It's time for me to share with you how THANKFUL I am to be a part of such a great school! My journey throughout my own life has been sprinkled with people who have said, “I believe in you. I care about you. I know you can do it.” Some of these people were teachers, some were family, some were friends….all cared about me. When I think about our students and families at Smith I can say that I care about you. The decisions that I make are based on me believing in what we can do together for the success of our children and our future. THANK YOU for all that you do to support our time together. You each are amazing!

Laura Hack

We will continue selling yearbooks until February 28th. Cost is $15.00 for the standard yearbook. If you would like it personalized, the cost is $20.00. Order forms were sent home in January. If you need another form they are available in the office.

For information in Spanish, please contact Mrs. Renteria at 812-376-4317 (ext 2112)  
*Para información en español, por favor comuníquese con Mrs. Renteria at 812-376-4317 (ext 2112)
Kindergarten & PreK 2014-2015 Information

Kindergarten Enrollment opens Monday, March 10 (6:00-7:00 pm) and will continue Tuesday, (March 11) through Friday (March 14) from 9am-2pm in each BCSC Elementary School. To enroll in Kindergarten, students must be five (5) years of age by August 1, 2014. You must register in your neighborhood district school, even if you are requesting a transfer to another school building.

Registration Requirements:
*Proof of Residence—gas, water or electric bill-purchase or lease agreement.
*Birth Certificate
*Updated Immunization Record

Please contact the Smith office at 376-4317, if you have questions about Kindergarten registration.

For questions about PreK you may call 376-4217. You may also register at the administration Building.

Up Coming Smith Events

February

Feb 3—Spot Light Awards, (K-2) 9:00 am / (3-6) 10:00am
Feb. 4 - 6th Grade Middle School Counselors Visit
Feb. 5 - Girls/Boys Basketball at Rockcreek, 5:30 p.m.
Feb. 10 - School Board Meeting, Smith School, 7:00 p.m.
Feb. 10, 12, - Basketball Tournament Dates
Feb. 14 - Basketball Final Four, East HS Girls at 6:00 p.m. Boys game to follow
Feb. 21 - Talent Show try-outs, 3:00 p.m.
Feb. 22 - Super Saturday at East HS (BB Championship & Cheer Day)
Feb. 24 - School Board Meeting, Smith School, 7:00 p.m.
Feb. 25 - Banquet for Basketball & Cheer teams, Café, 5:30pm
Feb. 27 - Talent Show Rehearsal
Feb. 27 - Math Bowl Competition, Southside
Feb. 28 - Talent Show, 6:00 p.m.

March

Mar. 1 – Destination Imagination Competition at North HS
Mar. 3-7 - ISTEP TESTING
Mar. 7 - Chuck E. Cheese Night
Mar. 13 - PTO Meeting / Skate Party, 6:00-8:00 p.m.
Mar. 10 - Kindergarten Registration 6:00-7:00 p.m.
Mar. 11-14 - Kindergarten Registration 9:00 a.m.-2:00 p.m.
Mar. 17-21 - SPRING BREAK
Mar. 24-28 – Students Return (Snow Make-up days)

Celebrate Friendship and support Smith Student Council by buying a Valentine Pencil Gram Send a Pencil and a Note to Your Friends, Your Teacher, ANYONE! Only .50cents Proceeds will be used to support Bowl for Kid’s Sake and Student Council t-shirts.
Soup Label Point Balance—10,844
Marsh Fresh Idea Balance—24,342

Keep an eye out for Parent surveys which should be coming home with students in February. We appreciate your time and any feedback you may have for us!

*Our spring book fair, sponsored by the library, is coming in April. Start saving your dollars and coins now! Our fair has a double goal: first, it gets more books in the homes of students to help them become better readers. Secondly, the book fair funds books for our school library that everyone can share! Be watching for more Book Fair information coming in April.*

2nd Semester Book Fees

These statements will arrive in the mail soon. Please send payment in as soon as possible and look at them carefully to see if you have a balance from the first semester as well.

If you have any questions, please contact the main office at 376-4317.

News

**Talent show tryouts** will be Friday, February 21st in the Smith Cafeteria from end of school until 4:00 pm. Rehearsal for talent show will be on February 27th with talent show on February 28th at 6 pm in the gym. All music must be marked with a name and brought to try-outs and left until the talent show the following Friday. Each act may NOT be longer than 2 minutes and 15 seconds. Participants MUST attend BOTH rehearsal and talent show!

Upcoming PTO Events

February 21 - Talent Show Try-Outs
February 27 - Talent Show Rehearsal
February 28 - TALENT SHOW!
March 7 - Chuck E. Cheese Night
March 13 - Skate Party

Don’t forget: Box Top contest!

Students have until February 21st to turn in box tops for this round!
Class with the most turned in box tops wins a PRIZE!

Be sure and include your teacher’s name so your class gets credit!

For any questions, concerns or comments about PTO or any upcoming event contact Lyndsay Burton at lfsmithpto@gmail.com or 812-552-3978.
Smith Sonics Basketball Tidbits

**EBL Tourney Starts Monday February 10th.** We will play Taylorsville at Clifty Creek. The girl’s game will start at 5:30. The boy’s game will follow at approximately 6:30. Winner of this game will play Clifty Creek at Clifty Creek on Wednesday February 12th. Again, the girl’s game starts at 5:30 p.m. with boy’s game following.

**EBL Super Saturday.** The Championship game will be held at Columbus East on Saturday, February 22nd. Girls play at 9:00 a.m. Boys play at 10:30 a.m.

**Super Saturday Cheer Day.** Cheerleading competition will be held at Columbus East on February 22nd at 1:30 p.m. Doors will open between 12:45 and 1:00 p.m. The awards presentation will be directly following the competition. The girls did a fantastic job of supporting the basketball teams this year, please come help support them.

