



WARRENVILLE HEIGHTS  
CITY SCHOOL DISTRICT  
**JOHN DEWEY**  
ELEMENTARY SCHOOL

# John Dewey Parent Communication

## Mrs. Clotman, Assistant Principal

October 1, 2017



### Parents and Guardians:

The end of 1<sup>st</sup> quarter is fast approaching and your children have been following classroom rules and expectations. Scholars should be reading or being read to daily at home for at least 20 minutes. By now you should have received your child's iReady reports for reading and mathematics. Please allow your child time to practice at home when possible. If you do not have access to a computer at home, please feel free to visit the Warrensville Heights Public Library. As always please feel free to contact me at (216) 755-8743 or [Adrienne.Clotman@whcsd.org](mailto:Adrienne.Clotman@whcsd.org)



### THE TEAL PUMPKIN PROJECT

Create a safer, happier Halloween!

Every child should be able to experience the joy and tradition of trick-or-treating on Halloween. But many kids with food related health conditions are often left out of the fun, since most candy is off limits.

1 in 13 kids have food allergies. Diabetes, obesity, and celiac disease are on the rise!

The Teal Pumpkin Project raises awareness of food allergies and other dietary restrictions and promotes inclusion of ALL children during the Halloween season.

### WAYS TO TAKE PART

- Provide non-food treats for trick-or-treaters.
- Place a teal pumpkin in front of your home to indicate to passersby that you have non-food treats available.
- Display a printable sign to explain the meaning of your teal pumpkin.

### ATTENDANCE AWARENESS

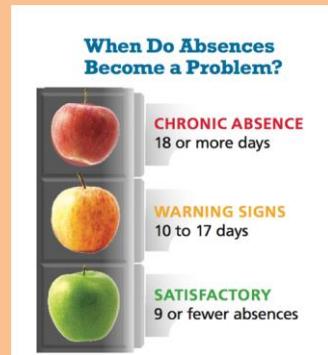
By making your child's school attendance a priority, you will be taking an important step in supporting your child's school success, and setting a good example.

#### Did You Know?

- Missing 10% (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.
- Absences can affect the whole classroom if the teacher has to slow down learning to help children catch up.

#### What You Can Do:

- Set a regular bedtime and morning routine.
- Lay out clothes and pack backpacks the night before.
- Don't let your child stay home unless he/she is truly sick. Keep in mind complaints of a stomachache or headache can be a sign of anxiety and not a reason to stay home.
- If your child seems anxious about going to school, talk to teachers, school counselors, or other parents for advice on how to make he/she feel comfortable and excited about learning.
- Develop back-up plans for getting to school if something comes up.
- Call a family member, a neighbor, or another parent.
- Avoid medical appointments and extended trips when school is in session.





## School Health: Sleep

Sleep is important. The body and brain need sleep. Most kids between 5 and 12 get about 9.5 hours a night, but experts agree that most need 10 or 11 hours each night.

Children who aren't getting enough hours of rest may feel tired or cranky or can be unable to think clearly. They have a hard time following directions and can become argumentative.

A school assignment that's normally easy may feel impossible, and children can become more accident prone. One more reason to get enough sleep is that it helps children grow and builds a strong immune system, which keeps them healthy.

### How to Help Children Catch Their ZZZs:

- Try to have children go to bed at the same time every night; this helps their body get into a routine.
- Follow a bedtime routine that is calming, such as taking a warm bath and reading.
- Limit foods and drinks that contain caffeine. These include some sodas and other drinks, like ice tea.
- Don't have a TV or electronic devices in their room. Research shows that kids who have them in their rooms sleep less.
- Don't let them exercise just before going to bed. Do have them exercise earlier in the day — it helps a person sleep better.
- Have them use their bed just for sleeping — not doing homework, reading, playing games, or talking on the phone. That way, you'll train them to associate their bed with sleep.

## Math News

Did you know that Ohio Standards for Mathematics also include a set of required fluencies by grade level and the 8 Mathematical Practices?

### Grade State Standards Required Fluency by the End of this Grade

- K • Add and Subtract within 5
- 1 • Add and Subtract within 10
- 2 • Know single digit addition and subtraction facts from memory
- Add and subtract within 100

You can help your child develop these fluencies through practice! As you are riding in the car ask your child to solve various math problems mentally like what is 4-1; ask them how many ways they can add two numbers to get to 10.

Try downloading some apps from Motion Math— suitable for K-4!

### Box Top Collection #1 is Friday, October 20th!

Place Box Tops in bags of 50 and send to school with your child. Ask friends and family to collect too! Visit <http://boxtops4education.com> and sign up for coupons, bonus Box Top offers, and sweepstakes entries!

