



THE AGGIE EXPRESS



Pictured are Krista Brickner (agent), Natalie Antcliff (first place), Bella Benzinger (second place) Morgan Connor (third place), and G'Ne Holt (teacher).



America & Me Essay Winners



Congratulations to the three America & Me Essay finalist at Beal City!

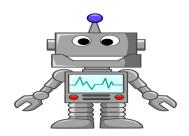
Natalie's essay advanced to the State level competition, from which the top ten essays in Michigan will be selected and honored at a banquet in Lansing.

Congratulations and thank you to all who participated!



Team Members: Front Row: Blade Vavzincak, Nick Finnerty, Kohl Keller, Jakob Methner, Zoe Mishler. Middle Row: Mr. Pittsley, Thomas Neyer, Ms. Courtright, Kenny Meyers, Hayden Salter, Ron Neyer, Dexter Lynch, Jay Lyon. Back Row: Tim Swanson Sr., Tim Swanson Jr., Bill Scott and Andy MacIntosh.





Team 6033 Gadget Agents Robotics

Team 6033 would like to say, "Thank You" to all of our sponsors, mentors, parents and the school for their continued support of our program. We could not do this without your continued support!!

The Beal City High School Robotics Club Team 6033 had a great season this year. They placed 24th out of 40 teams at the Kettering District and 16th out of 41 teams at the Lake Superior State University District in April.

In both competitions, the Gadget Agents were picked to go into the Quarter-Finals and Compete with two other teams. This is called an Alliance. The three teams strategize with each other and come up with a plan to do battle. Congratulations on a great season. Be very **PROUD** of what you all accomplished.

If any 7th thru 12th grade students are interested in joining Team 6033 Robotics Club, feel free to contact Ms. Courtright at the school or any Robotics member.



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 Tami Wilson.

Tami started working as a cafeteria monitor in December, 2017. She has already made a positive impact and is starting an Aggie PRIDE incentive program for the elementary. She is going above and beyond with this incentive program to bring a new look and fun to lunch time. She is an asset to the Aggie Café staff and all of the students. We are looking forward to all that she has to offer the Beal City Aggie Family in the future. Thank you, Tami, for all that you do!

Board Briefs

The following was approved at a regular board meeting on April 16, 2018:

- General Fund payments of \$883,921.66, transfers to Payroll Acct. payments of \$171,159.54, Hot Lunch payments of \$14,325.43 and Athletic Fund payments of \$10,412.18, Capital Projects 2017 checking payments of \$30,403.54 and Capital Projects 2017 Money Market ACH Transfer of \$25,000.00.
- The 2017-2018 Mid-Year Budget Amendments as presented.
- Authorize Bill Chilman to sign the lease with Apex Energy.
- The following coaching recommendations as presented: Jaclyn Woodbury Voluntary Assistant Girls Track and Ryanne McKenna Voluntary Assistant JV Softball.

Billy Chilman has been hired as an Assistant Boys Track Coach through PCMI.

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.



Feature Staff Person

Beal City Schools would like to introduce Jason Steiner as our new Middle School/High School Science Teacher. Jason is a 1994 graduate of Chippewa Hills High School and received a B.S. in Secondary Education SCI/Math/GEO from Central Michigan University in 2001.

Jason has a daughter, Sierra, who was born in 2007. She likes all aspects of the outdoors. Her main interests are camping, hiking, swimming and fishing.

We are very excited to have Jason working here at Beal City Schools. Welcome, Jason!!

St. Jude's Math-A-Thon

This winter, the fourth through sixth grade students had the opportunity to participate in a Math-A-Thon for St. Jude's Children's Research Hospital. Seventeen students participated, raising \$594. This money helps desperately ill children by funding research and treatments. A few fifth grade participants want to share their thoughts on the Math-A-Thon. Cole remembers, "The math was fun, and it gives money to kids that need help." Macy explains, "I decided to do it because I like that the money goes to St. Jude to help the kids." Lauryn says, "The thing I liked best was that you can help people. By doing a couple of problems you can help a couple of lives." Thank you to all the students who participated and the community for supporting them. You really made a difference in a child's life.





