



Pirate News

Early Dismissal Every
Friday @2:03 pm

Upcoming Events

Daylight Savings Time (spring clocks forward)	3/8
Open Library 3:15-4:30 pm	3/9
K-3 Music Program 7:00 pm	3/9
5th & 6th Grade Scholar Bowl	3/11
Club 26 3:15-4:30 pm	3/11
Fine Arts Club 3:15-4:30 pm	3/12
7th & 8th Grade Scholar Bowl	3/12
4-MS Music Program 7:00 pm	3/12

This Week's Attachments

- ◆ Opioid Overdose Handout
- ◆ Smartphones & Social Media Handout
- ◆ Mo. Bapt. Hospital Nutrition Handout

*****Please make note on March Calendar*****

School Board Meeting is listed twice.

Meeting is Thurs. Mar 19th and NOT Thurs. Mar 26th.

Sorry for any confusion.

SPRING BLUFF EDUCATIONAL FOUNDATION

The annual Spring Bluff Educational Foundation Dinner, Auction, and Dance will be held March 28th at the Sullivan Eagles Hall. This year's theme will be "NEW YORK, NEW YORK". Please join us for a night of fun while supporting our school.

Dinner Auction Tickets are \$40 each until Thursday, March 19th (tickets purchased after the 19th will be \$50 each) and can be purchased through the office now through March 27th. Please make checks payable to the Spring Bluff Educational Foundation.



In order to reserve a table (must be 8-10 people), all tickets must be paid in full at the same time.



The Educational Foundation will be raffling a Pit Boss Pro Series 1322 sq. in. Mahogany Pellet Smoker. Students who sell \$50 worth of raffle tickets will jump for bucks after the event is held. If you need more raffle tickets, ask your child's teacher or stop by the school office.

Donated by: Harmon Truck Service & Spring Bluff Bus Drivers.



Student & Staff Safety

The front doors will no longer be unlocked after dismissal for after school activities. The office is open until 4 p.m. each day and visitors will be buzzed in just like when school is in session. When students are participating in after school activities, all students will be brought to the lobby at the end of the activity for parent pick up. We appreciate your patience and support as we work through this new process to ensure student safety anytime they are in our building.

Ways to Stay Informed this Year:



@springbluffrxv



@springbluffpirates

Website: <http://www.springbluffpirates.com>

Pirate News

Spring Bluff Pirates

COUNSELOR'S CORNER

Diana Wiese
K-8 School Counselor
dwiese@springbluffpirates.com

SELF-CARE FOR SLEEP



Have a good morning routine to wake up to.

Try reading or listening to nature sounds to relax.

Keep your phone on silent when you're trying to sleep.



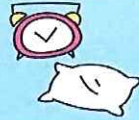
Time going to bed so that you get a good amount of sleep for you!



Have a good night time routine that winds you down.

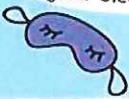


Set good boundaries around your bedtime routine.



Make sure that you create an environment that lets you get good sleep.

Stay away from caffeine before bed. Drink something soothing.



BreakingMoments.com

Tips From Title I

*** I am unable to be at conferences on the 17th or 19th. I can be available to meet if anyone would like to before then or the week of March 24-27. I would also be happy to call you at YOUR convenience, if you would like to send me an email and let me know when that would be, and we can discuss the progress of your child or any questions or concerns you may have.*

My email is hbinsbacher@springbluffpirates.com

Kindergarten Round-Up

2020-2021

Kindergarten Round-Up will be held on Monday, March 16th from 6:30-7:30 pm.

This meeting is an opportunity for parents and students to learn about our Kindergarten Program. Please be sure to spread the word. We are looking forward to meeting next year's students.

Read to Succeed for K-6

Reminder to students to read for a free Six Flags ticket to use this summer as well as getting a good start on AR points. This year all reading must be done at home and logged online by parents. The deadline is April 1st, 2020.

If you are having trouble logging the reading, have your student bring their logs to Mrs. Barringhaus.

American Red Cross Blood Drive in Loving Memory of Kaden Keller

There will be a blood drive held at Spring Bluff R-XV
On Saturday, March 21st from 9:00 am-2:00 pm.



To schedule an appointment please go to Redcrossblood.org



Go Pirates!



Sporting News & Events



Monday, March 9th

Monday, March 16th

Monday, March 23rd

Monday, March 30th

Monday, April 6th

8B @ St. Gertrude vs. IC#2 7:00 pm

8B @ Home vs OLL @ 6:00 pm

8B @ Imm. Conception vs. St. Vincent @ 6:00 pm

8B @ OLL vs IC @ 7:00 pm

8B @ St. Vincent/St. Ignatius vs SGS @ 6:00 pm



Spring Bluff Educational Foundation Dinner/Auction/Dance

The Annual Spring Bluff Educational Foundation Dinner/Auction/Dance is scheduled for **Saturday, March 28, 2020**, at the Sullivan Eagles Hall. The theme this year will be ***"New York New York"***. Tickets are on sale now for \$40.00 per person until Thursday, March 19th; then ticket prices will go up to \$50.00 per person.

If you are not familiar with this event, it is a great cause for our school. This fundraiser was instrumental in our playground equipment, purchasing SMART Boards in our classrooms, computer tables, Chrome books, laptops, iPads, Science Items, paving our parking lot as well as numerous additions to our school.

The Educational Foundation is also seeking donations from local businesses to be auctioned off that night as well. **You can purchase tickets now through the office or let us know how many you need and we can take care of getting them to you. The ticket prices are \$40 per person.** All proceeds from this event will benefit your child's school. Thanks for your help and if you have any questions, don't hesitate to ask!



