



THE AGGIE EXPRESS



Sidney Upton Signs Softball Letter of Intent

Sidney Upton recently signed a National Letter of Intent to attend school and play softball at Mid-Michigan College. Pictured with Sidney from left to right are: Former Beal City Softball Coach – John Davis, Current Softball Coach – Brad Antcliff and Mid-Michigan Softball Coach – Bob Robinson.

*****Staff Member of the Month*****



The Beal City Board of Education, in appreciation of the hard work that is done by all members of Beal City Public Schools, would like to honor one staff member each month for their service to the students and community of Beal City. This month's honoree is Dan Boyer

Mr. Boyer is in his second year as the secondary principal at Beal City Public Schools. He brings incredible passion and enthusiasm to the position and works tirelessly to create a high quality learning environment. Mr. Boyer is highly approachable and goes to great lengths to build relationships with the staff and students of Beal City. Thank you, Mr. Boyer, for everything you do!



Congratulations to Jared Gottschalk, Beal City High School's Rotary Student of the Month. Jared was honored by the Rotary at their weekly meeting and was joined by his parents Curt and Amanda Gottschalk. Keep up the good work, Jared!

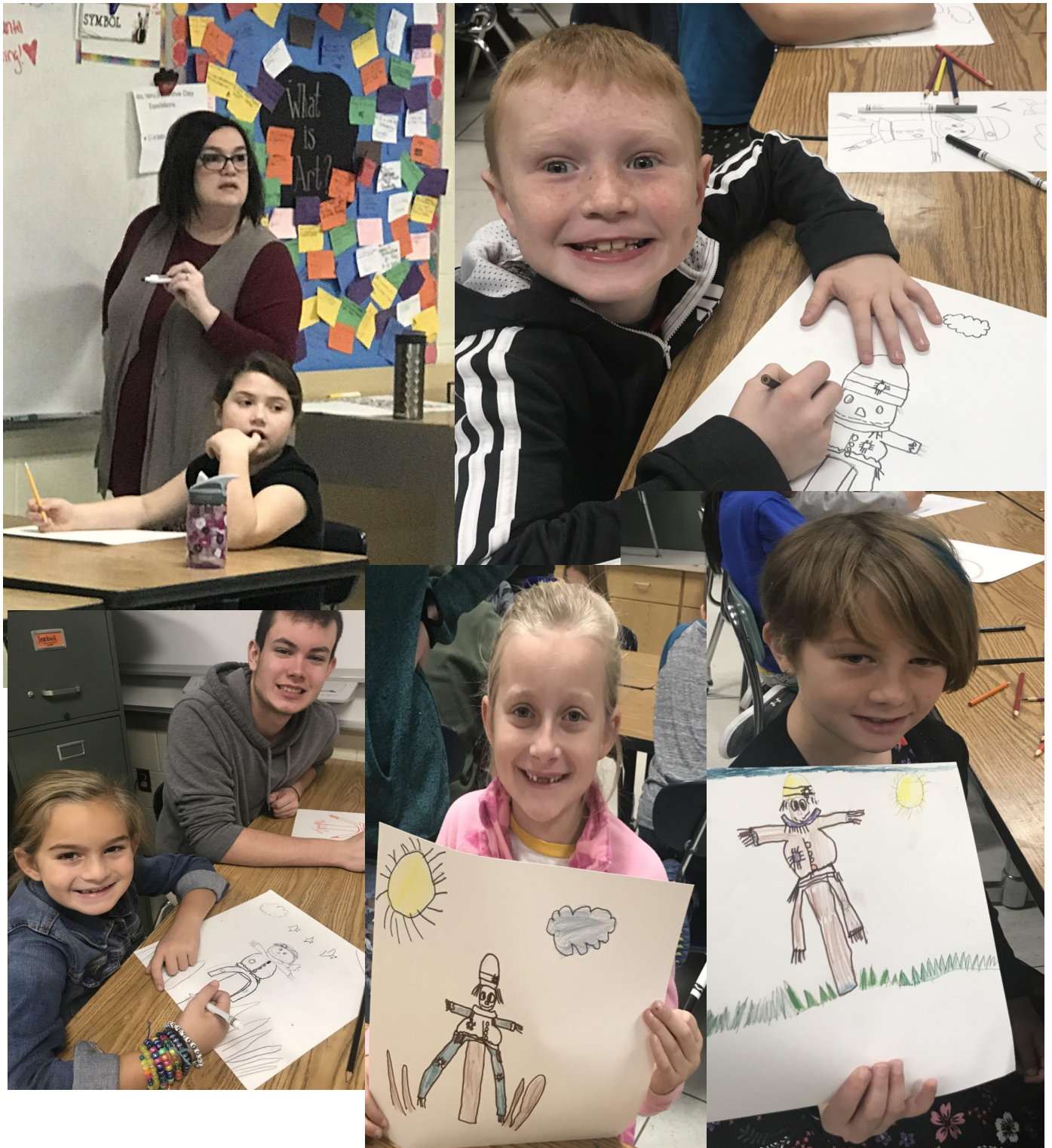
November Middle School Students of the Month