Morgan Wilson





Grant Hall



Alyssa Carrier

All the Buzz about the Spelling Bee

Recent winners of the Beal City Public Schools Spelling Bee were Morgan Wilson- 1st place, Grant Hall - 2nd place and Alyssa Carrier- honorable mention.

Morgan and Grant will advance to the Regional Spelling Bee located at the Broadway Theatre on May 15, 2018. Congratulations to all our winners and good luck at regionals, Morgan and Grant!!!

Beal City Elementary



Students of the Month

April 2017



Back Row (Left to Right): Calvin Gruss, Vincio Fernandez, Konner Hayward Front Row (Left to Right): Ashlyn Kannawin, Taylor Keehbauch, Charlotte Thompson, Colton McCullough





Spring Sing/Senior Citizen Reception

The annual Mayes Elementary Spring Sing/Senior Citizen Reception will take place on Thursday, May 17, 2018. The Senior Citizen Reception will begin at 12:30 p.m. with the Spring Sing immediately following at 1:00 p.m. Both will take place in the elementary gym. Come out for an afternoon of fun and entertainment!

3rd Quarter Honor Roll

GPA 4.0	GPA 4.0 Cont.	GPA 3.5 – 3.99 Cont.	GPA 3.5 – 3.99 Cont.
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0111110		O111 110 O01111		0111010 0100 0	J1111	0111010 0100 001	
Clark, Jason	12	Soules, Sydney	9	Schafer, Aaron	12	Schafer, Jack	10
Freeze, Nicholas	12	Theisen, Ellie	9	Sharrar, Kollin	12	Schafer, Ty	10
Hernandez, TeAnna	12	Torpey, Bailey	9	Steffke, Isabelle	12	Schripsema, Chelsea	10
Matthews, Caitlyn	12	Weber, Grace	9	Trevino, Shelby	12	Small, Trey	10
McCoy, Wyatt	12	Ambs, Owen	8	Yuncker, Mackenzie	12	Yuncker, Easton	10
McMullen, Amanda	12	Antcliff, Natalie	8	Carrier, Samantha	11	Ciochetto, James	9
Reihl, Ashley	12	Antcliff, Paige	8	Case, Austin	11	Conner, Hunter	9
Schafer, Ryan	12	Benaske, Hannah	8	Clark, Joe	11	Faber, Travis	9
Steffke, Madeline	12	Benzinger, Izabella	8	Dodds, Erin	11	Fussman, Natalie	9
Turner, Lauren	12	Block, Cade	8	Ehler, Emilie	11	Gott, Ethan	9
Coston, Kristen	11	Conner, Morgan	8	Eiseler, Alexandrea	11	Gross, Jacob	9
Daniels, Katharine	11	De Vos, Pepijn	8	Fillenworth, Jordyn	11	Hauck, Austin	9
Fike, Kennedy	11	Fussman, Jacob	8	Fussman, Alexandria	11	Haupt, Owen	9
Hoover, Kylea	11	Gross, Brandon	8	Fussman, Spencer	11	Jones, Greenlee	9
Lynch, Dexter	11	Jaessing, Riley	8	Gottleber, Jadrian	11	Kolb, Matthew	9
Pasch, Kelsey	11	Johnston, Megan	8	Hall, Jillian	11	Long, Jayden	9
Pung, Adam	11	Konwinski, Kyleigh	8	Hansen, Jaeden	11	McGuire, Ana	9
Torpey, Cody	11	Methner, Kyleigh	8	Haynes, Keegan	11	Noeker, Dulaney	9
Wilson, Kendyl	11	Onstott, Breanna	8	Jaessing, Chloe	11	Sandel, Cassidy	9
Yoder, Katlyn	11	Owens, Chase	8	Lybeer, Kara	11	Schuch, Faith	9
Zeneberg, Zoey	11	Pritchard, Logan	8	Mindel, Gracie	11	Turner, Kirsten	9
Armstrong, Jourdyn	10	Smith, Karly	8	Mishler, Zoey	11	Vollmar, Jacob	9
Bushong, Sara	10	Wichert, Allison	8	Moody, Faith	11	VonDoloski, Macy	9
Gottschalk, Jared	10	Wilson, Morgan	8	Paul, Hazel	11	Zuker, Terrell	9
Hines, Ryleigh	10	Wood, Olivia	8	Reihl, Kayla	11	Ames, Samantha	8
Lyon, Jay	10	Zeneberg, Zeta	8	Sandel, Kyle	11	Bushong, Kaylee	8
Nelson, Olivia	10	Carlson, Emma	7	Schafer, Noel	11	Dempsey, Eliza	8
Reihl, Nathan	10	Carrier, Alyssa	7	Schwerin, Amy	11	Embrey, Madalyn	8
Schafer, Seth	10	Locke, Mikayla	7	Vavzincak, Blade	11	Faber, Jenna	8
Upton, Sidney	10	Onstott, Tailor	7	Whitehead, Brennen	11	Fike, Rylee	8
Wilson, Aleisha	10	Vogel, Isaak	7	Zeien, Megan	11	Gamble, Megan	8
Case, Ayden	9	CD# 2 F 2 00		Benaske, Alex	10	Gottleber, Ryan	8
Clark, Matthew	9	GPA 3.5 – 3.99		Chilman, Logan	10	Gross, Emma	8
Coston, Nathan	9	Beltinck, Rachel	12	Faber, Joslyn	10	Haynes, Brayden	8
Daniels, Rosalie	9	Clouse, Spencer	12	Fillenworth, Lyndsey	10	Kent, Mykenzie	8
Fussman, Chloe	9	Darnell, Tyler	12	Gamble, Gabrielle	10	Maeder, Kayley	8
Lynch, Cameron	9	Lambourn, William	12	Gamboa, Maria	10	Martin, Brendan	8
Matthews, Ben	9	Loos, Andie	12	Garrett, Breanna	10	Mishler, Logan	8
Maxon, Jason	9	Lorenz, Madison	12	Lorenz, Shane	10	Morgenstern, Amanda	8
Mindel, Aidan	9	Natzel, Gabriel	12	Mayer, Raymond	10	Onstott, Haiden	8
Pety, Breanna	9	Nelson, Max	12	Meyers, Grace	10	Oswald, Matthew	8
Pratt, Jesse	9	Phelps, Nicholas	12	Pasch, Lauren	10	Raitz, Zachary	8
Schumacher, Sage	9	Raitz, Rebekah	12	Purgiel, Gavin	10	Rau, Anna	8
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3rd Quarter Honor Roll

