



First Bell: 7:50 a.m.
Day Begins: 7:55 a.m.
Tardy Bell: 8:00 a.m.
Dismissal: 3:05 p.m.
Buses Leave: 3:15 p.m.
4K Hours: 7:55-11:00 a.m.

#ESSrocksbecause these students earned Student of the Month recognition at the February Guild Gathering.



There are many great ways to connect with us here at EES. Check us out on social media.

[Teacher Websites](#)

<http://www.peasd.org/eagle-elem/teacherwebsites.cfm>

[Like us on Facebook](#)

www.facebook.com/PEPanthers

[Follow us on Twitter](#)

@PEASD PR

[Check out Mr. Stich on Instagram](#) <https://www.instagram.com/mstich15>



March PBIS Goal

During the month of March, students will focus on the positive behaviors of others and the concept of **RESPONSIBILITY**. Examples of being *responsible* include consistently offering to hold open a door, always raising your hand when you have an idea to share, being to school on time and prepared for your day with all materials necessary. Students will be recognized with a “gold coin”. These coins will then be placed on their grade level’s rainbow color. Let’s see how much gold we can collect in March!

safe * respectful * responsible * safe * respectful * responsible * safe * respectful * responsible * safe * responsible



Box Tops

THANK YOU to all who participated in the PTO sponsored Box Top competition in February. As a school, we collected over 3,000 box tops!

Congrats to the 4th grade and kindergarten classes for coming in 1st and 2nd respectively and earning a special treat during their Valentine Day parties!

Special thanks to the PTO and Mindy Callan for counting the box tops and to JoAnn Gilbert for her continuing volunteer work on box tops!





March

Eat the Rainbow

wellness
Corner
Make it a goal to try one new fruit or vegetable a week as a family!

Food is pretty important—it helps us grow, learn, think and survive! When we choose to eat a well-balanced diet, we are giving our body the opportunity to feel the best it can. Check out these tips below or visit www.eatright.org or www.choosemyplate.gov

FRUITS

Apples, oranges, bananas, oh my! Fruits are packed with lots of vitamins and minerals, and can help if you are craving sweets. Aim to make half your plate fruits (and vegetables) and look for whole or dried fruit and 100% fruit juice.

VEGETABLES

Mmmm, vegetables! Vegetables add texture, flavor and lots of great nutrients for your body—who can say no to half your plate?! Fresh or frozen vegetables are best, and try different ways to eat them: raw, steamed, roasted, pureed, and mixed into salads!



GRAINS
Grains give you lots of energy, and help fuel your muscles for running, jumping and playing. Look for "whole grains" on the ingredient list or packages—they are the healthiest. Be careful of the cookies, cakes and crackers in this category, as they have lots of sugar!

PROTEINS
Protein foods help to build our muscles, and make us strong. Many times people only think of meat (lean beef, chicken, turkey, fish are the healthiest!) but, there's other options such as beans, peas, nuts, eggs and seafood. Try adding a little variety to your plate with proteins.

DAIRY
Dairy contains a nutrient called "calcium" that helps keep our bones and teeth nice and strong. Some dairy foods, such as milk, sour cream, cheese and yogurt offer a lower fat option that still gives you the health benefits without the extra fat.



LOOKING FOR MORE WELLNESS TIPS?

Stop down to the Working for Whitewater's Wellness (W3) Health Fair on Sunday March 18th from 1p-4p. This FREE event takes place at the Whitewater High School and is great for the entire family!

FREE Railyard: March

Barrie Elementary
1000 Harriette St. Fort Atkinson, WI

Sunday March 4 2p-4p
Sunday March 11 2p-4p
Sunday March 18 2p-4p
Sunday March 25 2p-4p

National March to Health Month

March is a fun month—Spring is right around the corner, the sun is shining more, and it's starting to get warmer out. Did you know that March is also known as "March to Health Month"?

Being healthy means a lot of things, but some of the basics include:

Visiting your doctor and dentist regularly
By visiting your doctor and dentist, you can get a check up, be up-to-date on immunizations, and talk about any health concerns you may have.

"Parents—if your family is uninsured, or income is a concern, check out the Rock River Free Clinic at www.rockriverfreeclinic.com or by calling (920) 674-7442. The Jefferson County Community Dental Clinic is another resource, but for dental care, information can be found at <http://communitydentalkline.com> or by calling (920) 563-4372.



Exercising daily

Kids and adults should be exercising daily, for 30-60 minutes. Make exercise fun with going outside, playing with friends, riding your bike, walking, hiking, or creating new games!



Eating a well-balanced diet

In addition to March being "March to Health Month", it's also National Nutrition Month—what a great opportunity to be thinking about the food you eat! More information is listed under the "Eat the Rainbow" header.



Say no to smoking

Yuck! Smoking is a bad habit that doesn't help your body. In fact, smoking is linked to causes many different diseases and cancer—that's scary! In addition to the diseases, smoking can make your teeth turn yellow, your breath stinky and make it hard to breathe when you try and run around and play. It's best to just say "no"!



Save the Date!

March 1	PTO Meeting	4:00 p.m.
March 2	End of 2nd Trimester	
March 6	Music Concert - Grades K-2	6 p.m.
March 6	Music Concert - Grades 3-4	7 p.m.
March 13 & 15	Parent Teacher Conferences	3:30-7:30 p.m.
March 16	PTO St. Patrick's Day Dance	6:00 p.m.
March 20	Spring Pictures	
	Band and Music Concert - Grades 5-6	6:30 p.m.
March 26-30	SPRING BREAK	