It is a pleasure to reveal the November Middle School Students of the Month. For the sixth grade, the middle school staff felt that Addison Galla went above and beyond to help those around her. The seventh grade Student of the Month, Olivia Martin, was selected because of her positive attitude and diligence to her school work. The eighth grade Student of the Month was awarded to Parker McDonald for his never-give-up attitude and the ability to work well with others. Please congratulate these awesome Aggies when you see them. Beal City Middle School is proud to have you.



Meeting Up for Art Time!

Each month Mrs. Smith's 2nd grade students get the opportunity to meet with Mrs. Henry's High School Art students for a lesson in Art. The students meet in the high school art room and together they learn a new skill in creating something fun for the month. For November, the classes learned to draw scarecrows by using the different shapes they know. They look forward to their next meeting and lesson in December!!





Rylee Sisco Talent Show Winner

On November 13th, the audience was buzzing as 11 acts performed at the annual Beal City Talent Show. This year there were performers ranging from seventh grade all the way up to seniors. Emcees Easton Yuncker, Jared Gottschalk, and Seth Schafer kept the show moving along and the audience engaged between acts. Stealing the show with her rendition of "Say You Won't Let Go" by James Arthur, Rylee Sisco won first place, and was given a trophy and \$25. Second place was awarded to Audree Goffnett for playing her ukulele and singing "Riptide" by Vance Joy, and she was given a \$15 gift card. Our third place award was given to Austin Hauck, who played the guitar and sang "Wagon Wheel" by Darius Rucker. He was also given a gift card. Thank you to all of the community members who attended the show and supported these talented Aggies. A huge thank you to our judges, Sara Doyle, Dan Boyer, and Kelly Schafer, for making the tough decisions. Finally, thank you to the three community members who made monetary donations so that our second and third place winners could be given a gift card.

Beal City Elementary



Students of the Month



Back Row (L to R): Samantha Prout, Emma Maxon, Brooklyn Zeneberg

Front Row (L to R): Ashlyn Kannawin, Aubrey Block

Not Pictured: Delilah Rodriguez

BCEF

This year was a milestone year for the BCEF. This was our 10th birthday!! We started out with the goal of raising \$10,000 in ten years. Here we are, on our 10 year birthday and we have far surpassed our 10 year goal, but, we have a lot more work to do. It has been a whirlwind 10 years, but we firmly believe we are making a difference for the students of Beal City. We have awarded 32 scholarships totaling almost \$15,000. Think about that, we were hoping to raise \$10,000 in ten years, and we have already awarded more money in scholarships than we were hoping to raise in the same amount of time and we can only spend the interest earned!! We look forward to what is in the future for the BCEF.

The BCEF would like to thank the community for another great annual fundraiser. We raised approximately \$7,000 between our Halloween Bash and our sponsors that we had this year. Thank you all. We are increasing our endowed fund every year. The success of the BCEF is a direct reflections of the awesome community we live in. This community cares about Beal City students! The community also sees the opportunity that the BCEF is providing for the future of Beal City students. For the graduating class of 2019, we awarded eight \$500 scholarships and these scholarships were only possible because of the community's generosity.

If you have not heard the great news yet about the BCEF, we announced at the annual fundraiser that our fund now has about **\$125,000 in the endowed funds**. This is a huge milestone and we look forward to see where the fund is going to go from here!!! The BCEF can only spend the interest earned on these funds, so, the more money we get in the fund, the more money there is available for scholarships.

