

Hi BME Parents,

Just a couple updates for this week:

Saturday December 15th-Holiday Performance

Just a reminder and some details about the Holiday performance this weekend! The event starts at 6 pm Saturday night, however Ms. Mina would like to have **all students at the school by 5:30 pm**. This will give the kids a chance to settle down and practice if needed. We are thinking it should be over around 8pm.

Also a reminder that **ALL** students have a part in the evening performance so we need every student there. **If for some reason you do not think you can have your student there please notify Ms. Mina immediately.** The students have a copy of their scrip to practice at home and what character they will be playing. We thought we may have had costumes for the students but we do not. So please talk to your child about what character they are playing and have them dress or bring their costume when they come Saturday night. Please do not feel like you have to go buy something. Just think like how they dressed in Bible times with the long robes and sandals. Maybe get an old sheet and make it into a robe. Some of the students will be playing piano. The individual musical performances will be first, then bells, and then the plays.

As a reminder, everyone is asked to bring his or her favorite holiday snacks to share. You may just bring it that evening and we will have a table set up for snacks. We will also be selling the candy we made going toward our overall school budget, selling homemade soap to go toward an ADRA offering, some leftover snack mixes for Fruit and Nut and we will be taking a free will offering to go toward PFE as we have not raised enough to meet our goal yet. To attend the event is free so please invite your family and friends for a fun evening!

Candy Sale

We still have a lot of candy to sell. If you would like to take some boxes to try to sell, please talk to your student's teacher. We need to sell it until it is gone, as this will help us to keep our tuition costs down.

Box Tops for Education/ Redner's Receipts

We are still collecting Box Tops so please keep clipping them! Your student may turn in Box Tops or Redner's receipts as we have a collection envelope on the bulletin board outside of Ms. Mina's office.

Thank you to those that have been turning them in. It really does help our school. So far we have earned \$119.40. I would like to see us raise \$500 this year. Our last submission for the school year is March 1st.

Another way you can help the school is through Giant. Just add BME for A plus Rewards to your bonus card, which you can do online, and nothing else is needed. Giant does the rest!

Health Nugget

I hope you all have managed to stay well during this time of year when illnesses are on the rise. Here are some tips for your family to stay healthy this winter:

1. **Handwashing**- Handwashing is the #1 way to keep germs away. You should wash your hands for at least 20 seconds with warm water and soap. A tip to make sure you wash long enough, sing Happy Birthday 2 times while washing. 😊 If you don't have a sink around, hand sanitizer works too. Teach your child to get into the habit of washing their hands or using hand sanitizer when they need to wipe their nose, coming in from being out, before they eat and when they use the bathroom. It does make a big difference! Give them a hand sanitizer to keep at their desk or they even make ones that clip to your belt loop.
2. **Eating Healthy**- Another great way to stay healthy and up your immune system is to drink lots of water and eat healthy balanced meals. Veggies and fruit in particular are great for increasing your immune system!
3. **Vitamins**- Unfortunately our food does not have the nutrients like it used to and sometimes our children can be picky eaters. Vitamins are a great way to help your little ones stay healthy. My favorite multivitamin for kids is Garden of Life Vitamin Code Kids which also includes probiotics for a healthy digestive system. Other great vitamins to have on hand are Vitamin C and Vitamin D and Omega 3's.
4. **Rest**- Your body needs its rest to be able to fight germs and diseases. Make sure you are getting enough rest each night. Try to not watch TV or use electronic devices at least 1 hour before you go to bed for a more restful nights sleep. If you have a hard time falling asleep, use classical music or white noise, like a fan or sounds of rain or the ocean to help you fall asleep. I have found reading before bed to help me sleep better as well.
5. **Cleanliness**- Having a clean home and clean body really help to keep those germs away! **When you do get sick, as we all do from time to time, here is a recipe that has helped my family! It is all natural and if I am sick it helps me get better quicker. It is a great staple to have on hand as it can be used for many different ailments.**

Bragg's Apple Cider Vinegar- 1 tablespoon

Glass of water 6-8 oz.

Fresh Lemon juice- juice from ¼ of a lemon

Raw Honey- 1 tsp. (My favorite is Stockins Wildflower)

Cayenne Pepper – just a pinch (optional)

Warm the water and honey in the microwave for a few seconds to melt the honey slightly. Mix together until the honey is mixed in the water without being clumpy. Add the lemon juice and Apple Cider Vinegar and cayenne if you are using it. Mix together and drink.

The Raw Honey and Apple Cider vinegar can be found at the BMA Health Food store. This drink can be a bit sour so if it is too sour for your taste just add more honey or water to cut down on the bitterness. When I am sick I usually drink 2 or more a day.

Thank you all for your help and support and I look forward to seeing you Saturday night!

Many Blessings,

Gina Fuhrmann

Home & School Leader

