

# Beaumont News

March 2024



## Academic News

It is amazing that it is already March. As we continue to move through the year, I would like to remind you and encourage you as a parent to keep reading with your child for at least 20 minutes a day. This is truly the best thing that you can do for your child as a parent. Not only is there a lot of power in reading as it supports their academic growth; but it also can be a nice quiet time together.

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

MARCH

Read more at

[beaumont.gbaps.org](http://beaumont.gbaps.org)