Here is a list of this years sponsors, we could not have gotten to this point without you.

Beal City Village Store	J & J Auto
Block Electric	JD Metalworks
Boge, Wybenga & Bradley CPA's	Marchiando Masonry
Brickner Agency – Farm Bureau Insurance	Pioneer Oil Tools Inc
Central Michigan Sand & Gravel	Pohls Market
CM Schumacher Consulting	Pure Plumbing LLC
Esther Haupt Tax Service	Schafour Builders
Finnerty Builders	Smith & Sons Meat Processing Inc
G & S Mechanical LLC	Yuncker Marine LLC
Gleaner – Mt Pleasant Arbor	

We also had a tremendous Trunk or Treat on Halloween night, other than the weather, but thanks to the school for allowing us to move inside!! We estimate that there were about 500 children who attended the BCEF Trunk or Treat, it was a lot of fun to watch the kids go from station to station in the school and "Trunk or Treat". A huge thank goes out to the 20-30 families and school organization that set up their stations and brought treats for the kids!!

First Quarter Honor Roll

GPA 4.0

Armstrong, Jourdyn	12
Bushong, Sara	12
Carlson, Nicholas	12
Gamble, Gabrielle	12
Gottschalk, Jared	12
Nelson, Olivia	12
Schafer, Christina	12
Schripsema, Chelsea	12
Upton, Sidney	12
Wilson, Aleisha	12
Andrews, Alayna	11
Clark, Matthew	11
Coston, Nathan	11
Daniels, Rosalie	11
Lynch, Cameron	11
Matthews, Ben	11
Mindel, Aidan	11
Pety, Breanna	11
Schumacher, Sage	11
Soules, Sydney	11
Weber, Grace	11
Zuker, Terrell	11
Ambs, Owen	10
Antcliff, Paige	10
Benaske, Hannah	10
Benzinger, Izabella	10
Block, Cade	10
Bushong, Kaylee	10
Conner, Morgan	10
Fussman, Jacob	10
Jaessing, Riley	10
Methner, Kyleigh	10
Onstott, Breanna	10
Onstott, Haiden	10
Owens, Chase	10
Smith, Karly	10
Wilson, Morgan	10
Zeneberg, Zeta	10
Carlson, Emma	9
Carrier, Alyssa	9
Fussman, Carter	9
Goffnett, Audree	9
Gross, Owen	9
Gross, Rachel	9

GPA 4.0 Cont.

Hall, Grant	9
Locke, Mikayla	9
Onstott, Tailor	9
Scully, Sawyer	9
Sisco, Rylee	9
Straus, Benjamin	9
Vogel, Isaak	9
Fussman, Jack	8
Gross, Ann	8
Latham, Jamisen	8
Lynch, Eva	8
Sellers, Mackenna	8
Galla, Addison	6
Gottschalk, Benjamin	6
Higgins, Wesley	6
Straus, Kelsey	6
GPA 3.5 to 3.99	
Chilman, Logan	12
De Vos, Wannes	12
Embs, Nicholas	12
Faber, Eric	12
Faber, Heather	12
Finnerty, Nicholas	12
Hines, Ryleigh	12
Korunka, Martin	12
Lorenz, Shane	12
Lyon, Jay	12
Mayer, Raymond	12
Methner, Jakob	12
Meyers, Grace	12
Pasch, Lauren	12
Pung, Jace	12
Purgiel, Gavin	12
Reihl, Nathan	12
Salter, Hayden	12
Schafer, Jack	12
Schafer, Seth	12
Small, Trey	12
Case, Ayden	11
Ciochetto, James	11
Conner, Hunter	11
De Vos, Tijl	11
Faber, Travis	11

GPA 3.5 to 3.99 Cont.

