

March

Newsletter

Joining Hands to Support Our Children's Future

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Happy March everyone! I am very hopeful that Spring is just around the corner. The PTO had our first ever Family Paint Night in February. It was a blast! We had a wonderful turn out. Our families spent time together painting, along with enjoying treats made by our 8th grade moms. We would like to thank Ms. Nemeth for running this event for the PTO. We could not have done it without her. In addition, we would like to thank Mrs. Dominguez for volunteering at our event and Mr. Boatman for setting and cleaning up.

The annual BES PTO Talent Show will be on Friday, March 29th. Permission slips were sent home with the students this week. Please fill them out and return them as soon as possible. This is such a fun event!!! We have students who sing, dance and do stand up comedy. Even our teachers get into the act! In order to accommodate our performers and have the show run smoothly, the first row on both sides will be reserved. If you have any questions, please contact the PTO.

April brings Kids' Bingo. Every student who attends will receive a door prize. We will be sending home permission slips. Attendees need to sign up in advance.

In May, we have NJSLA(formely PARCC) breakfast and Teacher Appreciation Week. The PTO will be supplying and serving breakfast at least 3 times a week during testing. If you are interested in volunteering, please contact the PTO. During Teacher Appreciation Week, it is tradition for parents and PTO members to provide breakfast and lunch. Again, if you would like to be a part of this event, let us know.

During our April meeting, the PTO will be holding elections for PTO Officers. Anyone who would like to run should forward a letter or an email to the PTO expressing their interest. Please be sure to state what office you are interested in.

Finally, the PTO would like to congratulate Mrs. Lemasters's 2nd grade class on winning the Box Tops War! Their class had a total of 230 Box Tops. What a great job. Congratulations!!

As always, thank you for your time everyone! We appreciate everyone's time, ideas and support.





Nursing Nook:



- * **Commit** to having dinner together around the table at least once a week.
- * **Be prepared.** Build a small collection of go-to recipes to help you get in and out of the kitchen in under 30 minutes. Pinterest can be your best friend for quick & easy meals and/or make ahead crock pot meals.
- * **Avoid** take out as much as you can. A simple meal made at home from lean protein, whole grains and fresh, frozen or canned vegetables is more likely to contain the nutrients your family needs without all the extra sodium and dietary fat.
- * **Involve the kids.** Asking kids to set the table, pour drinks or help make a salad doesn't just make your job easier — it also teaches them that taking the time and effort to eat together as a family is important. Little kids can practice counting skills by getting the correct number of forks and napkins for the table. Teens love the independence they have when shopping for groceries. Hand them some money and a grocery list, and let them pick out an extra vegetable or some whole-grain bread for dinner.
- * **Make Meal time fun.** Add some fun and excitement with food **themes**. You can use a checkered tablecloth for an Italian-inspired meal, or prepare fresh Asian cuisine, and eat with chopsticks. Throw a blanket on your family room floor and enjoy a family picnic!!! Let everyone choose a theme, and you'll see that your choices are end-less. Now that you're enjoying the meal, keep everyone involved in conversations by asking each person to share something that happened that day or week that was funny, weird, scary, good or bad.

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