

Ferron Elementary Weekly Bulletin



Monday, April 27, 2026

UPCOMING EVENTS

- April 28th-30th: RISE Testing
- April 28th: 1st Gr. Field Trip
- April 29th: Kindergarten Field Trip
- April 29th: 2nd Gr. Animal Reports Program @ 2PM
- April 30th: 2nd Gr. Field Trip
- April 30th: EHS Graduates Walk-thru
- May 1st: Fun Friday- Hawaiian Beach Day
- May 4th-8th: Art Week
- May 5th: 3rd gr. AG Day w/ EHS FFA
- May 6th: Art Showcase Open House
- May 6th: STEM Club Millsite Dam Trip
- May 7th: FE Swim Day
- May 12th: NOVA graduation
- May 13th: 4th Gr. Conservation Field Trip
- May 13th: 3rd Gr. Field Trip
- May 13th: Preschool Graduation @ 2pm
- May 14th: FE STEM Day
- May 15th: PTO Service & Activity Day
- May 18th: FE Bike Rodeo & Rocket Launching
- May 19th: 5th Gr. Graduation @ 2pm
- May 20th: FE Awards Assembly
- May 20th: Last Day of School

Teacher/Staff Appreciation week is next week!
Please join us as we recognize all our teachers
and all our FE staff throughout the week!



May is FULL of activities and events. Please watch closely for information coming home with students providing details involving your child's participation in these activities!

****PLEASE NOTE CORRECTION OF TIME****

2nd Grade Program Wed., April 29th

Parents- Please join us in the library to watch your child present their animal reports at **2:00 p.m.**

FE students will congratulate the EHS Class of 2026 graduates on April 30th as they walk through the halls of our school.

We are excited to have Mrs. Russell and the School Community Council host an Art Gallery the week of May 4th-8th. Public viewing will be open during school hours May 6th-8th and we will host a parent night on Wed., May 6th from 3-6pm.



We are asking for parental support in enforcing **NO ENERGY** drinks at school. Please review the information on the back of this bulletin and help us support the well-being of our students.

Student Council will be selling suckers this Friday during morning recess for \$1 each.



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⚡ ENERGY DRINKS & KIDS

What Every Parent Should Know

🚫 NOT Just "Strong Sodas"

Leading health experts agree:

🚫 Energy drinks are NOT safe for kids

- 🕒 Under 12: No safe level of caffeine
- 🕒 Teens (12-18): Max 100 mg/day
- 📊 Reality: Many energy drinks = 200-300 mg per can

🚫 That's 2-3× the daily limit in a single drink

⚠️ THE BIG 3 RISKS

❤️ HEART HEALTH

Even one drink can cause:

- ❤️ Racing or irregular heartbeat
 - 📈 High blood pressure
 - 🚑 Rare but serious heart complications
-

🧠 BRAIN & MOOD

That "energy boost" comes at a cost:

- 😰 Anxiety, stress, jitteriness
 - 😴 Poor sleep (blocks deep REM sleep)
 - 🚫 Linked to risky behavior
-

🍬 SUGAR & TEETH

More than just caffeine:

- 🍷 Up to 7 teaspoons of sugar per can
 - 🦷 Acid damages tooth enamel
 - 🩺 Increased risk of Type 2 Diabetes
-

💡 KNOW THE DIFFERENCE

🏃 Sports Drinks

- ✓ Hydration + electrolytes
- ✓ For intense physical activity
- ✓ Generally safe when used appropriately

⚡ Energy Drinks

- ✗ High caffeine & stimulants
 - ✗ NOT for children
 - ✗ Can affect heart, brain, and sleep
-

✅ THE BOTTOM LINE

Energy drinks may look fun—but they act like stimulants in a child's body.

🚫 Better choices:

- 💧 Water
 - 🚑 Electrolyte sports drinks (when needed)
-

📺 Learn More

CDC.gov → "The Buzz on Energy Drinks"

💡 Tip for Parents:

Talk with your kids about what's in their drinks—many don't realize the risks.