Fussman, Chloe	11
Gross, Derek	11
Gross, Jacob	11
Hauck, Austin	11
Haupt, Owen	11
Hopkins, Michael	11
Jones, Greenlee	11
Keller, Kinleigh	11
Kent, Marcus	11
Kolb, Matthew	11
Maxon, Jason	11
Peak, Jake	11
Pratt, Jesse	11
Sandel, Cassidy	11
Theisen, Ellie	11
Torpey, Bailey	11
Turner, Kirsten	11
Tyler, Dustin	11
Vollmar, Jacob	11
VonDoloski, Macy	11
Antcliff, Natalie	10
Bailer, Addie	10
Dempsey, Eliza	10
Faber, Jenna	10
Fike, Rylee	10
Gamble, Megan	10
Goodrich, Keara	10
Gross, Brandon	10
Haynes, Brayden	10
Johnston, Megan	10
Kent, Mykenzie	10
Konwinski, Kyleigh	10
Maeder, Kayley	10
Martin, Brendan	10
Mishler, Logan	10
Morgenstern, Amanda	10
Pritchard, Logan	10
Raitz, Zachary	10
Rau, Anna	10
Sellers, Peyton	10
Weber, Rachal	10
Whitehead, Christopher	10
Wilson, Konnor	10
Wood, Olivia	10

GPA 3.5 to 3.99 Cont.

Zuker, Donovan	10
Armstrong, Hadyn	9
Carnes, Elaina	9
Davis, Kyle	9
Duynslager, Richard	9
Faber, Cecilia	9
Haupt, Luke	9
Langlois, Karana	9
Linton, Lynnzey	9
Lipar, Gabrial	9
Lorenz, Grant	9
Meyers, Zachary	9
Pratt, Waylon	9
Schafer, Harmony	9
Seeger, Mattie	9
Zuker, Addyson	9
Zuker, Braylon	9
Butkovich, Payton	8
Calkins, Madison	8
Ehler, Carlie	8
Elias, Dylan	8
Fernandez, Vancio	8
Fox, William	8
Garrett, Peyton	8
Gilde, Bennett	8
Gross, Lane	8
Kunik, Olivia	8
Lasater, Genevieve	8
Lyon, Luke	8
McDonald, Parker	8
Owens, Gracelynn	8
Pappas, Jaxon	8
Pety, Emma	8
Rau, Caitlyn	8
Reihl, Alida	8
Scarborough, Adra	8
Smith, Cayden	8
Straus, Kylis	8
Tovar, RosaMarie	8
Vincent, Megan	8
Wilson, Avery	8
Zeien, Oliver	8
Bailey, Jordan	7
Block, Drew	7

First Quarter Honor Roll

GPA 3.5 to 3.99 Cont. GPA 3.5 to 3.99 Cont. GPA 3.00 to 3.49 Cont. GPA 3.00 to 3.49 Cont.

