

BROADWATER BULLETIN

WWW.BROADWATERSCHOOL.WEEBLY.COM

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2016-2017 Kindergarten Registration has begun! Please call the school to find out more, or go online to register your kindergartener for the next school year! Currently, we are not taking any out of area kindergarteners.

www.billingsschools.org

EVENTS IN APRIL

- 1st - 3rd Quarter Report Cards go Home
- 5th - BUG Assembly at 8:45 AM in the gym
- 7th - PTA Meeting at 6:30 PM in the cafeteria
- 9th - Medicine Crow Open House @ 10:00
- 11th - PIR Day - No School for Students
- 14th - Arts Without Boundaries Poetry Reading for Mr. Huck and Mrs. Harvey @ 1:30 in the cafeteria
- 15th - Arts Without Boundaries Poetry Reading for Mrs. Reichenbach @ 1:30 in the cafeteria
- 15th - PTA Family Health/Fitness Night from 6:30 PM to 8:00 PM
- 22nd - No School - Spring Day
- 27th - Talent Show Parent Performance at 7:00 PM in the Gymnasium at Broadwater
- 29th - 4th Quarter Mid-Terms go Home
- 29th - 3rd Grade Music Show @ 9:00 AM and 1st Grade Music Show @ 1:15 PM in the gym

Principal's Pen - Testing Starts In April!

This spring, as we enter into the month of April, our students in grades 3-5 will be asked to participate in a couple of different district and state-wide assessments. These assessments, or tests, will measure the progress over a year's time. The NWEA test will reveal growth from fall to spring in math, reading and language arts. The Smarter Balanced test will focus only on reading and math. Please be checking your child's backpack for information pertaining to testing schedules so you can plan accordingly. It is critical that all our students participate in these assessments each year.

Students will be asked and expected to put forth their best effort on each of these assessments, and we know they will rise to the challenge.

Testing can be a stressful time for students, teachers and parents. We ask that you do all you can at home to help students come to school prepared to learn and/or test during the

next several weeks. Make sure that kids are getting plenty of healthy exercise, rest, eating a good breakfast and are generally ready for the day.

This year there will be no traditional "paper and pencil" testing, but rather all students in grades 3-5 will be testing on a laptop computer or Chromebook machine. The acquisition of new technology has allowed for us to more easily accomplish what we are setting out to do.

Students will be reminded that their test scores are very important when it comes to future academic placements. For all students testing this year, their placement in math and reading classes will depend on their spring NWEA test scores. It is vital that every student take his/her testing opportunity seriously, to be accurately placed in the best academic setting for the 2016-17 school year. For those entering middle school, this test may determine their future track in reading and

math. It is never too early to start preparing for middle and high school.

I am confident that our students are prepared for these tests, and I assure you that our teachers and staff have done everything they can in the classroom to prepare them. Thank you for your continued support of our school, and especially our students - we know that we have the best in town when it comes to students and staff!

Please try to schedule appointments before or after school! Teachers will provide a testing schedule for each classroom to help you plan!

Mr. Halligan - Principal



Farewell, Miss Diann - You are a Gem!



After 36.5 years of service to Billings Public Schools, Miss Diann has decided to retire from Broadwater School at the end of this school year. Diann has served the students, teachers and families of Broadwater School for 22 years! Over the course of more than 2 decades, she has worked with thousands of students and their families to make their experiences at

Broadwater School positive and enjoyable. While Diann is not looking for an extravagant send off with all the pomp and circumstance (even though she deserves it!) we are inviting all families to bid her farewell in your special way. She has been so instrumental in making this Broadwater family what it is today. We will miss her dearly! Congratulations, Diann!

Counselor's Corner

"Sleep is as important as nutrition and exercise. It's when the body re-packages neurotransmitters, chemicals that enable brain cells to communicate."

"Don't we owe it to our kids to make sure they have enough in their little tanks so that their motors can run all day?"

Out of Area Students!!

If you are an out of area family, please let the office know of your intentions for next year. That information is crucial to our planning each spring! If we do not have an Out of Area Request Form, we will assume you will be attending your home school, not Broadwater. Please call the office if you are unsure about this.



