

Hello Parents and Guardians:

It is hard to believe that November is here and the first quarter of the 2019-2020 school year has come to an end. Scholars remain actively engaged in rigorous lessons each day and continue to demonstrate excellence. Thank you for your continued dedication and support in your child's education.

Thank you for coming out to our JD Parent University night! We hope you took away techniques to use with your child at home. We look forward to seeing you at our next parent engagement activity.

As the weather has started changing please make sure that when you are shopping for winter clothes, don't forget to look for simple clothing and boots that your child can put on by him/herself. Scholars are outside as long as the weather permits, so hats and mittens are now necessary along with a heavy coat.

Please have your child practice putting on winter clothes at home, in order to make the transition from going inside to outside easier and faster. Don't forget to label everything.

Educationally Yours,  
**Adrienne Clotman**  
Assistant Principal, John Dewey  
“One Team, One Vision, One Goal”



## Parent Communication November 2019

**Mrs. Clotman,  
Assistant Principal**

**Volume 6 Issue 29**

### Upcoming Events:

**Daylight Savings Ends**  
November 3<sup>rd</sup>

**No School**  
Tuesday, November 5<sup>th</sup>

**Parent Teacher Conference**  
Monday, November 18<sup>th</sup>  
4pm-7pm

**Thanksgiving Break**  
Wednesday November 27<sup>th</sup> -  
Sunday December 1<sup>st</sup>

**Winter Break**  
Monday, December 23<sup>rd</sup> -  
Monday, January 6<sup>th</sup>

## Help Your Child Succeed in School:

### Build the Habit of Good Attendance Early

School success goes hand in hand with good attendance!

#### DID YOU KNOW?

- Starting in kindergarten, too many absences can cause children to fall behind in school.
- Missing 10 percent (or about 18 days) can make it harder to learn to read.
- Students can still fall behind if they miss just a day or two days every few weeks.
- Being late to school may lead to poor attendance.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

### Math Websites

#### Fun Brain

<http://Funbrain.com>

#### Math Blaster

<http://Mathblaster.com>

#### Math Game Time

<http://MathGameTime.com>

#### Math Playground

<http://MathPlayground.com>

#### Cool Math Games

<http://www.coolmath-games.com/>

# How Much Sleep Do Children Need?

## 3-6 Years Old:

10 - 12 hours per day  
Children at this age typically go to bed between 7 p.m. and 9 p.m. and wake up around 6 a.m. and 8 a.m., just as they did when they were younger. At age 3, most children are still napping, while at age 5, most are not. Naps gradually become shorter, as well. New sleep problems do not usually develop after age 3.



## How to Listen to Your Child Read

Below is a short overview of basic concepts that will help you become more familiar with some of the skills teachers notice when they hear children read. You can use it for yourself when you listen to your child read through any text:

**Fluency**—is defined by a reader's accuracy, speed, and expression.

**Decoding:** knowledge of letter-sound relationships used to correctly pronounce a word.

**Comprehension:** the most important part of reading is understanding. Comprehension has various levels. The first level is literal understanding—demonstrated when children can retell what they have read.

## November is Diabetes Awareness Month

According to the CDC (United States Center of Disease Control and Prevention) in up to 29.1 million Americans, or 9.3% of the populations, have diagnosed Diabetes. If you are at higher risk of developing type 2 diabetes, it's time to make some change:

1. Lose the extra pounds.
2. Moderate 30-60 min exercise 5 days a week.
3. Choose unsaturated fats over saturated fats.
4. Eat more fiber.
5. Cut back on refined sugar.
6. Stop Smoking.
7. Consult your doctor.

## \*\*Please Remember\*\*

Kindergarten and 1<sup>st</sup> Grade Scholars are picked up by their classroom teachers at 8:50am. If your child arrives after that time, they are required to walk to class by themselves. No exceptions.

## Why is reading important?

Reading is important because words - spoken and written - are the building blocks of life. You are, right now, the result of words that you have heard or read AND believed about yourself. What you become in the future will depend on the words you believe