



COUGAR TRACKS

The School Newsletter - BELMONT ELEMENTARY SCHOOL

Mrs. Deb Dabbert, Principal

J.J. Wilkins, Assistant Principal

November 21, 2008

Visit your school's website at www.lps.org

PRINCIPAL THOUGHTS.....FROM DEB DABBERT

SCHOOL WIDE PLAN

The final component of our school wide plan is the budget. The federal law, No Child Left Behind, requires us to set aside a specific amount to support supplies, equipment, staff development and family involvement. The budget is also used for staffing means and pays for four staff members. Staffing must be above and beyond what the general budget support. We have our literacy program and RTI (response to intervention) programs supported by Title 1. Our budget is based on the number of families that are on free/reduced lunches.

CLOTHING OPPORTUNITY

Capitol City Christian Church

Free clothing is available on the third Saturday of each month beginning January 2009, 9 am - 1pm at 7800 Holdrege Street.

BARNES AND NOBLE BOOK FAIR - DECEMBER 12

Our Belmont Family Association is sponsoring a pajama party at Barnes and Noble, 5150 O Street to raise monies for new books. A percentage of the net sales will be donated to BFA from purchases made with a voucher between 9 am – 9 pm on the 12th.

Make and take activities will be available throughout the evening with hot cocoa.

5:00 – Belmont Swing Choir performs

5:15 – Principal Dabbert Pajama Book Reading Party

5:30 – All school sing-a-long

6:00 – Paul Real, local author, reading and signing his book, “The Legend of Lil’ Red”

EMERGENCY CONTACT

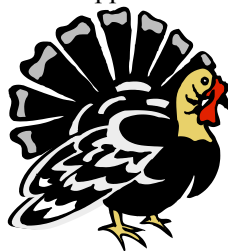
Please remember to update your phone numbers and contact information. We need to be able to contact you if your child becomes ill. Also, we are only able to release your child to people identified on the census form.

COLDER WEATHER

A reminder to dress your child for the changing weather. Colder weather is coming and we will be outside for recess when the temperature is above 0 degrees. Also remind your student to check the lost and found table for lost clothing items. We have a large number of sweatshirts and coats that need to find their owners.

APPLICATION FOR FREE OR REDUCED SCHOOL MEALS PROGRAM

Parent or guardians may apply for free or reduced price school meals any time throughout the school year. If your income decreases anytime during the year you may apply for the free or reduced program. Contact the school office by calling 436-1124 or stopping by if you would like an application.



THANK YOU

On Sunday, Oct. 26th, the Annual Halloween Carnival was held at the Belmont Recreation Center. There were 325 bags handed out to children with another 300 adults accompanying them. Special thanks to all the Belmont students and parents that donated candy and Colby Ridge for donating popcorn.

An extra special thank you for the following parents who helped out with the games and snacks:
Tammy Gries, Trish Marcellus, Diana Joy, Debbie Struwe, Robert Struwe

If someone was missed I truly apologize.

The following students were chosen for door prizes:
Tesslynn Joy, Samantha Marcellus, DeLeona Jackson, Collette Hamersky

Thank you to Modern Woodman of America for the prizes.

Sincerely,
Jean Gerlach, Center Director
Belmont Recreation Center

Melissa Kirkland
Belmont CLC Supervisor

FROM THE HEALTH OFFICE

November is Good Nutrition Month. The food choices we make can affect how we feel today, tomorrow and in the future. These helpful tips can help your student start making better, healthier and more nutritious food choices.

- ✦ Be a good role model for your student – They will learn to make better food choices by watching you.
- ✦ Start by eating more whole grain foods – Make half your grains whole grain foods.
- ✦ Vary your fruits and vegetables-Try a new vegetable or fruit every week.
- ✦ Include low fat or fat-free milk as a beverage with every meal.
- ✦ Try to eat lean protein instead of high fat proteins.
- ✦ More information on Good Nutrition and the specific diet requirements for different age groups can be found at www.mypyramid.gov.

If you have any questions concerning nutrition or any other health concern, please call us in the Health Office at 436-1111.

“We care about your children.”

B.I.S.T. GOALS FOR MY LIFE!
I CAN take care of myself, even if I am mad! I CAN be productive and follow directions even if I don't want to. I CAN be okay, even when others are not okay.

UPCOMING EVENTS

November 25 – 1:35pm Dismissal – PLC Professional Learning Community
November 26 – Elementary Plan Day – No school for elementary students
November 27-28 – Office closed – Thanksgiving Vacation
December 2 – 6:00pm - Concert
December 12 – Barnes and Noble Book Fair
December 16 – 1:35 pm dismissal
December 20 – January 4 – Winter Break

