



BUNNEVILLE BULLETIN

Bobcats

March 2016



March in SLC is beautiful and the only place I know of that a person can snowshoe in the morning and golf in the afternoon of the same day! This month I will share with you the article on Test Prep. Our high stakes state testing will begin next month. The tests are rigorous and it helps when

the students are well rested and fed so they can remember everything they have been taught under the pressure of a test that measures a year's worth of learning.

Happy Spring!
Donna

Whether you've been out of school for five years or 15, the thought of taking a test probably still makes your heart race. Now imagine what its like for your child. As a parent, you can help.

THE PHYSICAL

Get them fed. The more nutritiously your children eat, the better they will do in school. Properly fueled and with stable blood sugar levels, their concentration is enhanced. Always give them a healthy breakfast while cutting back on high-sugar cereals, pastries, and undiluted juices (which can have the same sugar content as sodas.) Most kids are ravenous after school, so before they settle down to study, provide a healthful, non-junk food snack to carry them through to dinner.

Get them moving. Exams cause stress, but, sports, exercise, and dancing can relieve it. Physical activity that gets students completely away from academics for a few hours each day can actually help them perform better on tests.

Get them breathing. Teach your kids a simple breathing exercise that you'll do with them once or twice a day and in times of stress (as in right before a test): Take a deep breath, hold to the count of three, then exhale slowly through the nose to the count of 10.

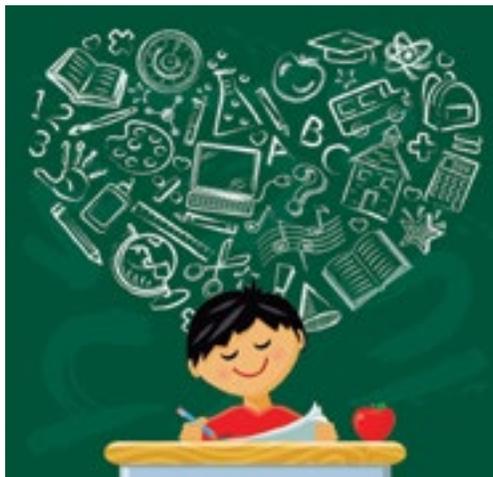
Get them to bed on time. Elementary and middle school children need up to 10 hours of sleep each night to do their best in school. They also need to curtail the excitement from video games, television, movies, and texting for at least 30 minutes before sleep.

THE MENTAL

Practice their confidence. Ask the teacher or principal if there are practice tests or worksheets your child can work on at home before the big day. These can help your children get used to how the questions are worded and how to properly fill in test sheet bubbles.

Put piecework into action. Pre-exam cramming does not work. In fact, four 15-minute periods of study are actually superior to one continuous hour when it comes to memory retention. Therefore, see to it that your child preps for tests in small bursts, in some small way, every day.

Unplug already. When it comes to distracting videos, television, telephones, or social media (basically anything with a screen or speakers that's not directly related to school work), study time is the time to turn the devices off.



THE EMOTIONAL

Offer super support. As much as you value good exam grades, it's more important that kids understand that your love and respect for them is not dependent on their test scores.

Review results together. Once the graded exam comes back, sit with your child and review what went right, what didn't, and how to do better next time. This is not the time for you to lecture. Subtly prompted, your child should do most of the talking.

A MESSAGE FROM OUR PTA CO-PRESIDENTS

Spring is just around the corner, and there is a lot to look forward to at Bonneville this month. Ski school is in full swing, and the students are enjoying every minute of it. Ski school provides a great opportunity for kids to get outdoors, get some exercise, and gain technique on the slopes! Thank you to all of the parents that have made this happen for our students. Chess club is being held on March 10th and March 31st after school, and Game Club is on March 17th. We have another Pizza Studio fund raiser night on March 15th. Please get out and support our school, and save yourself cooking for a night!

Don't forget to ask your children about Project Cornerstone. Each month, a parent volunteer reads a book to each class, and presents a lesson on character education to accompany the story. Project Cornerstone is a fabulous program, and

gives us the opportunity to teach our children about values such as dealing with conflict, honesty, and many other life-long skills. The book for February was called, "Nobody Knew What to Do," by Becky Ray McCain. This story is about a child who has the courage to come forward to a teacher when a fellow student is being picked on by other students.

