



WEEKLY BULLETIN
"EAST BUTLER - EVEN BETTER"
MARCH 14, 2023
www.ebutlertigers.org

TUESDAY, MARCH 14, 2023

6:30 P.M. - Brainard Kindergarten Roundup

WEDNESDAY, MARCH 15, 2023

ESU #7 Quiz Bowl at Columbus

THURSDAY, MARCH 16, 2023

NO SPECIAL ACTIVITIES

FRIDAY, MARCH 17, 2023

HAPPY ST. PATRICK'S DAY!

SATURDAY, MARCH 18, 2023

Quiz Bowl - David City Invite

MONDAY, MARCH 20, 2023

Crossroads Conference Honor Band & Choir - Nebraska Lutheran at Waco

TUESDAY, MARCH 21, 2023

8:00 A.M. - ACT Test



K-12 REPORT CARDS WILL BE HANDED OUT TO STUDENTS THIS WEEK.

PARENTS PROMOTING TIGERS WILL BE HOSTING OUR ANNUAL FAMILY MOVIE NIGHT ON FRIDAY, MARCH 31ST AT 7:00 P.M.

Please contact Katie Fencil for the movie title. Doors open at 6:30 P.M. and popcorn and water will be provided. Our Second Paw Spirit Shop will be open for families to shop gently used East Butler/tiger/maroon/gold clothing! Look for the flyer for more info and ways to donate attached to the bulletin.

TIGER KIDS CLUB HAS OPENINGS FOR ANY ELEMENTARY-AGED STUDENT TO JOIN OUR BEFORE AND AFTER SCHOOL PROGRAM.

Kids enjoy an after-school snack, outside time, and lots of fun activities. Before school is from 7:00-7:45 a.m. and after school from 3:30-6:00 p.m. This is all available at both schools at a reasonable cost of only \$100.00 for one student and \$200.00 for two or more children per month. For more information please contact Mrs. Bohaty at lbohaty@ebutler.esu7.org

SPRING MUSIC PROGRAMS:

- ❑ **DATE CHANGE:** Friday, April 14 - Dwight Elementary Program - 7:00 P.M. - Dwight Assumption Parish Hall
- ❑ Thursday, April 27 - Brainard Elementary Program 7:00 P.M. - Brainard Gym
- ❑ Monday, April 17 - High School Precontest Concert - 6:30 P.M. - Brainard Gym
- ❑ Friday, May 5 - 5th-12th Grade Band Concert-6:00 P.M.-Brainard Gym



OPTION ENROLLMENT DEADLINE REMINDER: Paperwork for Option Enrollment has a deadline of March 15. Anyone considering opting into East Butler for the 2023-2024 school year, please fill out the application and return to the East Butler Office by March 15, 2023. Applications are available in the Brainard office or online at <https://www.education.ne.gov/fos/enrollment-option-application-instructions-faqs/>

ATTENTION PARENTS: EAST BUTLER PUBLIC SCHOOLS ANNOUNCES REGISTRATION FOR 2023-2024 KINDERGARTEN - East Butler Public Schools will hold its kindergarten registration/round-up on:

***Monday, March 13, 2023 – 6:30 P.M. at Dwight Elementary**

***Tuesday, March 14, 2023 – 6:30 P.M. at Brainard Elementary**

Please call the school office (402)545-2081 by Wednesday, March 8, 2023 for a registration packet to be mailed to you. Please bring your incoming Kindergarten student along with your child's certified birth certificate, immunization record, and completed registration packet.

Any child who will reach the age of five on or before July 31, 2023 is eligible to enter kindergarten.

Immunization requirements are: 3 doses of DTaP, DTP, DT, or Td vaccine, one given on or after the 4th birthday; 3 doses of Polio vaccine; 2 doses of MMR or MMRV vaccine, given on or after 12 months of age and separated by at least one month; 3 doses of pediatric Hepatitis B vaccine; and 2 doses of varicella (chickenpox) or MMRV given on or after 12 months of age or written documentation (including year) of varicella disease from parent, guardian, or health care provider will be accepted. If the child has had varicella disease, they do not need any varicella shots. Also, students entering school for the first time, including kindergarteners, will be required to provide proof of a vision evaluation taken within six months prior to the student's entrance. Kindergarten physical examinations may be made within six months of the time of entry into kindergarten. Appointments can be made with your child's physician after March 1, 2023. Physical examination forms are available in the Brainard nurse's office. Kindergarten Round-Up information is included in this bulletin.



EAST BUTLER FBLA CHAPTER IS INVITING ALL KIDS 4TH GRADE AND UNDER TO COME TO THE ANNUAL EASTER EGG HUNT. This event will take place on April 8th and starts at 9:00 A.M. We will meet at the Legion for pictures with the Easter Bunny and once those are taken, we will go take the kids to find eggs. In case of inclement weather, the hunt will be held in the Brainard School.