GPA 3.5 – 3.99 Cont.

Schumacher, Jackson	8
Sellers, Peyton	8
Sparks, Jenna	8
Whitehead, Christopher	8
Wilson, Konnor	8
Wilson, Wade	8
Zuker, Donovan	8
Armstrong, Hadyn	7
Carnes, Elaina	7
Faber, Cecilia	7
Fussman, Carter	7
Goffnett, Audree	7
Gross, Owen	7
Gross, Rachel	7
Langlois, Karana	7
Pratt, Waylon	7
Recker, Justin	7
Schafer, Harmony	7
Seger, Mattie	7
Sisco, Rylee	7
Straus, Benjamin	7
Zuker, Braylon	7

GPA 3.00 - 3.49

Andrews, Mahealani	12	
Farrell, Dale		
Hodges, Rebecca	12	
Kotecki, Alex	12	
Myers, Nicole	12	
Peak, Alli	12	
Reihl, Nathaniel	12	
Render, Brenden	12	
Schumacher, Lucas	12	
Schwerin, Charles	12	
Seger, Hunner		
Upton, Brett	12	
VonDoloski, Miles	12	
Yoder, Zachary	12	
Fussman, Mitchell	11	
Haupt, Amanda	11	
Lorenz, Anna		
Miller, Kayla	11	
Powell, Elizabeth		
Schafer, Daniel		

GPA 3.00 - 3.49 Cont.

