

March 2018



Like us on Facebook:
Ada-Borup Public Schools
Twitter: @LilCougarElem

Ada-Borup Elementary School News

Ada-Borup Public Schools – ISD #2854
Office Phone: 218.784.5303

www.ada.k12.mn.us
Principal: Craig Bahr

Dates to Remember:

March

- 7th – Release Time
 - 14th – Release Time
 - 19th – Elementary Conferences
 - 21st – 2pm Dismissal
 - 21st – Release Time
 - 23rd – 12:30 Dismissal
 - 23rd – End of 3rd Quarter
 - 27th – Report Cards Go Home
 - 28th – Mini-labs Grades K-2
 - 28th – Release Time
 - 29th – Mini-labs Grades K-2
 - 30th – No School
- ### April
- 2nd – No School
 - 4th – Release Time
 - 7th – PTC Craft Market
 - 10th – PK-2 Music Concert

In like a lion, out like a lamb

In February we celebrated our love of reading here at Ada-Borup Elementary School. The gift of reading is one of the greatest we can give our students. Teachers planned a lot of fun reading activities in their classrooms throughout the month and we ended February with schoolwide dress up days. It has also been impressive to hear about all of the books students are reading at home. Providing time for students to read at home is one of the biggest impacts on their success (see graphic below), thank you parents and keep up the great work!

Thank you everyone that came out for conferences this past Thursday, March 1st, it was great to see all of you. Our second night of conferences has been rescheduled for **Monday, March 19th**. Please let us know if this creates any scheduling conflicts and we will do our best to accommodate. At the end of March we continue another great Ada-Borup tradition with mini-labs for students in grades k-2. Mini-labs are learning opportunities where our students are exposed to a multitude of topics/skills presented by our staff and community members. This year's topics include woodworking, animal tracking, health snacks, art creations and so much more!

GO COUGARS!

Craig Bahr, Elementary Principal
craigb@ada.k12.mn.us

WHY READ 20 MINUTES AT HOME?

Student A Reads	Student B Reads	Student C Reads
❖ 20 minutes per day.	❖ 5 minutes per day.	❖ 1 minute per day
❖ 3,600 minutes per school year.	❖ 900 minutes per school year.	❖ 180 minutes per school year.
❖ 1,800,000 words per year.	❖ 282,000 words per year.	❖ 8,000 words per year.
❖ Scores in the 90 th percentile on standardized tests.	❖ Scores in the 50 th percentile on standardized tests.	❖ Scores in the 10 th percentile on standardized tests.

If they start reading for 20 minutes per night in Kindergarten, by the end of 6th grade, Student A will have read for the equivalent of 60 school days, Student B will have read for 12 school days, and Student C will have read for 3.

(Nancy and Herman, 1987.)

WANT TO BE A BETTER READER? SIMPLY READ.



March Birthdays

- 2nd. Brooklyn Wold
- 4th. Mr. Spencer Ruebke
- 9th. Destiny Hastie
- 9th. Krystian Visser
- 10th. Sienna Grindahl
- 12th. Edward Smeby
- 13th. Brady Gilbertson
- 13th. Alayna Miller
- 15th. Julia Miller
- 17th. Rachel Dougan
- 17th. Mia Grubich
- 20th. Braeden Bueng
- 21st. Kadence Bendickson
- 21st. Mrs. Luanne Visser
- 22nd. Morgan Roux
- 22nd. Stane Walter
- 24th. Bryce Griewe
- 24th. Braxton Hendricks
- 29th. Chase Miller
- 30th. Samuel Claeys
- 31st. Arya Bitker

**ADA-BORUP
CRAFT MARKET
AND CARNIVAL**

April 7, 2018

Ada High
School
Commons
9AM to
2PM

Carnival Games
60+ Tables of
Vendors and
Crafters
Concessions
15 Minute Raffles

Buy One Get
One Free!



The Grand Prizes are a Kindle Fire,
Amazon Echo, Go Pro

+ NURSE'S CORNER +

Seasonal Affect Disorder (SAD)

Everyone is at risk for this type of depression. It is very common in Minnesota thanks to our cold weather, shorter days, and cloudy skies. Don't despair (see what I did there?) The first step is recognizing that you deal with SAD, and that it is something that you do not have to suffer with! SAD happens about the same time every year- late fall early winter, and lasts until spring. If you feel "blah" or "blue" every year- realize it is treatable. The "winter blues" are very real- but they have a NAME and there is HELP. Sun is one of the best natural treatments- so sit by a window as often as possible and let that sun soak in (how many depressed cats have you seen?) Special lights for light therapy are also available. Get outside every opportunity- but dress for the weather. If the "blues" are making you tired, lethargic, and missing out on life- talk to a mental health provider or your primary care provider. You don't HAVE to suffer with SAD! And you don't HAVE to be "blue" or depressed. For more information or help, contact Norman Mahnomen Public Health, Northwest Mental Health Center, or your primary care provider.

COUGAR PRIDE

- P**Practice Responsibility and Respect
- R**emain Safe
- I**nclude Others
- D**isplay a Positive Attitude
- E**ngage in Learning