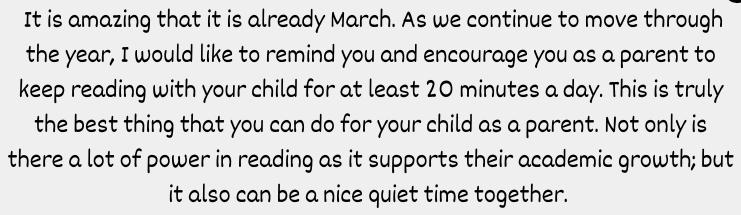
# Beaumont News

## March 2024

#### **Academic News**



For most of us, when we think back to the most powerful experiences in our literate lives, we think of being read to. Whether it was a teacher, parent or sibling who read to us, we remember the feelings of comfort and the sense of adventure in losing ourselves in a good story. These reading experiences with your children are called read alouds. These read alouds are the very foundation of reading. Reading aloud with your children supports their development as readers and writers, fosters their love of reading, improves reading skills and abilities, and encourages children to read throughout their lives. Reading aloud with

your children is just as important in the intermediate grades as it is in the primary grades!

## Phy Ed News

In our fast paced world we live in today, please be mindful of ultra processed foods. These foods are made to taste better, have a longer shelf life and are packaged so they're easy to grab on the go. These foods make up 60% of the American diet in adults and a staggering 70% of the American diet in children. These industrial creations are leading to adverse health effects, such as obesity, brain fog, high blood pressure and cancer to name a few. Please consider reading food labels on your next trip to the grocery store.

Milder days are ahead, so roll up your sleeves and get some fresh air. Use the renewal of springtime to revitalize your mind, body and spirit. Here are a few tips:

- 1) Find a trail and take a stroll.
- 2) Pack a picnic lunch and head to a park.
- 3) Get out in your driveway and create a simple game.
  - 4) Sign up for a race.
  - 5) Find ways to move more throughout the day.

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### Upcoming Events

- 1 No School
- 5 Parent Teacher Conferences & Book Fair
- 7 Popcorn Day
- 14 Sucker Sales
- 21 School Store
- 25-29 Spring Recess



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