



COUGAR TRACKS

The School Newsletter - BELMONT ELEMENTARY SCHOOL

Mrs. Deb Dabbert, Principal

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May 15, 2009

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PRINCIPAL THOUGHTS.....FROM DEB DABBERT

CONGRATULATIONS

Hailey Fleming, 5th grade student, and Ron Schinkel, computer specialist, were recognized at the Gold Star Banquet on May 6 as our Gold Star Award winners. They were recognized for their positive contributions to the Belmont community.

WARMER WEATHER

A reminder with the warmer weather that our school dress code does not allow spaghetti strap shirts to be worn. Also, make sure your student wears tennis shoes on physical education days. Sandals and flip-flops are not safe for the physical activities.

2ND ANNUAL FREE FISHING DAY "FAMILY NIGHT OUT"

Lincoln's National Wild Turkey Federation Chapter and Lincoln's Newest Wal-Mart Supercenter @ 84th and Adams are co-sponsoring a Family Fishing & Outdoors Day at Holmes Lake on the NGPC Free Fishing & Park Entry Day, May 16th. The Free Fishing & Park Entry Day is intended to attract those who no longer fish or who have never fished with an opportunity to do so without purchasing a permit. Anglers, both resident and nonresident, can take advantage of that day by fishing any public body of water in the state without a license. This is the perfect opportunity for families to take advantage of that day and show them how much fun fishing and the outdoors can be.

Other Activities Planned:

Basic Boating – learn life vest safety and how to safely paddle and navigate a canoe. Coordinated and supervised by the Nebraska Coast Guard Auxiliary.

Fly Tying and Casting – learn how to tie your own fishing fly then go try it out on the water at our event. Courtesy of the Cornhusker Fly Fishing Club (Lincoln/Omaha).

Turkey Calling – learn how to purr, putt, yelp, and gobble like a wild turkey. Caution: learning this skill might be addictive. Courtesy of the Salt Valley Longbeards National Wild Turkey Federation, Lincoln Chapter.

Bass Fishing Basics – learn how to tie basic fishing knots or try your luck on the casting range. Courtesy of employees of Wal-Mart #3823, 84th and Adams.

"What's in that Water" – various water exploration activities to promote water awareness. Hosted by Lincoln East Science Club.

Free Hotdogs and Ice Cream - Courtesy of Meadow Gold (Lincoln) and Farmland Foods (Crete).

This event does not have a scheduled structure and families are welcome to come and go at their leisure. Direct adult supervision is not provided, a parent or adult needs to accompany their children while attending activities. Reels, Tackle, and Bait will be provided for use, however all participants are encouraged to bring their own rods/reels, as these will be in limited supply. *Free food available until supply on-hand is gone. Questions: Call 402-470-0440.

THE BARNABAS PROJECT

Second hand clothing will be available, free of charge, for families in the Belmont Community at Save Mart Plaza, 11th and Belmont St. on Saturdays from 9:00am – 1pm. Basic census information will be asked. The Barnabas Project is the collaborative outcome of community leaders affiliated with The People's City Mission, Sheridan Lutheran & Prince of Peace Churches, and the Lincoln Parks & Recreation Department to better strengthen neighborhoods and families.

SUMMER FUN PUNCH PASSES

Summer Fun Punch Passes have arrived!!! Punch passes are only \$5 each and include a variety of activities. Please stop by the school office to see the activities available or purchase your punch card. Once you purchase the punch card for \$5, all activities on the card are free. It's a great deal and the school gets to keep the \$5 from each card purchased. Call Becky Carstens with any questions at 436-1124.

SUMMER FAMILY FITNESS FUN

- Find physical activities you all enjoy doing together, such as bike riding or swimming. Participation will increase if everyone gets a turn to choose them.
- Take walks after dinner and on weekends. They're great for getting fit and spending quality time together.
- Plan vacations around fitness activities. They don't need to be expensive. Hikes are great for vacation fitness and fun.
- Play sports like Frisbee and catch. Try new active games, and keep equipment handy for quick exercise excursions.
- Spend no more than 2 hours a day in front of the TV, video and computer. You'll cut down on snacking.
- Remember that smart eating and exercise are a winning combination, so serve healthy snacks and meals, and keep portions small.
- Provide support for each other to stay active. Cheer on physical activities done individually or on a team.
- Use pedometers and exercise logs to stay motivated. Everyone will have fun tracking progress.
- Set realistic fitness goals for every family member. Then have fun challenging yourself and each other.
- Be a role model your children will follow. Let your children see you enjoy being physically active and eating smart.

UPCOMING EVENTS

May 21 – Neighborhood Fair, 4:00 – 7:00

May 25 – Memorial Day, **No School**

June 3 – 5th Grade Recognition – 5:00 pm

June 4 – last day for students June 4 – LAST DAY OF SCHOOL!!!!!!

BIST

Recovery Room

When a student is sent to the Recovery Room, the goal for the students is the following:

- * To have an opportunity to calm down.
- * To be safe from continued acting out and getting in trouble.
- * To develop adult relationships.
- * To establish clear boundaries for classroom behavior.
- * To look at his/her behavior in order to change.
- * To practice appropriate classroom behavior.

Helping Children Change

To help children change bad behavior habits, the adults here at Belmont are creating a safe place, through positive relationships, supporting students and setting high behavior and academic standards. We know that when children feel safe, we can help them take responsibility for actions that may be creating a problem in their lives.