



The Hyalite Highlights—Dec. 8th, 2016

Dates to Remember:

Dec. 21st—Holiday music program at 9:30am or 1:30pm.

Dec. 22nd-Jan 2nd—Holiday break. No school.

Jan 23rd—No school for K-12

Feb. 20th—President's Day—No School

March 11th-19th—Spring Break—No School

April 7th—PIR Day—No school

May 26th—PIR Day—No School

May 29th—Memorial Day—No School

June 8th—Last Day of school—students dismissed at 12:45

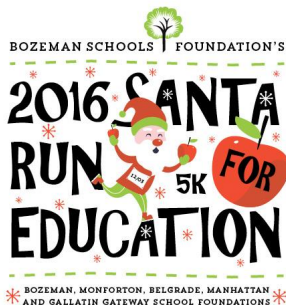
Please join us for a public information session on Thursday, December 8th to hear about progress towards the planning for future high schools in Bozeman. At 6pm, we will provide a short presentation, followed by an opportunity for participants to view some of the preliminary planning ideas and concepts. We will repeat the program at 7pm. Thanks in advance for your attendance!



Hyalite Holiday Program 2016
Wednesday, December 21st
9:30 a.m. & 1:30 p.m.
“December in Our Town”



This year's Holiday Program will showcase traditional Holiday songs along with songs representing many different cultures. Piano accompaniment will be provided by one of our Hyalite moms, Susan Jeppson. Please plan to attend **one** of the performances. Mark your calendar, as this is an event you won't want to miss.



The Santa Run for Education 5k will begin in Bozeman, on Babcock Street behind the Willson Gym at 404 W. Main Street in Bozeman, MT. The Willson Gym will highlight sponsors, activities and refreshments (Starky's Authentic Americana) before and after the race. All participants 6 and older who have registered online by Saturday November 12th will receive a Santa Hat and a red dry-fit long sleeve T- Shirt. Children 5 and under will receive a Santa Hat. Questions? Please contact the Bozeman Schools Foundation at [406-522-6071](tel:406-522-6071) or email jannet@bozemenschoolsfoundation.org

10 Ways To Encourage Your Child To Be Physically Active

- 1. Find a fun activity.** Help your children find a sport that they enjoy. The more they enjoy the activity, the more likely they will continue it. Get the entire family involved. It is a great way to spend time together. Some great ideas for winter time are both downhill and cross-country skiing, sledding and ice-skating.
- 2. Choose an activity that is developmentally appropriate.** Going out for a 1 mile jog would be appropriate for a 10 year old, but not for a 5 year old.
- 3. Plan ahead.** Make sure your child has a convenient time and place to exercise. Letting them know in the morning that they can plan on going to the park after school to ice-skate would be a perfect way to let them know in advance. It helps you keep to your word and make it fit into your busy schedule.
- 4. Provide a safe environment with equipment that fits.** If you are jump roping in the garage make sure there is enough room, and that the jump rope is the right size. It is no fun to try and jump rope with a rope that is too small or too big.
- 5. Provide active toys for gifts.** Young children need easy access to balls, jump ropes, scooters, sleds etc.
- 6. Be a role model.** Children who regularly see their parents enjoying sports and physical activity are more likely to do so themselves. Set 10 minutes aside of your own workout time and teach your child an exercise move that they can do with you.
- 7. Play with your child.** Help them learn a new sport. Go ice-skating with them instead of just dropping them off and watching them at the rink.
- 8. Turn off the TV.** Limit TV watching and computer use. Use the free time for more physical activities.
- 9. Make time for exercise.** Some children are so overscheduled with homework, music lessons, and other planned activities that they do not have time for exercise.
- 10. Don't over do it.** When your child is ready to start, remember to tell them to listen to their body. A new activity can be uncomfortable but shouldn't hurt.

Exercise along with a balanced diet provides the foundation for a healthy, active life!