Shaner, Brenden	11
Small, Trevor	11
Yuncker, Valerie	11
Carlson, Nicholas	10
De Vos, Wannes	10
Embs, Nicholas	10
Faber, Eric	10
Faber, Heather	10
Kerr, Cody	10
Lesage, Marc	10
Methner, William	10
Puhlman, Allison	10
Pung, Jace	10
Schafer, Christina	10
Seger, Cierra	10
Smith, Chase	10
Ambs, Hunter	9
Camp, Angelica	9
De Vos, Tijl	9
Embs, Myles	9
Hopkins, Michael	9
Keller, Kinleigh	9
Kent, Marcus	9
Kotecki, Angela	9
Longtin, Natalie	9
Peak, Jake	9
Powell, Brennan	9
Tyler, Dustin	9
Barz, Abigayle	8
Mayer, Nicholas	8
Weber, Rachal	8
Gotts, Mia	7
Hall, Grant	7
Haupt, Luke	7
Lipar, Gabrial	7
Long, Haylee	7
Lorenz, Grant	7
Meyers, Zachary	7
Peirce, Richard	7
Scully, Sawyer	7
Seger, Samantha	7
Vollmar, Madilyn	7
Zuker, Addyson	7

5th & 6th Grade All A's & B's

5th grade

Jordan Bailey Gabrielle Breuer Braden Chippewa Adrianna Cook Michelle Cotter Sean Cotter Isabelle Davis Joseph Federico Calvin Gruss Brooklynne Hanner Hailey Hulliberger Kayne Isaac Macy Johnston Hailey Ketchen Caleb Lehnert Liliana Leppert Calaya Leonard Lauryn Licari Gabriel Lobert Jordyn Manley Kyle Martin Cooper McQueen Ava Milett Morgan Oswald Maxwell Pritchard Victoria Proton Luke Rau Lydee Salisbury **Austin Small** Ella Strong Chase Wezensky Khloe Wilson Bradyn Woodbury Maxine Wright

6th Grade

Madison Calkins **Emily Cotter** Carlie Ehler Vincio Fernandez William Fox Peyton Garrett Bennett Gilde Ann Gross Lane Gross Luke Lvon Dominic Merrill Gracelynn Owens Jaxon Pappas Daniel Perreault Adra Scarbrough Brayden Schafer Mackenna Sellers Cayden Smith **Kylis Straus** Emalee Strong Rosamarie Tovar



FOOTBALL SIGN UP BEAL CITY JR HIGH & ROCKET FOOTBALL

THEOTEALL \$100
ROCKET FOOTEALL \$100
TH CHEERLEADING \$60
ROCKET CHEERLEADING \$60

IN THE LOBBY
IN FRONT OF BIG GYM

MONDAY MAY 14TH TUESDAY MAY 15TH

6:00 PM - 8:00 PM

7TH & 8TH GRADES 3RD - 6TH GRADES

Please make and bring a copy of your child's birth certificate. It is required in order to participate.



