

Building Bridges at BHS

OBSERVER

Edition: August 2023

UPCOMING TOPIC OF STUDY

Family and Home

DATES TO REMEMBER

August 1 – Home Visits

August 2 – First Day of School

August 6 – Family Fun Day @3pm

August 8 – Parent Workshop/ Committee @3pm

August 10 – Male Engagement @3pm

FOOD AND DINING

Kid friendly fruit smoothies

- 2 cups strawberries stems removed
- 2 cups ice
- 1 cup watermelon
- 1 cup vanilla Greek yogurt
- 1/2 cup coconut milk or milk of choice
- 1 teaspoon ground flax seed

Blend together until smooth. Serve in a cup with a straw or in a refillable pouch for convince!

UPDATE ON HEALTH INSURANCE

ARKids First health insurance provides coverage for more than 70,000 Arkansas children. To apply call 1-888-474-8275 or online at www.arkidsfirst.com



HEALTH AND LIFESTYLE

Drink water, drink water, drink water! It's HOT!

This has been one of the hottest summers on record! Drinking water is so important with these hot days. A child 12 months and up should be having a minimum of 8 oz a day and that should be increased as physical activity and weather require! Have fun in the sun but don't forget the water!!

Animal Tracks

Room 2 learned all about different animals and the tracks they make. Using paper, paint and toy animals they each created a different piece of work. Giving young children a chance to create helps them with expression of feelings as well as encourages hand eye coordination and fine motor skill development.



Story-time! Mrs. Paige reads *Duck Door* to her class. Reading with young children is vital for brain development. Studies show reading 30 minutes has shown to increase language development, cognitive skills as well as social and emotional learning.



Water Day Fun!

Room 3 enjoyed a break from the hot sun with a water day. Staying physically active for at least 60 minutes a day is so important for gross motor development and for learning healthy habits! Sprinklers and water tables offer a break from the heat!



LETTER TO THE EDITOR

Any questions or concerns, please contact Francis Anderson, Building Bridges at BHS Site Supervisor at 479-254-5128 or via email at fanderson@bentonvillek12.org.