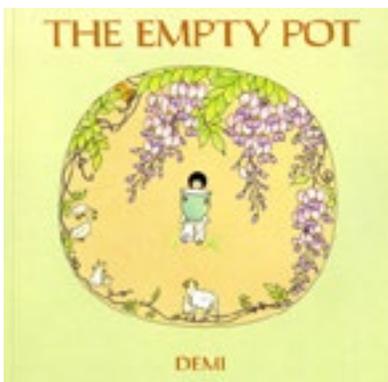
Don't hesitate to contact us if you are interested in a PTA position for the 2016-2017 school year. There are so many exciting positions with the PTA, and it is a great way to become involved in your children's education. Remember, there is no school the week of March 21st. We hope Bonneville families enjoy this time for adventures with their families!

Karly Nielsen and Lillian Adolphson
Co-PTA Presidents

"Spring is the time of plans and projects."

~Leo Tolstoy, *Anna Karenina*

PROJECT CORNERSTONE FEBRUARY FOCUS: BUILDING CHARACTER



March's Book of the Month, "The Empty Pot" by Demi is a traditional tale about a boy named Ping who lived a long time ago in China. What happens in the story teaches children the value

of CHIP: courage, honesty, responsibility, integrity, and perseverance. These tools will empower students to value being true to themselves even when it is not easy.

There are several ways you can extend this lesson at home. Notice, name and celebrate when:

- You or your child say or do something as an UPstander.
- Tell the truth when it is hard to do so.
- Point out when you or your child accomplish a goal.
- Celebrate small and large accomplishments especially when you try your best.
- Look for examples of family, friends, and neighbors who model positive values.
- Make a family list of what you say and do to promote your family's positive values.

Keep your expectations realistic and allow for mistakes. Making and then learning from mistakes enables your child to understand how to live life with integrity and honesty. Your children watch everything you do and say—it's how they learn to behave. You are the most important role model in your child's life! Your own behavior is, as always, the best teaching tool.

BONNEVILLE UPCOMING EVENTS

March	7	WEEK	Teacher Appreciation
	15	Tu	SCC, 7-8:30am
	18	F	Maturation (5th-6th Grade)
	21	WEEK	SPRING BREAK
April	4	M	PTA Meeting, 8:45am
	19	Tu	Hearing Rescreening
	22	F	Faculty Lunch
May	2	M	PTA Meeting, 8:45am Bonneville Beat Spring Concert, 7pm
	13	F	Art & Science Fest
	26	Th	PTA Volunteer Appreciation Brunch, short day
	27	F	No School (if no snow day)
	30	M	No School (Memorial Day)
	31	Tu	Awards Assembly
June	1	W	Yearbook Day
	2	Th	Field Day Sixth Grade Promotion
	3	F	Last Day of School (short day)

2015 STATE REFLECTIONS

Congratulations again to **Beth Skidmore** and **Caitlyn Michini** who had Reflections entries that went on to the State competition. The State results are in and I am happy to report that Caitlyn Michini received an Honorable Mention for her film entry. We're so proud of these two girls for representing Bonneville so well. **GREAT JOB EVERYONE!**



Jody Glende, Reflections Chair



KINDERGARTEN REGISTRATION

Tell yourself! Tell your neighbors!

Please contact the Bonneville office if you have a child entering Kindergarten for the school year 2016-2017 to complete a preliminary registration form. Also please bring the following required information to the office:

- Birth certificate
- Current complete immunization records (your child can receive kindergarten readiness immunizations at any time after their fourth birthday)*
- 3 forms of proof of residency*
- Visit <https://apex.slcschools.org/ape/f?p=1999:1:0:&tz=-7:00>

Be sure to select new student
BE SURE TO SELECT SCHOOL YEAR 16-17
Complete ALL fields under ALL tabs

(go to <http://bonneville.slcschools.org/> for detailed information)



REGISTRATION FOR 2016-2017

New to Bonneville?
Call us 801-584-2913

Returning to Bonneville?
Watch your email and your
student's backpack

Visit <https://apex.slcschools.org/ape/f?p=1999:1:0:&tz=-7:00>

- Be sure to select returning student
- Be sure to select School Year 16-17
- Complete ALL fields under ALL tabs

SPIRIT FRIDAYS

The tradition of Spirit Fridays continues!
Students wearing school colors (green, white, navy) or any kind of Bonneville spirit wear will receive small prizes before school.

BONNEVILLE ARTS & SCIENCES REPORT

Did you know that our Bonneville Arts and Sciences programs are completely funded by state grants, your donations and volunteer time? The over two hours of supplemental arts and sciences education they receive each week are dependent on your investment in these programs.

This time of year is a critical time for fundraising for our Arts and Sciences programs. Here are a few ways you can help.

