Bellevue Elementary

Bellevue City School District, Bellevue Ohio

October 2025

Dear Families,

Cooler nights make for better sleep—and at the Turner household, that's especially true.

Current research shows that getting enough shut-eye is essential for growing brains. Kids who don't sleep enough risk smaller brain volumes, weaker memory, and bigger challenges with attention and decision-making. Yikes!

Not only does sleep fuel learning and problem-solving, it also **keeps moods in check**. Without it, children are more likely to feel anxious, act out, or struggle with friendships. Plus, sleep helps bodies stay strong, fighting off sickness and lowering risks of long-term health issues like obesity.

So, what gets in the way of dreamland? Two big culprits:

⇒ **Screens at bedtime** – Those glowing tablets and TVs trick the brain into thinking it's still daytime.

⇒ **Household chaos** – A calm, consistent bedtime routine helps children drift off more easily.

Pro tip for families: Power down screens an hour before bedtime, stick to predictable routines, and remember—a well-rested child is a happier learner.

After all, the best way to "wake up on the right side of the bed" is to get enough time in it!

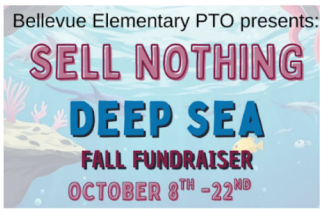
With Children at Heart,

Mrs. Turner, Principal

A Look Ahead

Oct.7th—Triple P Parenting Group at Bellevue Public Library 4:30-7:30

Oct. 8 PTO Sell Nothing Fundraiser kickoff



Oct. 8 & 9 **Parent Teacher Conf.**

Oct. 9 & 10 **No School for Parent Teacher Conferences**

Oct. 15th - PTO Meeting 6 p.m.

Oct. 16th - Fall Into Reading 8:50- 9:45

Oct. 22nd - Oct. 23rd Ohio State Test 3rd grade ELA

Oct. 24 End of 1st quarter

Oct. 27 **No School—Professional Development Day**

Oct. 30 Bully Free BMX Big Air Assembly K-5



We recently held our "Watch DOGS Pizza Night". It is the first of two events held each year. We had over 100 fathers/father figures sign up to volunteer at least one whole day at BES! THANK YOU for your love and support of our students and school. And thank you to Cameo Pizza Truck for serving over 400 attendees.





School fees are due. Grade cards will be held until payment is made. The 1st nine weeks gradecard goes home on October 31st.

Kdg. -$30.00 3rd – $40.00

1st – $35.00 4th – $40.00

2nd – $35.00 5th - $40.00

PTO News

Our PTO meetings are usually at **6 p.m**. on the 2nd Wednesday of each month. The Bellevue PTO plans family events and promotes school programs and field trips. Our next meeting is Wednesday, **October 15th at 6 p.m**. in the art room.

2025-2026 Officers:

President -- Kayla Jones

Vice President -- Anna Kreh

Treasurer -- Monica Decker

Secretary -- Destiny Hisey

Fundraising -- Echo Batey

Email: PTO@bellevueschools.org

Red Ribbon Week

Monday, Oct. 27th – No school! - PD Day

Tuesday, Oct. 28th – "You'll Never See Me Doing Drugs" (Camo Day)

Wednesday, Oct. 29th – "Swap Out Drugs for a Better Life" (Teacher and students dress like each other)

Thursday, Oct. 30th –"Peace out to Drugs" (Tie Dye Day)

Friday, Oct. 31st – "Be a Hero, Say No to Drugs" (Superhero Day)