Breuer, Gabrielle	7	Theisen, Nole	6	Schumacher, Jackson	10	Wezensky, Chase	7
Bushong, Ryan	7	Upton, Jacob	6	Wilson, Wade	10	Wilson, Khloe	7
Carnes, James	7	Weber, Jordan	6	Backus, Lilly	9	Wright, Maxine	7
Cook, Adrianna	7	Wilson, Aubrey	6	Cotter, Kayden	9	Zeien, Eli	7
Cotter, Sean	7	Woodbury, Aleah	6	Duynslager, Roman	9	Beebe, Makenna	6
Davis, Isabelle	7	Yats, Abigail	6	Gardner, Janice	9	Beutler, Jacob	6
Doyle, Addison	7	Zuker, Garrison	6	Hernandez, Taneil	9	Bravo-Buchholz, Brian	6
Faber, Jace	7	GPA 3.00 to 3.49		Keller, Kade	9	Cotter, Kaitlyn	6
Federico, Joseph	7	Ames, Ryan	12	Kovacs, Owen	9	Danielski, Noah	6
Gross, Austin	7	Benaske, Alex	12	Martin, Lucas	9	Flaughner, Chloe	6
Harsh, Alana	7	Faber, Joslyn	12	Recker, Justin	9	Hayward, Konner	6
Hulliberger, Hailey	7	Fillenworth, Lyndsey	12	Seeger, Samantha	9	Jackson, Isaac	6
Johnston, Macy	7	Finnerty, Robert	12	Straus, Casey	9	Jones, Blake	6
Ketchen, Hailey	7	Graveratte, Justin	12	Straus, Kadin	9	Marquiss, Lizzy	6
Lehnert, Caleb	7	Methner, William	12	Thelen, Ava	9	Marquiss, Lucas	6
Leppert, Liliana	7	Neath, Talon John	12	Vollmar, Madilyn	9	McBride, Allyson	6
Licari, Lauryn	7	Paul, Ivan	12	Weeden, Angel	9	Patterson, Makayla	6
Lobert, Gabriel	7	Philo, Jessica	12	Woodbury, Mackenzie	9	Raitz, Madison	6
Locke, Brianna	7	Puhlman, Allison	12	Cotter, Emily	8	Rodriguez, Celicia	6
Manley, Jordyn	7	Schafer, Ty	12	Cotter, Kennedy	8	Sheridan, J J	6
Martin, Kyle	7	Seeger, Cierra	12	Elliott, Ava	8	Zuker, Sydney	6
Martin, Olivia	7	Smith, Chase	12	Flachs, Devin	8		
McKenny, Owen	7	Sparks, John	12	Flaughner, Madison	8		
Milett, Ava	7	Sytek, Ashlynn	12	Fussman, Ella	8		
Pritchard, Maxwell	7	Yuncker, Easton	12	Harsh, Kiera	8		
Proton, Victoria	7	Zuker, Marcus	12	Merrill, Dominic	8		
Salisbury, Lydee	7	Ambs, Hunter	11	Methner, Lily	8		
Schumacher, Jody	7	Cotter, DJ	11	Pasch, Jacob	8		
Weber, Sophia	7	Danielski, Chloe	11	Perreault, Daniel	8		
Zeneberg, Zabrina	7	Embs, Myles	11	Recker, Lily	8		
Benscoter, Chloe	6	Fussman, Natalie	11	Schafer, Brayden	8		
Boge, Nicholas	6	Gott, Ethan	11	Schuch, Grace	8		
Doyle, Hayden	6	Locke, Ethan	11	Strong, Emalee	8		
Eisenhauer, Olivia	6	Longtin, Natalie	11	Wilson, Joshua	8		
Ervin, Nicolas	6	Powell, Brennan	11	Hanner, Brooklynne	7		
Faber, Madalyn	6	Sawmick, Alexandria	11	Isaac, Kayne	7		
Fenton, Conner	6	Ames, Samantha	10	McQueen, Cooper	7		
Gatrell, Drake	6	De Vos, Pepijn	10	Rau, Luke	7		
Hubble, Johanna	6	Embrey, Madalyn	10	Reihl, Ava	7		
Longtin, Lanie	6	Gross, Emma	10	Schafer, Kiyana	7		
Markert, Kendall	6	Hansen, Chandler	10	Sienkiewicz, Parker	7		
Pierson, Elijah	6	Miles, Hunter	10	Small, Austin	7		
Schuberg, Avery	6	Oswald, Matthew	10	Strong, Ella	7		
Sisco, Jaylyn	6	Philo, Elizabeth	10	Tilman, Cole	7		



5th Grade First Quarter Honor Roll

Backus, Zachary	5
Bellinger, Bradley	5
Block, Emma	5
Bravo-Buchholz, Araseli	5
Davis, Landon	5
Fenton, Addison	5
Fox, Spencer	5
Frazier, Carter	5
Gilde, Bryn	5
Gittus, Dylan	5
Gross, Lily	5
Keehbauch, Taylor	5
Lehnert, Micah	5
Leppert, Novalee	5
Martin, Sophia	5
Onstott, Madisyn	5
Owens, Riley	5
Scarbrough, Cooper	5
Schultz, Katelyn	5
Sienkiewicz, Connor	5
Small, Avery	5
Smith, Cuyler	5
Stack, Madyson	5
Strong, Eden	5
Sturm-Richmond, Keirsten	5
Tovar, Maribel	5
Weber, Jacob	5
Wheaton, Elizabeth	5
Wilson, Cooper	5
Wixson, Carter	5
Wolff, Karis	5
Zeneberg, Brooklyn	5

CONGRATULATIONS!



Holiday Program/Senior Citizen Reception

The annual Mayes Elementary Holiday Program/Senior Citizen Reception will take place on Friday, December 20th, 2019. The Senior Citizen Reception will begin at 12:30 p.m., with the Holiday Program following at 1:00 p.m. Both will take place in the elementary gym. Come out for an afternoon of fun and entertainment!

