

Paw Prints



A Message from our Principals...

I CAN'T WAIT to see all of our Bear families out for Fall Family Night tonight!! Dinosaur George is going to be AWESOME!! Can you believe it's already October? Where has the time gone? Bring on the Fall weather!! October is also State Fair season in Texas!! **No school on Monday.** All of the Bears received their State Fair tickets this week. Monday would be a wonderful day to put them to use and of course, eat funnel cake!! ☺ **Fall Parent-Teacher conferences** are just around the corner. Be on the lookout for information regarding these conferences. Remember Parent-Teacher conferences are a great opportunity to celebrate your child's GREATNESS and get to know the AWESOME teachers at BES!! Have a wonderful weekend!!

Proud to be a Birmingham Bear! ☺ *Mrs. Doolan-Principal & Mrs. Kishindo-Assistant Principal* ☺

Counselor's Corner

Are you struggling with setting bedtime routines for your child? Try some of these helpful hints.

Bedtime Routines planned by the parent and child together can bring calm closure to even the most hectic day. Your family can benefit from remembering:

- Consistent bedtime routines are the most helpful approach, especially if the child has taken part in planning the routine.
- When parents initiate a new bedtime routine, make no exceptions until the routines is firmly established.
- Make the hour before bedtime a calm, settling in time.
- Set a regular time to start the routine. You may need to give warnings; "In five minutes it will be time to start getting ready for bed." OR "When this show/song/DVD is over it will be time."
- Chart the bedtime sequence; use picture charts for children who cannot read.
- Establish a contract with a positive reward. Do not require perfections to earn a reward. The younger the child, the more immediate the reward.
- Allow "extras" that can be removed (nightlight, music, having the door opened, having a pet in the room). All of these can be removed if the child gets out of bed.
- ****Remember you cannot force sleep, you can only require your child to be in bed/bedroom at the appointed time!****

*Practical Parenting Education

Have a great weekend!

Katie Ray- counselor

Campus Happenings...

BNN is brought to us this week by the following student crew members:

AJ Flory	Nedim Sabanovic
Celine Adiro	Ian Trueblood
Julianna Dada	Jazial N Cortez
Sarah Okwe	

This week's Animoto - Bella Moore and Evie McClellan.

October 30 - End of 9 week Awards

K-12:05	1 st -12:55	2 nd -10:15
	3 rd -7:30	4 th -8:15

From the Library...

The Book Fair is AWESOME!! I LOVE seeing so many Bears excited about being new book owners! Thank you again to all the volunteers who helped set up the Fair and work during last week's preview as well as this week's sale to make this such a successful and fun event for our school. We will be open tonight during Family Night, as well as tomorrow for our last day of sales. And don't forget – if our total sales tops last year's, our Principal, Mrs. Doolan, will wear our Monster Hat for a day!

Also, if you have completed your RED BINGO card, you can turn it in now! Our new cards will be ORANGE!

Happy Reading!!
Mrs. West

Notes from Nurse Kara...

Fall is the season for hayrides, pumpkin-flavored foods and drinks, and unfortunately, a host of asthma triggers. Colds, the flu, and other respiratory infections are all asthma triggers. The flu can be dangerous to anyone, but people with asthma tend to get the flu much worse. That's why it's particularly important for people with asthma to get a flu shot, which can help lessen the severity of the flu if you do get sick.