

January 27, 2012



UPCOMING EVENTS

02/06	NO SCHOOL
02/07	PTO Meeting 5 p.m. @ Woodview
02/17-02/20	Mid-Winter Break
02/21	Return to School
03/13	PTO Meeting 5 p.m. @ woodview
03/16	Report Cards Go Home
03/19	Professional Development Day No School
03/30-04/09	Spring Break
04/10	Return to School PTO Meeting 5 p.m. @ Woodview
05/08	PTO Meeting 5 p.m. @ Woodview



Get Some Sleep! Kids across the U.S. aren't getting enough sleep. Experts say children ages 5 to 12 should get 10-11 hours of sleep each night. According to the National Sleep Foundation, kids are only sleeping an average of 9 ½ hours a night. An extra 30 minutes of slumber may not seem like a lot, but it can make a huge difference!

The article goes on to say the amount of sleep you get affects how well you learn. Well-rested students tend to score higher on math and writing tests. Kids who don't get enough sleep have a harder time paying attention in class.

What is keeping kids up at night? One big sleep-stealer is the use of electronics. More kids are using computers, playing video games, texting friends and watching TV at bedtime. Experts say that's "a lot of bright light to your eyes at a time when your body needs dim light to help you feel sleepy." **Turn them off!** Excerpted from "Time for Kids." For more info: kidshealth.org/sleep

Baby, It's Cold Outside

Michigan weather has definitely hit! With that thought in mind, please be sure your child is dressed for the weather. All children are expected to go outside for their lunch and classroom recesses, unless the wind chill or the actual temperature is 10°. Winter coats, hats, gloves/mittens are a must in our "winter wonderland!"

3rd Grade Curriculum Carnival

The purpose of 3rd grade Curriculum Carnival is for parents and their 3rd grader to have fun together using the curriculum taught daily. Tuesday January 31st, 2012 from 6 p.m. to 7:30 p.m.

Counselors Corner

Stand Strong Against Bullying!

As a parent you need to know what to tell your child to do in situations where they report being bullied. Here are some helpful suggestions:

1. **Speak Up.** Nobody likes to be picked on, but ignoring the situation will make it worse. Calmly tell the bully "Stop it."
2. **Never Fight Back,** but firmly tell the bully "leave me alone" and walk away with confidence.
3. **Tell an Adult You Trust.** Many kids feel embarrassed they have been bullied, but you need to tell an adult who can offer ways to help you.
4. **Stick Together.** Staying with a group will help discourage bullies. Bullies like to pick on people who seem alone.

Remember It's Not Your Fault. Nobody deserves to be bullied. Talk to a friend or trusted adult about how you feel.

Sign up for E-mail Notifications

My E-mail Notifications

Attendance:
 Receive Daily Attendance Notifications For My Student(s)

Food Service:
 Receive Notifications when Food Service Balance is under \$0.00

Grading:
 Receive Weekly Grading Notifications For My Student(s) if one of the following happened:
-Student has missing assignments in the current term.

Progress Report:
 Receive Progress Reports For My Student(s)
 Receive on the first of each month (Monthly)
 Receive every Saturday (Weekly)
 Receive every day (Daily)

[Change My Notifications](#)

Instructions:

When a parent logs on to Family Access, along the left side is a link to 'E-mail Notifications'. Click that, then click 'Change My Notifications'. Check the boxes you want and save.

Teachers Wish List

Mrs. Albert:

Classroom Games

Mrs. J. Feuerstein:

Pencils

Board games

Card games

Playing cards

Highlighters

Glue sticks

Markers

Crayons

Hand sanitizer

Tissues

Mrs. Gasper:

Markers

Pencils

Pencil sharpeners

Post-it notes

Student scissors

Stickers

Mrs. Meagher:

Boxes of tissues

Mrs. Heppe:

Construction paper

Pencil sharpener

Markers

Scissors

Playground balls

Mrs. Kasperlik:

Colored pencils

Tissues

Mrs. Kimmel:

Disinfectant Wipes

Pencil boxes (4½-7½ or bigger)

Mrs. Mehney:

Boxes of tissues

Mrs. McQuillan:

Student scissors

Pencils

Pencil sharpeners

Board games

Colored pencils

Donate to local food pantry

Mrs. Pendleton:

Dry erase markers

T-shirts for painting (Large)

Anti-bacterial wipes

Tissues

Grease resistant paper plates

Glue sticks

Pencils

Erasers

Mrs. Simmons:

ABC letter stamps

Ink pads

Play-doh

Board games

Chalk

Dry Erase markers

Blue, black, red ink pens

Permanent markers

Colored copy paper

Pencil cap erasers