All information on the tourney and Super Saturday can be found online at [http://www.bcsc.k12.in.us/EBL](http://www.bcsc.k12.in.us/EBL)

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**2013-2014 EBL Super Saturday Tournament**

- **Southside**
  - Wed (2/12) @ Rockcreek

- **Rockcreek**
  - Fri (2/14) @ Columbus East Main Gym
  - Girls 6:00 pm Boys to follow

- **CSA-Fodrea**
  - Wed (2/12) @ CSA-Fodrea

- **Clifty Creek**
  - Mon (2/10) @ Clifty Creek
  - Smith
  - Wed (2/12) @ Clifty Creek

- **Richards**
  - Mt. Healthy
  - Mon (2/10) @ CSA-Fodrea

- **CSA-Lincoln**
  - Parkside
  - Mon (2/10) @ Parkside

- **Schmitt**
  - Wed (2/12) @ Parkside

- **Championship Game**
  - Fri (2/22) @ Columbus East Main Gym
  - Girls 6:00 pm Boys 10:30 am

- **Plan #2**

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If you have any questions please let us know. Thank You.

Mark Major
Smith Athletic Director
Email at Mmjor1@earthlink.net
or call 447-2547

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**Sonics Athletic Banquet**

**Tuesday February 25th from 5:30 – 7:30 p.m.**

We will be having our 2013-2014 basketball and cheerleading banquet for all participants and their families. Please come and join us in the gymnasium from 5:30 to 6:30 for family fun, competition and games and from 6:30 to 7:30 for pizza, cake and awards in the cafeteria.
Have a Heart – A sense of Empathy

“I know how you feel.” When your youngster says this to someone, she/he is expressing empathy—understanding and caring about how another person feels. Try these tips to help him/her grow up with a strong sense of empathy.

Set an example. Your child learns by watching you. When your child is upset by something (say, a classmate made fun of their journal), try to put yourself in her place. You might say, “I’d feel sad if a coworker made fun of something I wrote.” Or when you show empathy for someone, explain your thinking. For instance, if your neighbors’ power goes out, you could say, “We would be cold and hungry if we didn’t have electricity, wouldn’t we? Let’s invite them over.”

Practice with stories. Imagining how book characters feel is a good way to work on empathy. Read a story to your youngster, and then have them retell it from a different character’s point of view. For instance, in Maurice Sendak’s Where the Wild Things Are, how did the mother feel while her son was on his wild adventure?

Take care of others. Being around pets and babies can help your child learn empathy. That’s because they are dependent on others to figure out how they feel and to meet their needs. Ask your youngster to think about how a dog or a baby cousin feels, and have them explain how they know – (I think the dog needs to go outside, because he’s barking at the door.)

~Home and School Connection, 2013

B.M.I. REPORT CARDS
Nancy Millspaugh, RD,CD (BCSC Director of Food Service)

B.M.I., or Body Mass Index is an evaluation tool that uses height and weight to estimate how much body fat a person has. B.M.I. formulas use height and weight measurements to calculate a B.M.I. number. This number is then plotted on a chart which indicates whether a person is underweight; average weight; at risk for overweight; or overweight. Many schools are adding B.M.I. measurements to the annual health screening of students.

Parents are encouraged to share the results of their child’s B.M.I. screening with their doctor who can help interpret the results and make any necessary recommendations.

Here are some tips you can use to help kids maintain a healthy weight:

- Encourage kids to be active everyday for at least 60 minutes
- Offer more fruits and vegetables daily
- Serve appropriate portion sizes
- Limit sugar sweetened drinks and choose low fat milk and water instead
- Limit screen time including computer/T.V./video games to less than 2 hrs a day
- Set a good example—make family physical activity frequent and fun!

(This institution is an equal opportunity provider)
PORTION SIZE COUNTS
Nancy Millspaugh, RD,CD (BCSC Director of Food Service)

Why are the waistlines of America’s kids and adults expanding over the last 20 years? It could be the muffins the size of flowerpots or cookies the size of Frisbees we eat. Portion sizes have been steadily increasing for the last 20 years and with it so have weight problems. Portion sizes began increasing in the 1980’s. 20 years ago, the average bagel had a 3” diameter and 140 calories. Today the average bagel is 6” in diameter and has a whopping 350 calories. If you eat one bagel, you have just consumed 3 servings of grains or half the recommended number of grain servings for the entire day. Our perceptions of portions have become so distorted that research shows it is hard for us to recognize what a normal portion actually looks like.

Overeating large portions day after day can cause children to be at risk for developing weight problems and the medical problems associated with being overweight such as breathing problems; joint problems; childhood diabetes and heart disease.

To help you and your child visualize appropriate portion sizes, use the concept of the “divided plate”. Think of a plate divided into 4 equal sections.

TOP PORTION – PROTEIN
OTHER TOP PORTION – STARCH (PREFERABLY WHOLE GRAIN)
BOTTOM TWO PORTIONS – VEGETABLES/FRUITS

None of the foods should overlap or be piled high. Portioning the plate in this way will help you not only keep portions under control, but will also help you serve more balanced meals to your family so you can all enjoy good health together!

Did you know that you can help Smith raise money by recycling your paper? Recycle your paper by dropping it off in the Abitibi recycling bin (yellow and green recycling dumpster) in the parking lot.

You can recycle:
newspapers, magazines, office & school papers
 catalogs and mail

ALSO!! We can earn $$ collecting empty inkjets, laser toners, laptops, I-pods and cell phones!

Bring in electronics from home, family, and friends to the main office and place them in our collection box.

Please have students check the lost and found! We have lots of items on the table located in the nodule by the Cafeteria. Items remaining the Friday before Spring Break will be donated.

Thanks for your help!