

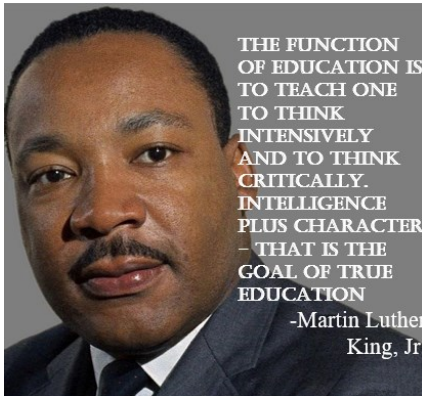
JANUARY

- 2 Classes Resume
- 10 PTA Meeting 2:00
- 15 Martin Luther King Jr. Day NO SCHOOL
- 19 Site Council 2:10
- 22 Kids Smile
- 26 PBIS Event

MANZANITA MESSANGER

JANUARY 2018

As we start the **NEW YEAR**, it is a time to think about resolutions. New Year's Resolutions are not just for adults. It is important for kids to think about goals they would like to achieve in the coming year. Challenging your child to try new things, work harder and achieve goals. It can be a fun adventure you to go on together. Make your goals SMART.



- 1) **S**et Specific and realistic goals — Encourage you child to pick one or two areas to work on. Make sure they know exactly what they want to accomplish. Example— read a new book each month.
- 2) **M**easurable — How will they know when they have reached their goal?
- 3) **A**chievable — Make sure their goal is not too far to reach, but make it challenging.
- 4) **R**elevant — Link the goal to something important.
- 5) **T**imely — Have an idea of when you want to reach your goal. If it is longer term, have mini-goals along the way.

Post your goals as a reminder.

PBIS NEWS

Be Responsible Be Respectful Be Safe Be Kind

PBIS is designed to improve social, emotional and academic outcomes for all students. Each month, if students meet the PBIS expectations, they will earn the privilege to participate in Manzanita's schoolwide Mountain Lion Pride reward. Some examples of rewards are: Picnic in the gym, movies, make your own cookie, dance party, art & crafts and more.

Find more at - <https://mzpbis.blogspot.com/>

A GOAL

without

A PLAN

is just

A WISH

MLK DAY
1/16/17

LOST & FOUND

LOST A COAT?



Lost and found for coats, jackets, gloves, scarfs and other clothing is located in the cafeteria.

PLEASE LABEL YOUR CHILD'S BELONGINGS!

Mrs. Hamilton's Library Corner

Be sure to browse the new BOOK CARTS!

I now have more BOOK TALK forms.

The OBOB (Battle of the Books) battles will be starting in February so keep reading those books!

My checkout policy:

- ★ Kindergarten—practice books have to go home and come back four times before you can check out "real" books. One book allowed at a time.
- ★ 1st graders—Are allowed to check out one book at a time.
- ★ 2nd graders—Get to check out two books and take one home at a time.
- ★ 3rd-5th graders—Up to three books and preferably leave one at school.

All books are checked out for a period of one week. If your book is not back on the day it is due you cannot check out so be sure to find a safe place to keep it at home. If you are not finished you can renew.

If you lose a book and pay for it and then it shows back up in good condition, you will receive a refund. If you damage a book it needs to be replaced. Keep water bottles away from books!

jennifer.hamilton@threeivers.k12.or.us



WHY SLEEP MATTERS

Kids are notoriously bad judges of their own sleepiness. In experiments where 8-10 year olds were not permitted to sleep more than 4 hours at night, kids performed worse on cognitive tests. But (no surprises here!) these same kids insisted that they were not sleepy (Dement and Vaughan 1999).

Signs of sleep deprivation in kids include many of the same signs we see in adults. For instance, kids may

- be harder to awaken in the morning
- show greater difficulty concentrating
- fall asleep spontaneously during the day (inadvertent napping)
- "sleep in" on weekends (which suggests that they are making up for sleep lost during the school week)
- hyperactivity (Kuhn et al 1999; Shur-Fen Gau 2006)
- defiant behavior (Lavigne 1999; Shur-Fen Gau)

Perhaps most alarming is the idea that sleep deprivation in early childhood could impair cognitive performance later on.

Suggested sleep times by age:

- Newborns (0-3 months): 14-17 hours (changed from 12-18)
- Infants (4-11 months): 12-15 hours (changed from 14-15)
- Toddlers (1-2 years): 11-14 hours (changed from 12-14)
- Preschoolers (3-5): 10-13 hours (changed from 11-13)
- School-Age Children (6-13): 9-11 hours (changed from 10-11)
- Teenagers (14-17): 8-10 hours (changed from 8.5-9.5)
- Young Adults (18-25): 7-9 hours (new category)
- Adults (26-64): 7-9 hours (same recommendation)
- Older Adults (65+): 7-8 hours (new category)

Good sleep practices will help ensure that your child gets the sleep he needs. These practices include:

- waking up at the same time each morning
- avoiding artificial lighting before bedtime (cell phones, tv, etc.)
- avoiding stimulating activities—including TV and video games—before bedtime
- going to bed "early" if your child feels sleepy.

Coming Soon

FEBRUARY

- 1 PTA Family Art Night 5:30-7:00
- 2 Clerical Day NO SCHOOL
- 5 Vision Screening K, 1st, 3rd, 5th Site Council 2:10
- 7 Battle of the Books 12:00
- 12 OMSI Assembly 8:30-1:00
- 14 PTA Meeting 2:00
- 14 Valentine's Day
- 19 Presidents Day NO SCHOOL
- 21 IMMUNIZATION EXCLUSION DAY- Site Council 2:10
- 23 PBIS Event