CAMP INVENTION - East Butler Foundation will be awarding scholarships in the amount of \$50 per camper. Funds will be reimbursed after the student is registered for camp and if a scholarship has been requested before March 31st. Any East Butler students who sign up for Camp Invention and fill out this form will receive a reimbursement. If you have multiple children, you will need to fill out a form for each camper. **THE DEADLINE TO SIGN UP FOR A SCHOLARSHIP IS March 31st.** After registering for Camp Invention use this link to sign up for the scholarship. bit.ly/CAMPINVENTION2023

REMINDER TO HIGH SCHOOL STUDENTS: Those students who are academically ineligible the week of March 20, 2023 will not be attending Prom on March 25 or decorating on March 24.

EAST BUTLER IS ACCEPTING APPLICATIONS FOR AN EARLY CHILDHOOD CLASSROOM TEACHER AT THE BRAINARD SITE FOR THE 2023-2024 SCHOOL YEAR. An endorsement in early childhood is required. East Butler is a D1 district with outstanding staff, facilities, 1:1 Laptop technology, and educational resources in a supportive community. Tuition reimbursement is available for advanced degree completion. We are located less than 45 minutes from Lincoln and less than an hour from Omaha. Send a letter of application, resume, references, college credentials, and copy of your current teaching certificate to the following: Mr. Michael Eldridge, Superintendent; East Butler Public Schools; PO Box 36; Brainard, NE 68626; 402-545-2081; meldridge@ebutler.esu7.org

ATTENTION PARENTS: EAST BUTLER PUBLIC SCHOOL ANNOUNCES REGISTRATION FOR 2023-2024 PRESCHOOL

This includes the option of attending full day preschool or half day sessions in the morning Monday through Friday. Preschool will be available in both Brainard and Dwight.

Preschool Cost:

Morning session only - \$60.00 in-district/\$70.00 out of district per month

Full Day session - \$120.00 in-district/\$140 out of district per month

*Lunch is not included in this fee.

*Fee is due on the first day of each month.

Registration Guidelines:

A complete registration must include a certified birth certificate, immunization record, and a completed application. Incomplete applications will not be accepted. All forms must be turned into the Brainard office according to the dates listed below.

1. Call the school office (402)545-2081 to have an application mailed to you.
2. Students who are already in the program and are age eligible will retain a spot for the following year if their registration form is returned to the school office by **March 10, 2023.**
3. In-district applicants will be accepted beginning **March 13, 2023.**
4. Out of district applicants will be accepted beginning **March 20, 2023.**
5. Preschool spots will be filled according to date and time that completed applications have been received in the Brainard school office.
6. Applicants will fill open spots based on age, oldest children (age 4) being accepted first and then the younger ones (age 3) if there is room.
7. Location preference will be taken into consideration, but not all requests will be granted.

Children age 3 or 4 on or before July 31st are eligible for preschool. If your child will be 5 before July 31st please see the Kindergarten registration requirements. Preschool will be Monday-Friday. The morning session will be from 8:00 A.M.- 11:30 A.M. (Students can ride the morning bus route to school/will need to be picked up by parent); Full Day Session: 8:00 A.M. – 3:26 P.M. (Students are eligible to ride the morning and afternoon bus route.) Preschool Round-Up information is included in this bulletin.

NOTES FROM THE NURSE:



National Nutrition Month

Each year during the month of March we recognize National Nutrition Month. This year's theme is Fuel for the Future.

Here are a few ideas to keep in mind:

Eat with the environment in mind. Consider growing your own food in your home or in a backyard garden. Buy foods that are in season and shop locally. If the food won't spoil or you eat a lot of it, buy in larger amounts to avoid extra packaging.

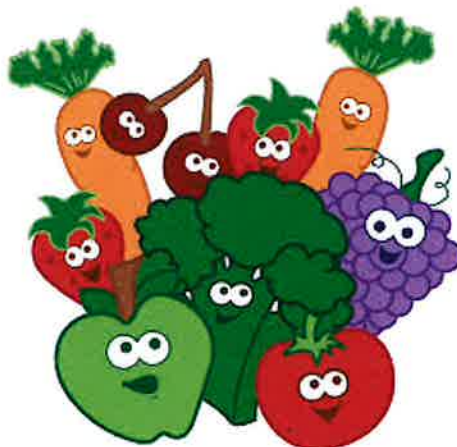
See a Registered Dietitian Nutritionist. They are experts and can give you good advice on what would work best for you. Everyone is different and we all have our own nutrition needs.

