put away your distractions or limit your screen time. For example, inform the family that you are putting your phone in the glove compartment as you drive or leaving the phone at home when you go out to dinner or take a walk. Express gratitude for sights, sounds, tastes, and moments in life that you would have missed if you were tied to technology.
- Create at least one daily ritual where time with your child is sacred and undistracted. This might include: tucking him or her in bed at night, having dinner together, walking the dog, or enjoying morning snuggles. No matter how distracted the day becomes or has been, your child can count on having that uninterrupted connection time with you. It's incredibly motivating to think that someday your child will remember you holding a leash, a book, a fishing pole, or a gardening tool instead of a phone.

As you take small steps in your life to limit screen time and create space for meaningful living and loving, notice the positive results. What emotions do you experience when you step away from your devices to spend time with a loved one? Do you notice anything special about your loved one that you failed to notice before? Does the importance of your online activities decrease when you are engaged in a moment of loving human connection? Are you beginning to notice more opportunities to connect to what matters to you?

An open letter from children to their parents

Dear Mom and Dad,



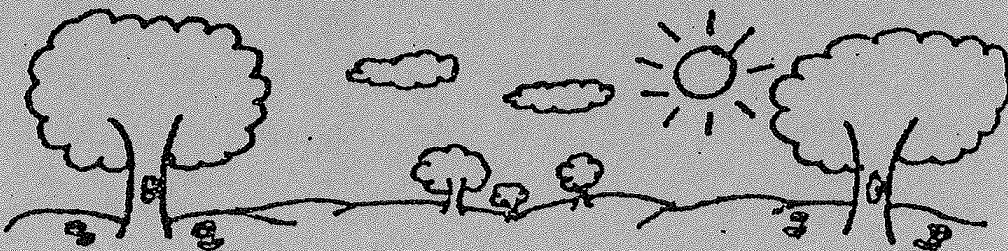
When I've been at school all day, I can hardly wait to see you and tell you all about my day. When one of the other kids tells a funny joke, I say it over and over in my head so I can remember and tell you later. And when my teacher writes "Good work" across the top of my paper, I imagine how happy you'll be when you see it. And when that boy in the other class calls me names on the playground, I think about how you'll help me figure out how to make him mind his own business.

But then sometimes at the end of the day I hardly have a chance to tell you anything. As soon as I start talking, you say, "Ssshhh....can't you see that I'm busy! I'll talk to you in a minute." And sometimes a minute is an awful long time! When you're busy cooking dinner or making a phone call or reading your mail, sometimes I feel all wiggly and just want to shout, "Look at me! I'm more important than what you're doing!"

My favorite times are when you put down your papers and smile right into my eyes and say, "Tell me all about it!" That lets me know that I'm the very most important thing in your life. And then when I've told you my news for the day, it's so much easier for me to go play on my own while you get your work done. I know sometimes you can't put your work down right away. At those times it feels good if you pull me in close to you so we can snuggle while you finish what you're doing. It even helps if you set the oven timer to show me how long I have to wait before I get my turn with you. It's not so hard to wait if I know that when the time goes off, you'll be ready to hear the things I want to tell you. I like to have my own special basket to put in all the stuff I want to show you. It's fun when you take the phone off the hook for ten minutes after dinner and we just sit together for our own "show and tell."

As I get older and have more homework and more friends to run around with, I suppose sometimes I won't have much time to talk to you. But together I'm sure we can figure out a way to be sure that we talk - at least for a little while - every day. After all, you've known me my whole life, so it's pretty important that you and I stick together - even when we're busy!

Love, Your son/daughter



School Pictures are just around the corner. We will be taking individual school pictures on Thursday, Sept. 13th. Remember to dress nice and SMILE! Smaller siblings are welcome to come in and take pictures as well.



PICTURE DAY



Burwell

TEAMMATES[®]
MENTORING PROGRAM

Together We Transform Lives

We are looking for people who would like to be involved in changing students' lives. If you would like to be part of this great mentoring program, please call Linda Senn at 346-4088. We currently have students on the wait list for mentors.

Thank You for participating in these programs

You may bring in your box tops to a classroom or to the elementary school office.

Money redeemed from the Box Tops you clip and bring in provides for field trips and some classroom supplies such as composition books and classroom planners.



September Birthdays:

Sept. 1 Kalli Joy
 Sept. 4 Caleb Elliott
 Sept. 6 Brookelyn Gideon
 Sept. 7-John Dearmont
 Sept. 8 Cody Marshall
 Sept. 9 Kolton Thoene
 Sept. 12 Colten Patrick
 Sept. 13 Regan Smith
 Sept. 14 Ava Petersen
 Sept. 17 Jordan Hulinsky
 Sept. 19 Cy Feeken &
 Karli Fauss
 Sept. 22 Boston Klanecky
 Sept. 24 Evyn Pinckney
 Sept. 25 Owen Stevenson &
 Cole Williams
 Sept. 30 Brody Jensen