

BIG SKY ELEMENTARY

MARCH 2019



ATTENDANCE MATTERS

Regular school attendance is the key to success.

Tardies and absences will greatly affect your child's ability to achieve at grade level and a good rule of thumb to remember is

"The key is only 3."

As a family, we encourage you to commit to no more than 3 absences or tardies per trimester.

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BIG SKY TALENT SHOW

COMING APRIL 16TH

START THINKING ABOUT YOUR ACT!!
AUDITIONS BEGIN ON MARCH 25TH



Our Big Sky Geography Bee and Spelling Bee were both great successes and we had a great group of 4th and 5th graders participating in both events.

Our top finishers were:

Geography Bee: 1st Place ~ Bryce Samuelson

2nd Place ~ Bradley Wang

Spelling Bee: 1st Place ~ Sydney Patterson

2nd Place ~ Miriam Lopez

3rd Place ~ Laevin Leonhardt.



We know that the traffic flow at Big Sky during peak times can be frustrating. We ask for your patience and diligence to keep our kids safe. When you drop your kids off, please be aware of bus lanes, handicap parking, and the driveways & mailbox areas of our school neighbors.

At our morning drop off area just south of the playground, please pull forward as far as possible, make sure kiddos are ready to hop out quickly, and have children exit on the passenger side of your vehicle if possible. Do not allow children to exit vehicles by the short black fencing at the entrance of the drop off area.

One More Reminder . . .
Breakfast begins at 7:45
and morning supervision
begins at 8:00.
Please do not drop kids
off prior to these times,
as they will be
unsupervised.

BPS Counselors Corner Bullying

Bully behavior occurs when there is deliberate intent to harm, dominate, inflict pain, exclude or otherwise cause distress to the person being targeted. The person who bullies purposefully misuses his/her power (size, age, popularity, confidence, verbal ability), usually repeatedly. The balance of power between the bully and target is

NOT EQUAL

Kindergarten Registration

We have started our kindergarten registration for the 2019-2020 school year.

All registration forms will be dated as they are completed & turned in.

Please tell your neighbors and other Big Sky families about registering kindergarten children starting now.

To register for kindergarten your child must be 5 years old by Sept. 10th. When you register, you need to bring in a birth certificate and proof of immunization record. You can register without the final shots, but we need proof of the shots before the child can attend school. The enrollment form can be picked up at the school or you may go to the Billings Public Schools website and print off a form, fill it out, and bring it into the school. The completed form, birth certificate, & proof of immunizations must be returned to the school before May 31st, as the school office is not open during the summer. Getting the registrations during the spring allows us to prepare for adequate staffing. You will receive a letter about the middle of August, telling who your child's teacher will be and more information about school.

~ BIG SKY SCHOOL CARNIVAL ~

Mark your calendars for Friday March 22nd from 5-8 p.m.

There will be games in classrooms, face painting, a candy walk, and entertainment provided by Mr. Madden's band, *Salvage!*

Wristbands will be available for \$5.00, which will allow entry to all of the games and events. Pizza, chips, and beverages will be available to purchase at a very low cost. The Montana Melt food truck will also be onsite if you are in the mood for a melted, cheesy delight. There will be a silent auction and raffle for themed gift baskets as well!

Don't miss the fun!!!

WINTER WEATHER

The cold weather is a reality for Montana. This time of year, we'd like to remind you to observe the following winter safety tips with your students:

- * Dress appropriately for cold weather: Sweaters, snow pants, winter coats, hats, scarves, socks, & boots are all suggested.
- * Allow extra travel time to get to the school.
- * Do not walk or play on snow or ice within 10 feet of the roadway - you can fall & slip into the road and be at risk of being struck by a vehicle.
- * Do not cross the street until all traffic has come to a stop. With slick streets, it is harder for drivers to come to a complete stop.

We go out for recess, if the temperature and wind chill are above 0 degrees. It is good for the kids to get outside, but they need to have appropriate apparel. Thank you!

Healthy Calories vs Empty Calories

When we eat, we consume **calories**. A calorie is the **amount of energy in food** — the **more calories** in the food we eat, the **more energy** our bodies take in.

Our bodies **burn calories** all the time, especially when we're **active**. Calories that we don't burn through **physical activity** are stored as **fat**.

How many calories does your body burn in 30 minutes?

Sitting = 40 calories burned	Walking = 125 calories burned	Swimming = 300 calories burned
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Junk foods like soda and chips are filled with **empty calories** that don't have the nutrition our bodies need.

Healthy Choices = 250 HEALTHY calories	Unhealthy Choices = 700 EMPTY calories
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If you regularly **take in more calories than you burn off**, your body is likely to **gain weight**.

walking classroom