YOUTH BASKETBALL CLINICS

Youth and JH Girls Basketball Camp registrations are taking place. Flyers have been sent home. Please call the elementary office at 989-644-2740 or the high school office at 989-644-3944 for more information!

Boys Basketball camps for grades 1-6 will run Saturday, December 7, 14, 21 and January 4 from 8:00 a.m. to 10:00 a.m. Registration forms have been sent home. Please call Todd Schafer @ 989-615-4176, Cameron Gatrell @ 989-621-5801 or Kyle Gross @ 989-621-1625 with any questions.



Competitive Cheer Mat Donors

The Beal City Competitive Cheer program is sending a hearty thank you to the following donors for donations totaling \$4,700 toward the purchase of new competitive cheer mats. With a special thank you going out to the Craig and Marsha Zeneberg family for a monetary donation and time dedicated to organizing and recruitment of funding.

Donors include: Craig and Marsha Zeneberg, Mick and Kasie Natzel, Frank Ross PC, Brad Malley Well Drilling, Clark Manufactured Homes, Hammer Restoration, Lj's Kitchens and Interiors, G&S Mechanical, Zeny's Residential Electric and Whitetails Unlimited.

Thank you to all for your generous contributions to this project.

Winter Sports Schedule

IV/V Boys Basketball

Mon. Dec. 9	6:00 p.m.	@SHA
Fri. Dec. 13	6:00 p.m.	@McBain
Tues. Dec. 17	6:00 p.m.	Roscommon
Thurs. Dec. 19	6:00 p.m.	Manton
Fri. Jan. 3	2:30 p.m.	West Catholic @Cornerstone Univ.
Wed. Jan. 8	6:00 p.m.	@Lake City
Fri. Jan. 10	6:00 p.m.	@Houghton Lake
Tues. Jan. 14	6:00 p.m.	Pine River
Mon. Jan. 20	6:00 p.m.	@Ewart
Wed. Jan. 22	6:00 p.m.	@Clare
Fri. Jan. 24	6:00 p.m.	McBain NMC
Tues. Jan. 28	6:00 p.m.	McBain
Thurs. Jan. 30	6:00 p.m.	@Roscommon
Wed. Feb. 5	6:00 p.m.	@Manton
Fri. Feb. 7	6:00 p.m.	Lake City
Tues. Feb. 11	6:00 p.m.	Houghton Lake
Thurs. Feb. 13	6:00 p.m.	@Pine River
Fri. Feb. 21	6:00 p.m.	Ewart
Thurs. Feb. 27	6:00 p.m.	@McBain NMC
Tues. Mar. 3	6:00 p.m.	SHA



Freshman Basketball

Tues. Dec. 10	5:30 p.m.	Big Rapids
Fri. Dec. 13.	4:30 p.m.	@ McBain
Tues. Dec. 17	4:15 p.m.	Chippewa Hills
Thurs. Dec. 19	4:30 p.m.	@Fulton
Fri. Jan 3	1:00 p.m.	@West Catholic H.S.
Tues. Jan. 7	5:30 p.m.	Clare
Fri. Jan. 10	4:30 p.m.	@Houghton Lake
Thurs. Jan. 16	4:00 p.m.	@Chippewa Hills
Wed. Jan. 22	4:30 p.m.	@Clare
Fri. Jan. 24	4:30 p.m.	@Sanford Meridian
Tues. Jan. 28	4:00 p.m.	@Big Rapids
Thurs. Jan 30	5:30 p.m.	McBain
Fri. Feb. 7	4:15 p.m.	Fulton
Tues. Feb. 11	4:30 p.m.	Houghton Lake
Thurs. Feb. 20	4:15 p.m.	Sanford Meridian
Mon. Feb. 24	4:15 p.m.	Shepherd

Competitive Cheer

Fri. Dec. 13	TBA	@Shepherd
Wed. Dec. 18	6:00 p.m.	@McBain
Sat. Jan. 11	12:30 p.m.	@Midland Invite
Sat. Jan. 18	10:00 a.m.	Beal City
Wed. Jan. 22	6:00 p.m.	@Ewart Invite
Sat. Jan. 25	TBA	@Alma College Spiritfest
Wed. Jan. 29	6:00 p.m.	@Chip Hills Warrior Invite
Wed. Feb. 5	6:00 p.m.	@Marion Invite
Sat. Feb. 9	2:00 p.m.	@Houghton Lake Invite