Please return the bottom portion by March 19th.

Child's name

Parent's Name

____ Please send home _____ tickets for the Dinner/Dance/Auction.

I have included \$40.00 for each ticket.

CHECKS NEED TO BE MADE PAYABLE TO "SPRING BLUFF EDUCATIONAL FOUNDATION."

OPIOID OVERDOSE:

Know the Signs.

Save a Life.

Prescription opioids, heroin, and fentanyl are easy to access, highly addictive, and deadly. This is a community problem, requiring a community response. At this free event, participants will:

- Learn how the opioid crisis came about
- Hear the current overdose data
- Learn the symptoms of Opioid Use Disorder
- Recognize the signs of an overdose, and learn how to help
- Receive a free Rescue Kit, including the opioid overdose reversal drug, Naloxone
- Review the steps we can all take to help reduce overdose deaths in our community

Thursday, March 26, 2020

5:30pm—7:00pm

Pacific Branch, Scenic Regional Library, Meeting Rooms A & B

111 Lamar Parkway, Pacific, MO



FEATURED PRESENTER:

Colton Baker, Certified Peer Specialist, Recovery Coach

Event is free, but space is limited. Email HOPECoalitionFC@gmail.com to reserve your seat.

This community education event is presented by:



Smartphones & Social Media

What's the impact on our kids?

Presented by:

Dr. Ram Chettiar, DO

Child and Adolescent Psychiatrist,

Children's Mercy Kansas City

Assistant Professor of Pediatrics, University of Missouri-Kansas City School of Medicine; Clinical Assistant Professor of Psychiatry & Behavioral Science, University of Kansas School of Medicine



The transition into adolescence is challenging enough—more social, emotional and educational demands face young people during this time in their development than any other.

Today's youth are dealing with some additional unique situations that are having an impact on the rates of anxiety, depression, and suicide.

This presentation will explain the trends we're seeing from the perspective of an expert in adolescent mental health. Dr. Chettiar will share the impact that technology is having on our kids, and give us strategies to address them in our homes, schools, and communities.

Thursday, April 16, 2020

5:30pm—7:00pm

Great 8 Cinema

5 Prairie Dell Plaza Dr., Union, MO

This community education event is presented by:



Event is free, but space is limited. Email HOPECoalitionFC@gmail.com to reserve your seat.



March is National Nutrition Month!

March 2020

BJC Medical Group
of Sullivan

For more information contact
573-468-4186
missouribaptistsullivan.org
Partnering for Better Health

20 Health Tips for 2020

- Eat Breakfast
- Make Half Your Plate Fruits and Vegetables
- Watch Portion Sizes
- Be Active
- Get to Know Food Labels
- Fix Healthy Snacks
- Consult a Registered Dietitian Nutritionist
- Follow Food Safety Guidelines
- Drink More Water
- Get Cooking
- Dine Out without Ditching Goals
- Enact Family Meal Time
- Banish Brown Bag Boredom
- Reduce Added Sugars
- Eat Seafood Twice a Week
- Explore New Foods and Flavors
- Experiment with Plant-Based Meals
- Make an Effort to Reduce Food Waste
- Slow Down at Mealtime
- Supplement with Caution

National Nutrition Month® is a time to focus on making informed food choices and developing healthy eating and physical activity habits. Small changes to the way you eat can have big health benefits — helping to prevent health problems like heart disease, high blood pressure, and type-2 diabetes.

Here's some good news: Eating healthier doesn't mean you have to give up all the foods you love! It doesn't have to be confusing or complicated either – make small shifts in the foods you eat.

What Are Healthy Shifts?

It's simple. When you can, swap out a food or ingredient for a healthier option. For example, you could:

- Shift from whole milk to low-fat milk in your breakfast cereal
- Shift from soda with added sugars to water during lunch
- Shift from a cream-based pasta dish to one with a lighter sauce and more vegetables for dinner.

How Will Making Shifts Help?

- Healthy eating patterns can help prevent chronic diseases like obesity, heart disease, high blood pressure, and Type 2 diabetes.
- Shifting to healthier choices doesn't mean you have to change your whole eating pattern. Shifts can be easier to stick with over time—you're just making small changes to the way you're already eating.

Make Shifts Throughout the Day

You have a chance to make a healthier choice whenever you:

- Open your fridge for a snack
- Shop in the grocery store
- Stand at a vending machine
- Pack a lunch
- Look at a menu in a restaurant
- Cook a favorite recipe

Take advantage of these everyday opportunities to make a shift. Everything you eat and drink matters. Over time, little changes in the foods and drinks you choose can have big health benefits.

Learn skills to create tasty meals.

- ✓ Keep healthful ingredients on hand.
- ✓ Practice proper home food safety.
- ✓ Share meals together as a family when possible.
- ✓ Reduce food waste.
- ✓ Try new flavors and foods.

Plan your meals each week.

- ✓ Use a grocery list to shop for healthful foods.
- ✓ Be menu-savvy when dining out.
- ✓ Choose healthful recipes to make during the week.
- ✓ Enjoy healthful eating at school and at work.
- ✓ Plan healthful eating while traveling.

Eat a variety of nutritious foods every day.

- ✓ Include healthful foods from all food groups.
- ✓ Hydrate healthfully.
- ✓ Learn how to read Nutrition Facts Panels.
- ✓ Practice portion control.
- ✓ Take time to enjoy your food.