



## Norway Elementary Note to Parents

Friday, February 3, 2012

**NORWAY STUDENTS ARE SAFE, RESPONSIBLE, RESPECTFUL AND HAVE FUN WHILE LEARNING!**

There is **NO SCHOOL** on Friday, February 10<sup>th</sup> for Staff Inservice.

### The schedule for this week:

Monday = Day 5

Tuesday = Day 1

Wednesday = Day 2

Thursday = Day 3

### Calendar Changes!!

Snow make-up days will be:

\*Monday, February 20<sup>th</sup>

\* Thursday, April 5<sup>th</sup> with a 1:00 dismiss

\*There will be **NO** early dismissal on Wednesday, April 4<sup>th</sup>.

### Student Council Fundraiser begins today!

Students will be selling Butter Braids and White Lights Candles. Materials will go home today. Orders are due on February 13 with pick up scheduled for March 21. We ask that students collect for the items they are selling. ***Please make checks payable to Benton Community Schools.***

**FCCLA (Family, Career, and Community Leaders of America) is selling carnation Val-a-grams through Friday, 2/10.** They are \$1.50 each, and will be delivered to the school on Tuesday, 2/14. These are available for students and adults.

### Upcoming Events:

**Friday, February 10** – NO

School for staff development

**Wednesday, February 15** –

School Board Meeting will be held at the High School at 5:30 due to the Girls Sectional Tournaments in Van Horne.

### In Art this week.

Students had the opportunity to choose between two different art competitions. The Iowa DNR is accepting posters for “Take it Outside” themed artwork. These artworks focused on public lands and waters for recreation, improve habitat for fish and wildlife, and funding research as well as hunting, fishing and conservation education programs. The children were allowed to create paintings related to hunting if the paintings were appropriate for school and had a positive image for the DNR contest. Winners from Norway will be sent to the Iowa DNR for a chance to win prizes and move on to the national competition! For more info please visit:

<http://www.iowadnr.gov>

Students also had the opportunity to create a painting for the Kujenga Project, founded by Benton grad. A.J. Wendt. The Kujenga Project was founded with one ultimate goal: to connect children from across the globe to increase the happiness, well-being, and standard of living for all. Students painted scenes of Africa and there is a chance of having their artwork published and displayed on the Kujenga Project website! For more info please visit: <http://kujengaproject.com>

**Remember to call Tim Lyons at the Bus Barn at 319-228-8426 if your child will not be riding their country route.**

**On late starts remember the preschool class times are:**

a.m. session: 10:15 – 12:15

p.m. session: 1:15 – 3:15

### \*\*\*Pointers for Parents\*\*\*

As a parent, you can help shape your child's attitudes and behaviors toward physical activity, and knowing these guidelines is a great place to start. Throughout their lives, encourage young people to be physically active for one hour or more each day, with activities ranging from informal, active play to organized sports.

\*Make physical activity part of your family's daily routine by taking family walks or playing active games together. During the winter, children can enjoy sledding, cross country skiing, and downhill skiing. If staying inside, we need to be a little creative coming up with some “active” inside games. Try these:

Army Course-Create an obstacle course in a large room by using whatever you have on hand. They can leapfrog over pillows, crawl under chairs and walk on a thin line created with masking tape or rolled up towels. To challenge the children even more, give them something soft to balance on their heads or hold between their chin and chest while doing the maneuvers.

Music Freeze-Play lively music and tell the children to wiggle and dance until the music stops. As soon as you stop the music, everyone must freeze. Anyone who is still moving is out. The last one standing is the winner.

\*There are plenty of children's exercise, yoga, and dance dvds or videos available to purchase or check out at the library!

\*Give your children equipment that encourages physical activity.

\*Take young people to places where they can be active, such as public parks, community baseball fields or basketball courts.