JV/Varsity Girls Basketball

Wed. Dec. 4	6:00 p.m.	@Vestaburg
Fri. Dec. 6	6:00 p.m.	@McBain NMC
Thurs. Dec. 12	6:00 p.m.	@McBain
Wed. Dec. 18	6:00 p.m.	Roscommon
Fri. Dec. 20	6:00 p.m.	Manton
Fri. Jan. 3	6:00 p.m.	Montabella
Tues. Jan. 7	6:00 p.m.	@Lake City
Thurs. Jan. 9	6:00 p.m.	@Houghton Lake
Tues. Jan. 14	6:00 p.m.	@SHA
Wed. Jan. 15	6:00 p.m.	Pine River
Tues. Jan. 21	6:00 p.m.	@Ewart
Thurs. Jan. 23	6:00 p.m.	McBain NMC
Fri. Jan. 31	6:00 p.m.	@Roscommon
Tues. Feb. 4	6:00 p.m.	@Manton
Thurs. Feb. 6	6:00 p.m.	Lake City
Wed. Feb. 12	6:00 p.m.	Houghton Lake
Fri. Feb. 14	6:00 p.m.	@Pine River
Thurs. Feb. 20	6:00 p.m.	Ewart
Mon. Feb. 24	6:00 p.m.	Clare
Thurs. Feb. 27	6:00 p.m.	McBain

**Tribal Grants Awarded**

Well it is that time of year again when we can be thankful, not just to and for family, coworkers, friends and for being happy, healthy and safe but to the Saginaw Chippewa Indian Tribe. We recently applied for about \$300,000 in grants and we have been awarded \$122,287.24. Thank you to all who applied for a grant and congratulations to the following winners of this fall's tribal grants.

Veena Cole - Safe Schools Have Door Closers - \$44,121.00

Jennifer Davis - Gay/Straight Alliance Club - \$1,206.98

Sara Doyle - Pick Up a Book and Read - \$ 1,200.00

Marci Faber - New Cafeteria tables - \$33,993.89

G'ne Jorgensen - IXL: Providing Differentiated Learning for All - \$8,417.50

Donna Horsley - Novels for Classroom Independent Reading in MS&HS - \$10,000.00

Donna Horsley - STEM Focused Books for K-12 Library - \$9,978.00

Scott Leppert - Chemistry Equipment and Supplies - \$6,338.00

Michelle Maxon - Flashcard Fridays - \$263.82

Jessi Spry - Technology to Enhance STEM in the Classroom - \$4,968.14

James Tice - STEM Field Trips - \$1,800.00



School Breakfast Facts

A great breakfast program is offered at school every day!

Here are some fun facts about school breakfast:

- It's easy! Instead of running around in the morning trying to make sure your children eat a healthy meal, let us do the work. They can get a great breakfast at school, and there will be no dishes for you to wash!
- It's affordable! If qualified, your child may be able to get breakfast at a reduced price or for free. If your child already eats a free or reduced price lunch, they automatically qualify for a free or reduced price breakfast.
- It's tasty! Schools now have more variety to choose from when deciding what to offer your children for breakfast. Request a menu so you can view what your child may be eating at school.
- It's good for the brain! Research suggests that not having breakfast can affect children's intellectual performance (CDC).

Every morning our breakfast consists of a hot lunch item and these cold whole grain items: muffins, uncrustables, donuts, cereal, cheese stick, juice and milk. Students must choose a fruit and 2 grain items.

Location: Aggie Cafeteria

Breakfast time every day: 7:40-8:05

Full pay price: \$1.75

Reduced: \$.30

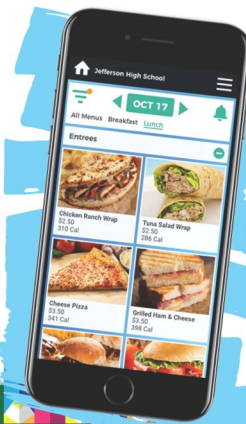
Remember, no breakfast will be served if we have a delay.

