

# BARTON ELEMENTARY SCHOOL

## NEWSLETTER

### SEPTEMBER 2019

## New Faculty Members

Mrs. Robyn Armstrong

Hello! My name is Mrs. Armstrong. I am the new 5th grade math teacher. I am "returning back to my roots," so to speak. I was also a Barton Bear in elementary school and a Barton Junior High Cheerleader. I graduated from Delta State University in 2016 with a degree in Elementary Education. I will be completing my third year of teaching this fall. I absolutely love teaching math and the past 4 weeks here have been nothing short of amazing! Go Bears Go! #BearNation #WeWereBornToRise

## Labor Day Holiday

Barton Elementary School was **closed** on Monday, September 2<sup>nd</sup>, for Labor Day. We hope that everyone had a great long weekend.

Box Tops for Education

Barton Elementary School will be participating in the General Mills Box Tops for Education program again this year. The Box Tops Labels can be turned into the homeroom teachers throughout the year. Thanks parents for helping with this project.

## Student of the Month

August 2019

<b><u>Pre K - Camp</u></b>	<b><u>1st Grade - House</u></b>	<b><u>3rd Grade – Dunigan</u></b>	<b><u>5th Grade - Davis</u></b>
Kinsley Williams	Gracie Roach	Macyn Wallace	Christian Fletcher
<b><u>K - Fennell</u></b>	<b><u>1st Grade - Kitchens</u></b>	<b><u>3rd Grade - Harman</u></b>	<b><u>5th Grade - Armstrong</u></b>
Farrah Larry	Sa’Nahji Cobb	Kori Jackson	Will Dailey
<b><u>K - Jaco</u></b>	<b><u>1st Grade – Smith</u></b>	<b><u>3rd Grade - Nichols</u></b>	<b><u>5th Grade - Nichols</u></b>
Sophia Kirkwood	Brielle Wilborn	Jillecia Otey	Braden Little

<b><u>K - Lederman</u></b>	<b><u>2nd Grade - Files</u></b>	<b><u>4th Grade - Palmer</u></b>	<b><u>6th Grade - Gibbs</u></b>
Ayden Kelley	Hailey Roach	Marissa Cook	Brayden Mallard
<b><u>K - Russell</u></b>	<b><u>2nd Grade – Jacobs</u></b>	<b><u>4th Grade -Sanders</u></b>	<b><u>6th Grade - Green</u></b>
Haven Moore	Palynn Tillman	Tiarah Young	Wyatt King
	<b><u>2nd Grade -Rutland</u></b>	<b><u>4th Grade- Williams</u></b>	<b><u>6th Grade - Kern</u></b>
	Ja’niyah Garner	Dylan Hicks	Eva Grace Davis

## Children need their sleep!

Children need 10 hours of sleep each night to be well rested and ready to do their best. Keep the TV out of their bedroom and have a firm “lights off” policy, with a little flexibility on Friday and Saturday nights. Without enough sleep, they simply can’t cope with the physical and mental work of being a child.

## SLEEPING WELL

Feel like you’re not getting enough rest? Try these helpful tips to get a good night’s sleep!

### **During the day...**

- \*Get some exercise during the day but not right before bed.
- \*Avoid naps during the day.
- \*Skip the caffeine after 4:00 p.m.

### **At bedtime...**

- \*Take a long, hot bath before bed.
- \*Allow some “quiet time” before bed.
- \*Eat a light snack before bed such as bread, fruit, or hot milk.

### **In bed...**

- \*Don't let yourself rehash worries or solve problems in bed. Settle them before you go to bed!
- \*Don't work in bed.
- \*Don't waste time in bed. Go to bed only when you feel sleepy.

### **1-800-QUIT-NOW**

#### **Study smarts:**

From a history test at the end of each month to a spelling quiz every Friday, studying is a skill youngsters will need throughout their years of school. Help your child study with these tips. Start a habit.

Encourage your youngster to treat studying as a daily assignment, not just something he does the evening before a test. For example, he might study 15 minutes every night for a spelling test on Friday. After he finishes his regular homework, he can spend a little time reviewing his notes and handouts.

#### **Tackle textbooks.**

When your child has a chapter to study, have him “preview” it to increase his understanding. He should glance over headings, graphics, and photos and go to the glossary to look up boldfaced words. Tip: if he finds a section hard to grasp, he could read a picture book on the topic. For a

science unit on matter, for instance, he could try **What Is The World Is Made Of?** By Kathleen Weidner Zoehfeld.

**Mix it up.**

If your youngster reviews information in several ways, he'll be more likely to remember it. He might use colored pencils to copy each spelling word or math fact onto a separate index card. Then, he can shuffle the cards and study them in a different order each time. For extra reinforcement, suggest that he spell each word or recite each fact aloud.

**Thank you for sharing your children with us. Barton Elementary is a special place and it is truly,  
“the place to be”.**

**Your principal,**

**Bernie Winkel**