Stay nourished and save money. Do you plan your meals out ahead of time? What about your snacks? Being prepared and planning ahead of time can save you time, money, and keep you healthier. Make a list before going to the store and stick to it.

Eat a variety of foods from all food groups. This will help your body get all of the nutrients it needs. All of the food groups play a role in fueling our bodies. Follow the MyPlate guidelines for help. They can be found here: <https://www.myplate.gov/>

Make tasty foods at home. The way your food is prepared can make a huge difference. At home, you can control the ingredients and the amounts. Learn how to cook at home. It can save money and help you be healthier!

For more information on this topic, go to <https://www.eatright.org/>



Sleep Awareness Week

Do you notice a difference in how you feel when you don't sleep well? Did you know that there are things you can do to make your sleep better? Sleep Awareness Week is recognized March 12-18, 2023.

Good sleep is important for your health and wellbeing. Here are some tips to help you sleep better:



Regular Schedule: Keep a regular schedule. Even on the weekend or if you're on vacation you should try to wake up and go to sleep close to the same time. This helps your body's clock stay on track.

Amount of Sleep: Make sure you plan to get the right amount of sleep. Most adults should receive 7-8 hours of sleep. Children need even more sleep.

Limit Screens: The blue light that comes from electronic devices stops the chemical that tells your brain it's time to sleep. Avoid using your phone or watching TV before you go to bed. Try to read a book or journal instead.



Drink Less: Caffeine is meant to keep you awake. Drinking caffeine too close to when you want to go to bed can keep you up tossing and turning. It can also hurt the amount of deep sleep that you can get. Alcohol can also lessen your deep sleep and cause sleep disruptions. Drinking a large amount of water or eating a lot before bed can cause you to get up more times throughout the night.

Comfort: Be sure the room is dark. Start turning out lights as it gets closer to bedtime. Try to avoid anything that could make noise throughout the night. Check that the temperature is set so you don't wake up cold or hot in the middle of the night. Do you need a different pillow or more blankets?

Can't sleep? Don't just toss and turn in bed. It is more effective to get out of bed. Go get a drink or use the bathroom. Write down what's on your mind or read a chapter of a book. Then try to sleep again.

For more information visit: <https://www.thensf.org/sleep-health-topics/> or <https://sleepeducation.org/healthy-sleep/-->

Nurse Angie
East Butler Public School
asisel@ebutler.esu7.org
402-545-2081



2023-2024
East Butler Preschool
Open House For
Registered Students



Come visit your preschool classroom and meet your teacher anytime between 6:30-7:30 P.M. on the following evenings:

**Dwight Registered Preschoolers will meet on
Monday, April 3, 2023
in the Dwight Preschool Classroom**

**Brainard Registered Preschoolers will meet on
Tuesday, April 4, 2023
in the Brainard Preschool Classroom**

**East Butler Parents
Promoting Tigers**



KRISPY KREME FUNDRAISER !

\$10 FOR A BOX OF DONUTS

Place Orders: March 1st to March 28th

***Contact an EB elementary student you know to purchase!**

Pickup: April 5th in the evening

@ East Butler

**~These donuts can be froze. They thaw well and would be great for
summer ball mornings, lazy mornings at the lake, etc.**

Note: Original Glazed Donuts Only!

The 2nd "Paw" Spirit Shop!

Have your children out grown their East Butler clothes?

Are you tired of having it around?

The Parents Promoting Tigers (PPT) group will be collecting any & all East Butler gear that is in good condition from now until the Family Dance (date TBD) where we will be hosting a pop-up shop filled with donated EB items.

Everything will be free.

1st come, 1st serve, & 1 item per child.


EB gear can include: shirts, sweatshirts, hats, EB drawstring bags, water bottles, or anything EB specific, even adult sizes! You can even donate just maroon or gold items as well.

*In need of youth items!

Camp shirts and play-off shirts welcome, even if they are outdated!

You can drop off donated items in the office (Brainard and Dwight).

Thank you!

PPT 



EAST BUTLER VOLLEYBALL FUNDRAISER

Sponsored by Brainard Meats

\$10 = 1 CHANCE TO WIN ONE OF THESE BOXES.

FIRST WINNER GETS FIRST PICK, SECOND WINNER GETS
SECOND PICK, THIRD WINNER GETS THE LAST BOX.

Drawing Date: April 5th

\$100
worth
of
hamburger
meat

*APPROXIMATELY
TO 27LBS

\$100
worth
of pork

SOME ITEMS THE
BOX WILL INCLUDE:
PORK CHOPS, PORK
ROAST, BREAKFAST
SAUSAGE, BACON.

\$100 worth
of
specialty
items

SOME ITEMS THE
BOX WILL
INCLUDE:
RING BALONEY,
HOTDOGS, POLISH
DOGS, SUMMER
SAUSAGE.

