

January 2019

Emerson Elementary

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Winter Blues and Kids



Children, just like adults, can have the winter blues during this time of the year. Research proves that there are two major factors to help children, and adults, to keep their spirits positive and moving forward.

The first thing children need to combat that blue feeling is to fill their bodies with healthy foods full of antioxidants. Foods such as berries, leafy green vegetables, and nuts are such foods. There are times children are opposed to such foods. One idea to help children is to focus on the bright, vibrant colors in food.

The second thing children need to fight the blues is plenty of movement and exercise. Even when the outside temperatures and weather are too daunting for children to bear, indoor activities can be just the trick. Yoga for kids, jumping jacks, push-ups, or even running in place are a few ideas for children to get their blood flowing and produce endorphines to feel good. This is also a fantastic opportunity to get parents and other family members moving too. Have a competition with your child, and make it fun for everyone!

For more information visit the following: <https://educationpost.org/how-you-can-get-kids-through-the-winter-blues/>



Upcoming Events

January 10th

Report Cards go home

January 18th

County Spelling Bee for 4th-6th grade winners at Taylor 9:30 am

January 21st

Martin Luther King Jr. Holiday

January 24th

4th Grade Quiz Bowl

January 25th

3rd Grade Quiz Bowl



Emerson PTA News:



- ❖ PTA Meeting on January 22, 2019
- ❖ Mother and Son Dance is scheduled for February 12, 2019
- ❖ Book Fair is approaching in March

Please join in on the conversation at the next PTA meeting. It's a great opportunity to let your voice be heard and help with our students, teachers, and school!

We would like to give a special thank you to Lori Barnett for taking pictures at the Father/Daughter dance, as well as, printing those pictures for students and families to enjoy! Thank you!

New Year, New Semester

It is a new year and a perfect opportunity to focus on academic needs with the new semester. What must a parent/guardian do to help their child to focus on academic matters?

- **Communicate, Communicate, Communicate** with your child's teacher
 - notes, emails, phone calls, or in person
- Talk to your child about school every day.
 - Ask him or her to tell you three or more things they learned each day.
 - Ask him or her to tell you something that was unclear or confusing.
- **Read to your child every day.**
- Let your child read to you every day.
- Discuss the material your child read or the material you read to your child.
- Conversate with your child about school and beyond. Talking with your child about ideas, places, important people, or other topics. Conversations are very important!
- Quiz your child on math facts

Make this the best semester yet!



Proud Pirates

Kindergarten- Leyton Welch & Hunter Higginbotham

1st Grade- Trenton Powell & Kitara Morello

2nd Grade-Landry Mitchell & Jessiann King

3rd Grade-Aiden Watson & Joshua Doss

4th Grade- Denielle Crockett & Nasif Ahmed

5th Grade-Jacob Stephenson & Cheyanne Evans

6th Grade-Anthony Miller & Kaylen Jeffery

Students were honored at the December 7th and January 11th games. Congratulations to all these students!