FALL 2018

FOR INFORMATION
MICK STRAUS 644-5224
MSTRAUS63@GMAIL.COM





Beal City Schools Breakfast Menu 2018

28 Memorial Day NO SCHOOL	21 HOT ITEM Breakfast boat (egg & cheese) Fruit, juice and milk COLD ITEMS Donuts, uncaustables, muffins, cereal, cheesestick, Fruit, juice and milk	14 HOTITEN Sliders (egg.sausage, cheese) Fruit, juice and milk COLD ITENS Donuts, uncrustables, muffins, coreal, cheesestick, Fruit, juice and milk	HOT ITEM Breakfast boat (egg & cheese) Fruit, juice and milk COLD ITEMS Donuts, uncaustables, muffins, cereal, cheesestick, Fruit, juice and milk		MONDAY
29 COOK'S CHOICE	22 HOT ITEM Freshly baked cinnamon rolls wisausage pathy Fruit juice and milk COLD ITEMS Donuts, uncaustables, muffins, cereal, cheesestick, Fruit juice and milk	15 Eggo chocolate chip french toast whach brown fruit, juice and milk COLD ITEMS Donuts, unconstables, muffins, cereal, cheesestick, Fruit, juice and milk	8 HOTITEM Freshly baked cinnamon rolls wisausage pathy Fruit juice and milk COLD ITEMS Donuts, uncrustables, muffins, cereal, cheesestick, Fruit, juice and milk	HOT ITEN Eggo chocolate chip french toast whach brown fruit, juice and milk COLD ITENS Donuts, unroutsbles, mulfins, coreal, cheesestick, fruit, juice and milk	TUESDAY
COOK'S CHOICE	23 HOT ITEM Egg & cheese omelet whach browns fruit, juice and milk COLD ITEMS Donuts, uncaustables, muffins, cereal, cheesestick, Fruit, juice and milk	16 Breakfast bosco stick (egg. turkey bazon, cheese) Fruit, juice and milk COLD ITEMS Donuts, uncrustables, muffins, cereal, cheesestick, Fruit, juice and milk	9 HOT ITEM Egg & cheese omelet whach browns fruit, juice and milk COLD ITEMS Donuts, uncaustables, muffins, cereal, cheesestick, Fruit, juice and milk	2 Breakfast bosco stick (egg, turkey bacon, cheese) Fruit, juice and milk COLD ITEMS Donute, uncrustables, muffins, cereal, cheesestick, fruit, juice and milk	WEDNESDAY
COOK'S CHOICE	24 HOTITEM Pancakes maple-flavored whach browns Fruit, juice and milk COLD ITEMS Donuts, uncaustables, muffins, cereal, cheesestick, Fruit, juice and milk	Sausage gravy pizza Fruit, juice and milk COLD ITEMS Donuts, uncarustables, muffins, cereal, cheesestick, Fruit, juice and milk	10 HOT ITEM Pancakes maple-flavored whach browns Fruit, juice and milk COLD ITEMS Donuts, uncaustables, muffins, cereal, cheesestick, Fruit, juice and milk	3 Fruit, juice and milk HOT ITEM Sausage gravy pieza Fruit, juice and milk COLD ITEMS Donuts, uncoustables, muffins, cereal, cheesestick, Fruit, juice and milk	THURSDAY
	NO SCHOOL	18 HOT ITEM Breakfast burnto (egg. ham and cheese) Fruit, juice and milk COLD ITEMS Donuts, uncrustables, muffins, cereal, cheeses tick, Fruit, juice and milk	11 HOT ITEM Egg & sausage sandwich on a bage! Fruit, juice and milk COLD ITEMS Donuts, uncrustables, muffins, cereal, cheesesisk, Fruit, juice and milk	4 HOT ITEM Breakfast burnto (rgg, ham and cheese) Fruit, juice and milk COLD ITEMS Donuts, uncrustables, muffins, cereal, cheeses tick,	FRIDAY

News

available every day! 🕲 We have a hot option

\$1.50 full pay students morning in the cafeteria for Breakfast is served every \$.40 Reduced students on y

from 7:35-8:00.

still take as a grab-n-go option. We will have to-go 7-12 grade students can containers ready!

crazy trying to feed them nutritious breakfast. If it is attention spans and don't students **R**esear**c**h et us! gets up in time for a Make sure your youngster perform as well on test. breakfast Did you know? breakfast in the morning, have shows Who shorter skip that

Menus are subject to change. USDA is an equal opportunity provider and employer.

Beal City Schools Lunch Menu

Hawaiian Picnic grilled hot dogs, baked beans, chips, ice cream cup, garden bar, fruit, juice and milk breakfast pieza hash brown & cold camots fresh fruit juice and milk 11 Sausage pancake wrap peppenoni pizza refried beans (9-12 cold carrots) fresh fruit juice and milk NO SCHOOL No Daily option cheese quesadila or FRIDAY 2 4 10 bwisty chicken affredo (6-12 garlis breadstick) or chicken tenders (K-5 cinn chicken tenders cinn graham cracker mashed potatoes & gravy broccoli or breakfast pizza hash brown & cold camots fresh fruit juice and milk COOK'S CHOICE 3 hot turkey sandwich (9-12 2" slice bread) mashed potatoes and gravy Zalisbury steak (6-12 bread) chicken tenders wibread broccoli perfect peaches (cup) juice and milk broccoli Aggie apples (sliced) juice and milk THURSDAY graham cracker) cinn French toast perfect peaches juice and milk wi sausage links 5 chicken tenders x-ray vision cooked carrots Aggie apples (sliced) juice and milk COOK'S CHOICE 23 besgna nell up garlic breadstick (k-5 graham cracker) or or hamburger (cheese) cookie x-ray vision carrots mixed fruit juice and milk 1 Gcalloped potatoesham dinner roll WEDNESDAY hamburger (cheese) sweet potato fries pineapple juice and milk hot dog (9-12 cheez-its) or hamburger (cheeze) tropical fruit baled beans sweet potato fries juice and milk chicken patty sand or o, N S chicken mzched potato bowl dinner roll COOK'S CHOICE appealing applesance cups juice and milk appealing applesance cups juice and milk or com dog nuggets chicken noodle soup broccoli 22 grilled ham & cheese sandwich com dog nuggets stir fry vegetables mandarin oranges juice and milk tangerine chickenfrice com dog nuggets potato smiles strawberry cups juice and milk com dog nuggets TUESDAY meathall sub 8 8 S 24hilly beef sub with choice of cheddar or queso cheese Care fish sandwich wicheese pepperoni calzone com pears juice and milk pepperoni calzone cauliflower pepperoni calzone green beans pleasing pears juice and milk Memorial Day hamácheese calzone oranges juice and milk NO SCHOOL MONDAY 8 4