Contact Your Legislator

The Beverly Taylor Sorensen grant brings a host of integrative art programs to our school and provides the imperative funding we need for our art teachers. We currently have two part time art teachers working at our school, one of these is paid for by this grant. Please take a moment to share your thoughts on the BTS Program with your legislator and school board member at: <http://friends.artworksforkids.org/write>. It only takes a few minutes and it makes a big difference.

Send a Grandparent Letter

If you haven't already, please address, stamp and send grandparent letters out or back to school so they can be counted towards your child's class prize. Grandparent letter fundraising comprises a large portion of our Arts and Sciences fundraising each year.

BONNEVILLE ARTS & SCIENCES



GIVE TO ENRICH

Art Cards

NEW this year! Look for information coming home soon about ordering art cards. Nothing is more personal than personalized stationary with your child's art on it! All proceeds benefits Arts and Sciences fundraising.

Donate or Volunteer for the FEST

All of our Arts and Sciences fundraising will culminate at the Arts and Sciences FEST. It will be an evening to raise money and celebrate the arts and sciences in our children's lives. If you are interested in donating to the silent auction contact Kristyn Efstratis at kmefstratis@gmail.com. To volunteer, contact Adrienne Brown at saltlakebrowns@comcast.net.

YOUR TIME AND GENEROUS DONATIONS SUPPORT...

- Two part time art teachers
- Part time science teacher
- Art and science supplies
- Art and science field trips
- Hands on Science
- Great Artists
- Listen to the Music
- Community Garden
- Creative Dance for Kindergarten and 1st Grade
- Annual 6th grade Shakespeare performances



More Art.

More Science.

More Fun.

VOLUNTEERS
DO NOT
NECESSARILY
HAVE THE TIME,
THEY HAVE
THE HEART

ELIZABETH ANDREW

The 2016-17 Bonneville PTA is looking for volunteers with heart! Open chairperson positions include: **Community Service and Safety Week, Effortless Fundraising, Emergency Kits, Picture Day, Recycling, Community Garden and more.** If you are interested or have questions, please contact us at bonnevilleptasl@gmail.com

EDUCATION-RELATED BILLS BEFORE THE UTAH LEGISLATURE

The Utah Legislature is in session for 2016 from January 25, 2016 through March 10, 2016. Education-related bills can be followed on the Utah PTA's website: <http://www.utahpta.org/bills/2016/>.

In addition to summarizing proposed education bills, this PTA website also lists the PTA's position on each of the bills.

Michelle McConkie (Bonneville Legislative VP)

Please email submissions for the Bonneville Bulletin by the last day of the month to carolyn@kimlouiecreative.com. Photos from school events are welcome and appreciated. **Thanks!**

SALT LAKE CITY SCHOOL DISTRICT TIMELINE FOR SCHOOL YEAR 2016 – 2017 SCHOOL CHOICE STANDARD OPEN ENROLLMENT

March 15, 2016 Principals notify parents of currently enrolled students who will not be permitted continued enrollment for the coming year (sample letter will come with applications the end of Feb).

March 31, 2016 Deadline for principals to notify parents in writing of Early Open Enrollment Application status: either acceptance/letter of intent or rejection letters (sample letters will come with applications the end of Feb).

Schools may NOT develop "waiting lists" from Early Open Enrollment Applications. Applications must be accepted or rejected by the March 31st deadline.

To complete the process, copies of approved/denied Early Open Enrollment Applications need to be distributed as soon as possible to parents, sending/receiving schools and to Student Services.

Students whose applications are rejected during the Early Open Enrollment may reapply for a Late Enrollment after April 1 for the coming year.

For assistance please contact: Machele Page (578-8206) or Erika Becerra (578-8475) in Student Services if you have questions. You may refer to the Administrative Procedures for Policy S-1 on the district website for additional information.

It's spring fever.
That is what the
name of it is. And
when you've got
it, you want—oh,
you don't quite
know what it is
you do want, but
it just fairly makes
your heart ache,
you want it so!

~Mark Twain

Spring has a secret to
tell us: life is for beauty
and life is for joy.

~Debasish Mridha





If you have questions or concerns about crossing guards, please feel free to call 801-535-7154

TIPS TO STAY HEALTHY AT SCHOOL!

- Wash your hands before eating and touching your face
- Cover your cough-cough into your elbow, not your hands.
- Don't pile coats on top of one another and don't share hats or combs.
- Wipe down desks, chairs, and door knobs daily with disinfecting wipes.
- Don't share food.
- Stay home if you are sick.

If you have any great photographs you could share in the yearbook please contact Kylie Mimitz at flygirlk@aol.com. Thanks!

2016 BONNEVILLE TALENT SHOW



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