

B.E.S.T.

Bangor Elementary School Times

Sept. 23, 2011

The first few weeks of school have flown by. I hope by now you and your children are settled into the school routine and the days are going well.

Fall is the perfect time to help your child be successful with homework by setting up homework expectations together. Our math program is called Math Expressions and most kids will have math homework on most days. It helps children if they have a certain place to do homework and a certain time set aside to work on it. Organization is a skill that needs to be developed. You can help your child develop organizational skills by helping them find a "system" for homework that works for them.

Of course, the most important thing about homework is that they do it. Please ask **your** child about their homework. If they hear you ask about it, it will reinforce the importance of it!

I have enjoyed getting to know your child(ren) in the last few weeks and look forward to getting to know more about them and getting to know you as the parent(s) as well.

Feel free to call school with questions about your child's education. I believe that strong family and school partnerships lead to better educational gains for kids!

Picture Retake Day

October 6

Starting at 8:00 a.m.

Order forms are available in the office.

Excel Energy Calendars

Congratulations to Madison B. and Cora K. They were winners in the Excel Energy Calendar design contest.

Items From Home

Students should not bring toys, video games, etc. from home. These items are easily lost or misplaced and can be a distraction in the classroom.

SchoolMall

There is still time to return your SchoolMall postcards. All completed postcard packets need to be returned to school by **Tuesday, September 27th**.

The Parenting Place For Grownups Who Care About Kids

BANGOR PLAY SHOPPE

For parents, grandparents or any caregiver and children from birth to five years of age

Bangor Play Shoppe

Each Tuesday

*Bangor Elementary School Rm. 135

Bangor, WI

Play Shoppe is a shared time for parents and caregivers and their children, aged birth to five years. Join us for open-ended playtime, a simple art activity, circle time, a story, and a snack.

Pre-registration is not required

For more information, please call Patti Correlt

The Parent Place

1500 Green Bay Street

La Crosse, WI 54601

(608) 784-8125 ext. 224

Coulee Region Childhood Obesity

Jump into Healthy Living

Mark your calendars for the Coulee Region Walk to School Challenge, September 26th-30th. Students who walk, bike, skateboard, scooter, or rollerblade to school will be eligible for cool prizes. Participate every day during the Challenge and names will go in the drawing for the grand prizes--- 6 month family Y membership or an iPod! Schools with the greatest participation will win the Golden Shoe Award!

Visit the Coulee Region Childhood Obesity Coalition's website to download a log.
www.childobesitycoalition.org

BES will have walk to school day Oct. 5.

In addition to the Walk to School Challenge Week, Wednesday, October 5th is Walk To School Day at BES. For those students who walk, scooter or ride a bike to school, when they get to school they can go see Mrs. Elsen, Mrs. Smith or Mrs. Kabat for a small trinket. If students ride the bus or get dropped off at school by their parents, the same trinket is available to them if they walk three laps around the train-track on the playground once they get to school that morning.

We are doing this to promote healthy, active bodies. Studies show that walking to school and/or physical activity before helps student's bodies be better prepared for a day of learning.

Harvest of the Month

September Sweet Corn

Cowboy Salsa

Serves 12 (about ½ cup each)

2 ½ cups canned black beans,
drained & rinsed

½ cup whole kernel corn

1 tsp. taco seasoning

2 cups salsa

Fresh cilantro, optional

Combine all ingredients. Chill at least two hours to allow flavors to blend.

Sweet Corn

Nutrition Facts: one ear of corn has about 100 calories. Corn provides fiber and folic acid. Corn's peak season in western Wisconsin is July-September.

Fun Facts: The average ear of corn has about 800 kernels in 16 rows. There is 1 silk for each kernel on the ear. Depending on the variety, corn may have yellow, white, red, black, blue or multicolored kernels! Corn is grown everywhere but Antarctica.

PTO OFFICERS 2011- 2012

Co-Presidents -

Bernadette Nagy & Tammy Miller

Treasurer - Kathy Solberg

Secretary - Tiffany Janisch

Carnival - Co Chairs

Jaime Fortier & Holly Daines

Artists of the Month-September

Kindergarten – Lorenzo M.

First Grade – Joeryn F.

Second Grade – Evan W.

Third Grade – Bryce P.

Fourth Grade – Amber F.

Fifth Grade – Tessa W.

KEEP UP THE GOOD WORK!

Box Tops, Campbell's Labels, Pop Tabs, and Milk Caps

Please continue to collect boxtops, milk caps, soup labels, and pop tabs. **Milk caps need to have the label on them.**

Plan Ahead

Oct. 10 Fire Prevention Week

PTO Meeting 7:00

Nov. 10&11 Parent/Teacher
Conferences

Dec. 12 K-2 Christmas Program

Dec. 13 3-5 Christmas Program