Your school menu has now gone digital!

Visit:

bealcityschools.nutrislice.com

to see menus!



Your menus are now more convenient and informative than ever before!

- > View images and descriptions
- > View nutrition information for each food
- > Filter the menu for specific food allergens
- > Access menus with the Nutrislice mobile app
- > Rate foods and see carb counts



So Many Activities, So Little Time

Students who are involved in extracurricular activities—from chess club to cheerleading to chorus—tend to have higher self-esteem and stronger connections to school. But an overloaded schedule with too many activities can have the opposite effect, leaving your child—and you!—stressed. Keep these tips in mind for managing your child's activity load.

Aim for 3 activities.

Though every child is different, psychologists often suggest involving a child in no more than three activities at a time: one social activity (like Boys' Club or a church group); one physical activity (like gymnastics, swimming, or basketball); and one artistic activity, such as an art class or music lessons.

Limit involvement.

To avoid burnout, keep involvement in any one activity to just a day or two a week, unless your child absolutely begs for more. Check with them periodically to make sure they are still eager to attend; if not, scale back.

Broaden their horizons.

Although following your child's interests is important, introduce your child to something new, whether it's a new sport, a musical instrument, or a group like Boy Scouts or Girl Scouts.

The secret to keeping enthusiasm high is to start slowly and gauge your child's interest before committing beyond the first few sessions.

Be supportive, not critical.

No matter what your child is interested in, remember that your job as a parent is to be supportive. The point of activities is to expand your child's interests and abilities, not to transform him or her into a child prodigy or the next sports superstar.

Schedule downtime.

Children need time to ponder, explore, and play—but an overloaded schedule prevents that. Make sure that when the day is over and the homework is done, there's still time for your child to be a kid.



Change it up.

Specializing in one activity—especially a sport—at a very young age can be harmful. Pediatricians discourage the kind of repetitive movements that come from concentrated effort in one sport. Plus, kids who dedicate themselves to a single sport early can burn out later and may regret not trying other sports.

Watch for signs of stress.

The stress of trying to keep up with too many planned activities can take a physical toll on your child. Watch for signs of stress, including stomachaches and headaches, difficulty paying attention, a drop-off in interest in activities he or she used to enjoy, and increased “clinginess” with a parent or other close adult (e.g., teacher, babysitter). If you notice any of these signs, chances are your child needs to cut back on activities and de-stress.

De compress at home.

Make sure there's room in your schedule for family time. Children need to have meals with their parents, hear bedtime stories, share chores, and play games. Extra-curricular activities can help children learn and grow, but remember that what your child needs first and foremost is to feel special and loved.

Beal City Public Schools
3180 W Beal City Rd
Mt. Pleasant, MI 48858

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Board Briefs

The following was approved at a regular board meeting on November 18, 2019:

- General Fund payments of \$493,490.17, Payroll Account payments of \$1,514.86, Hot Lunch payments of \$17,090.52, Student Activity Account payments of \$22,536.76, Custodial Fund payments of \$1,642.76 Athletic Fund payments of \$7,242.68, Arbiter Sports payments of \$1,597.00, Debt Fund 2012 payments of \$10,539.75, Debt 2004 payments of \$7,760.00, Debt SBLF payments of \$7,047.75, Debt 2017 payments of \$8,615.00, Capital Project payments of \$41,698.41
- The MRIC Participation Resolution as presented.
- The 2nd reading of the NEOLA Policy Fall Updates as presented.
- The 8th Gr. Out of State Trip Request as presented.
- Accept Aarron Butkovich's coaching resignation as presented. He is resigning as a Voluntary Assistant Basketball coach so that he can coach the JH winter ball team during the off season.
- The following coaching recommendations as presented: Zach Hrymecki – Voluntary Assistant Boys Basketball, Collin Hoerberling – Voluntary Assistant Boys Basketball, Madison Menheer – Voluntary Assistant Cheer and Kylea Hoover – Voluntary Assistant Girls Basketball.
- Accept Heather Helmboldt's bus driver resignation as presented.

To locate the Beal City Board of Education agenda and minutes from the monthly Board meetings, please see the Beal City website. Click on District Info, Board of Education, then click on the Board of Education on the left hand side to receive a menu. From there click on Meeting.