NATIONAL
VOLUNTEER
WEEK

PERMANENT BLACK/WHITE

COUNSELOR'S CORNER

Too Tired to Learn?

Do you ever feel like you're not going to make it through the morning if you don't get that third shot of espresso or that extra cup of coffee? Should we think that our children are any different? Unfortunately for them, they haven't developed the complicated coping skills, like an extra dose of caffeine, to help them over the hump. It is on us as parents and caregivers to look out for our kids to make sure that they too have what they need to be successful: namely, sleep.

Pediatric researchers' latest findings suggest that sleep is also essential to good health. Sleep is as important as nutrition and exercise. It's when the body re-packages neurotransmitters, chemicals that enable brain cells to communicate. And experts have recently been able to demonstrate that sleep allows brain cells to "take out the trash" each night, flushing out disease-causing toxins. All this scientific lingo basically means one thing: kids need their sleep. Here are some proven facts about the benefits of sleep:

1. Sleep helps the heart. Experts are learning more about how sleep protects kids from vascular damage due to circulating stress hormones and arterial wall-damaging cholesterol. "Children with sleep disorders have excessive brain arousal during sleep, which can trigger the fight-or-flight response hundreds of times each night," says Jeffrey Durmer, M.D., Ph.D., a sleep specialist and researcher in Atlanta. "Their blood glucose

and cortisol remain elevated at night." Both are linked to higher levels of diabetes, obesity, and even heart disease.

2. Sleep helps beat germs. During sleep, children (and adults) also produce proteins known as cytokines, which the body relies on to fight infection, illness, and stress. (Besides battling illness, they also make us sleepy, which explains why having the flu or a cold feels so exhausting. It forces us to rest, which further aids the body's ability to heal.) Too little sleep appears to impact the number of cytokines on hand.

3. Sleep reduces injury risk.

Kids are clumsier and more impulsive when they don't get enough sleep, setting them up for accidents. One study of Chinese children found those who were short sleepers (i.e., fewer than nine hours per night for school-age children) were far more likely to have injuries that demanded medical attention. And 91% of kids who had two or more injuries in a 12-month period got fewer than nine hours of sleep per night.

4. Sleep increases kids' attention span.

Children who consistently sleep fewer than ten hours a night before age 3 are three times more likely to have hyperactivity and impulsivity problems by age 6. For school-age kids, research has shown that adding as little as 27 minutes of extra sleep per night makes it easier for them to manage their moods and impulses so they can focus on schoolwork.

5. Sleep boosts learning.

Sleep aids learning in kids of all ages, and education experts are finding that naps have a particular magic. Neuroscientists at the University of Massachusetts Amherst taught a group of 40 preschoolers a game similar to Memory. Then the kids took a nap (averaging 77 minutes) one week and stayed awake the other week. When they stayed awake they forgot 15 percent of what they'd learned, but when they napped they retained everything. The kids scored better on the game not only after they'd just woken up but the next day, too.

Making sure families get enough sleep isn't easy, especially with parents working longer hours, more elaborate after-school activities, bedrooms full of cool electronics, and the pressure to pack more into every day. "We've done a good job of teaching parents about why kids need to exercise and eat healthy foods," says Dr. Penny Corkum, PhD. "Still, the simple fact is that kids sleep less today than they used to. And unless we make an effort to get that sleep time back, their health will suffer."

So here's the great news, if we get our kids to bed a little earlier, giving them a bit more rest, we will assuredly see improvements in health, behavior, and functioning. Don't we owe it to our kids to make sure they have enough in their little tanks so that their motors can run all day?

National Volunteer Week

During the week of April 18th, Broadwater School will be taking time to recognize those people who donate countless hours through volunteerism. Our school is fortunate to partner with several different organizations in the Billings community. Each week at our

school, we have over 40 people helping us achieve our school's academic and social goals through volunteerism.

A special thanks goes out to each parent and community member who help make Broadwater School the best it can be every single day. We would

like to recognize these partners, in particular:

St. Vincent Healthcare

Holland and Hart Law Firm

Evangelical United Methodist Church (EUMC)

Thank you for making a difference in the life of a child!