Menus are subject to change. USDA is an equal opportunity provider and employer.

4th! Grilled hot dogs and all the fixings! Please dress up in appropriate Hawaiian or beach attire and join us for Hawaiian Pienie Day is May this fun day!

you will be missed! Congrats seniors...

6th-12thgrade additional daily lunch

salad, a berry burst parfait and wrap, chef salad, grilled chicken chicken wrap, grilled chicker strawberry parfait.

breakfast for lunch day) and is A vegetable salad bar is (except All grains are whole grain included with all meals. daily available

Important Dates 2018 Season



Date	Event
Friday April 13th	Information meeting with kids right after school
April 15,22,29 May 6,20 June 3,10,24 July 15,22,29	Varsity and JV Workouts 7:15 - 9:00
Sunday, June 10th	Begin Off season weight training - Sunday nights from 7:15 - 9 and Monday thru Thursday 6:30 AM - 7:30
Friday, June 30th - July 7th	Dead Week
July, 9th, 10th, 11th	Football Camp - 3 Day
July 12th and 19th	7 on 7 at Mt Pleasant
July 24th	7 on 7 at Chip Hills
Monday, August 6,7,8,9,10	Practice Starts 4:30pm - 6:30 and 7:00pm - 9:00
Saturday, August 11th	Football Golf Outing - Eagle Glen
Monday August 13,14,15	Practice 5:00 pm - 8pm
Thursday, August 16th	4 way scrimmage - Vestaburg (5 p.m. JV, 7 p.m. Varsity)
Friday, August 24th	Clare - Home
Friday, August 31st	Kent City - Home
Friday, September 7th	Manton - Away
Friday, September 14th	LeRoy Pine River - Away
Friday, September 21st	Lake City - Home
Friday, September 28th	Evart - Away
Friday, October 5th	McBain - Home
Friday, October 12th	Hesperia - Away
Friday, October 19th	Morley-Stanwood - Home
Following our last GAME	All equipment will be handed in - NO EXCUSES
TBD	End of Season Banquet

DISTRICT MISSION STATEMENT

Beal City Schools, in harmony with the home and community, will educate our children in a positive learning environment that meets individual needs and goals in order that all students successfully function in an ever-changing global society.

DISTRICT BELIEF STATEMENT

- We believe all children can learn
- We believe in creating independent, life-long learners
- We believe all children deserve equal opportunities and treatment
- We believe in promoting a positive self-concept
- We believe it takes a whole community to educate a child, and encourage parental involvement and participation
- We believe in ensuring a safe and positive learning environment
- We believe in and encourage diversity

DISTRICT VISION STATEMENT

Our students are excited, responsible learners who are encouraged by home, school, community and place of worship. As leaders, they are fully confident that they will graduate well prepared to meet the challenges and high expectations of the $21^{\rm st}$ century.

As successful, life-long learners and productive citizens of high morals, they work to their fullest potential to make a positive difference.

Our children begin their discovery of knowledge in a nurturing family environment. Our schools and families work in harmony to provide a safe, supportive, and challenging learning experience. Our premier educational team enthusiastically embraces innovative teaching methods and high standards of performance. Our schools are the central point of learning. Using the latest technology, the world is truly our classroom.

Our school district and community are committed to high expectations and high standards. We proactively work together to provide skills, knowledge, and resources thus ensuring a fully supportive environment for excellence in education for all stakeholders.



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 destress.

Decompress 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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