



BSD EARLY ED'S HOT TOPIC -- BUILDING CONFIDENCE IN CHILDREN

Confidence is an important part of healthy development and key to a child's school success. Confidence helps a child approach new tasks, build friendships and work through challenges. Read more about how adults can help children develop their confidence [here](#) or go to: <https://www.zerotothree.org/resources/226-tips-on-helping-your-child-develop-confidence>



Building Confidence in Children

At Home:

1. Give your child chores: set the table, pick up toys.
2. Encourage trying a new skill; break it into small steps.
So he/she is successful with each small step.
3. Celebrate the successes!
4. Let your child watch you try something new.

In the Classroom Teachers

1. Encourage and support independence.
2. Move children along their own developmental continuum.
3. Celebrate each child's accomplishments with the child (high 5), class (cheer), note to parents.
4. Talk out loud as they are modeling a new Skill, saying everything they are thinking and doing.



The Nurse says: Limit Screen Time

Call our nurse, Carol Neary, with questions at 864-8463 x71422

Water: It's Essential

- Fluid intake is very important to keep your child healthy and well hydrated.
- Water is the best choice as it contains no sugar or caffeine.
- Water helps to keep teeth healthy. Drinking tap water with fluoride helps prevent cavities.
- Drinking water between meals and snacks can help rinse food from teeth.

What you can do at home:

- Offer water between meals and snacks.
- Be a role model by drinking water yourself
- Avoid soda and sports drinks as they are high in sugar and offer little nutritional value

Capital Plan Update:

The Early Ed Task force has sent a survey to all Burlington parents to help identify the needs of our SD Early Ed program. It can be found at this link as well as district homepage, prek homepage, twitter and Facebook.

<https://www.bsdt.org/2019/01/27/pre-k-task-for-releases-early-education-survey/>



Upcoming School Events -- Register for Prek and Kindergarten at www.bsdt.org

ALL ARE WELCOME **2ND ANNUAL**
BEYOND BLACK
HISTORY MONTH

CELEBRATING
STUDENT WORK FROM
ACROSS THE DISTRICT
CREATED IN
CONJUNCTION WITH
BLACK HISTORY
MONTH



BURLINGTON HIGH SCHOOL

FRIDAY, MARCH 22
5:30 PM

CHILDCARE AND
REFRESHMENTS WILL BE
PROVIDED.

EXPANDING DIALOGUES

SHIFTING PERSPECTIVES

BOLDLY ADDRESSING INJUSTICES

Cultivating caring, creative,
and courageous people.
Join the journey!



BURLINGTON
SCHOOL DISTRICT

To request childcare or transportation please call 802-864-8474