



MARCH HAPPENINGS



February 26 - March 2 NO SCHOOL Winter Recess

March 2 Dr. Seuss' Birthday

March 5 PTO Meeting at 6:00 in the Pierce Library

March 6 Grapevine Community Meeting 12:00-1:00 in the Library

March 8 Community Supper 5:30

March 9 PTO Family Fun Night Owl Prowl at the Harris Center in Hancock 6:00-7:00



March 12 NO SCHOOL ~ Professional Development for Teachers

March 13-16 Healthy Teeth Program

March 13 Voting at Pierce School

March 14 St. Patrick's Day



March 16 Assembly 2:40 Presenters Kindergarten, Grade 2 and Grade 4

March 20 Read Across America

March 26-30 Book Fair

March 29 Title1 Literacy Night and Book Fair

SPECIALS: 3/5-9 MuzArt; 3/13-16 PE (sneakers required); 3/19-23 Library/Media; 3/26-30 Health

Principal Notes:

Happy March,

I've recently been asked about ways in which parents can support teachers at school. Considering the fact that children spend half of their waking hours in school during the academic year, it is an important topic. We can work together to ensure academic, social, and emotional success. Below is a brief list of suggestions to foster the connection between home and school that I hope you will find helpful.

* Establish a consistent morning routine to prepare your child for the day ahead.

* Include calm, peaceful times in your children's afternoons and evenings. Maintain a schedule that allows them to go to school rested, and if they are sick, have a system in place so they are able to stay home.

* Create a specific homework space that's clutter-free and quiet. Encourage editing and double-checking work, but allow your kids to make mistakes, as it's the only way teachers can gauge if they understand the material. It's also how children learn responsibility for the quality of their work.

* Fill your child's life with a love for learning by showing him your own curiosity, respecting his/her questions, and encouraging his/her efforts.

* Be a partner with your child's teacher. When you need to speak to him or her in reference to a specific issue with your child, do it privately, not in front of your child. Make a point never to criticize your child's teacher in front of your child.

* Set up a system where routine items are easily located—such as backpacks, shoes, signed notices. Create a central calendar for upcoming events to avoid the unexpected.

* Remember that home - school communication is really important. We are in this together!

For March

Robin Gregg

Earlier in the year, we printed a newsletter item about helpful bedtime routines. Recently a number of students have talked with me about feeling tired. Some children claim that they stay up late at night playing video or computer games. Some children actually look tired. I don't know if the children really are staying up late (they often claim that they do so without their parents knowing about this), but an article I read recently makes the case of early bedtimes for children. Not only is this good for children, but, apparently, it is good for parents, too (or at least mothers—the study quoted in the article didn't mention fathers).

In a study that began in 2004 in Australia, researchers tracked thousands of families. Every two years, the families studied were interviewed about their physical and mental health. One of the findings of the study was that children who were asleep by 8:30 pm had "better health related quality of life." Their mothers were happier, too. When we consider the stresses of parenting and of life in general, it makes sense that having some evening quiet after our children are asleep helps make parents happier and healthier.

Wilson Elementary School in Kenosha, Wisconsin, provides guidelines to help parents determine the appropriate bedtime for their children, based on the age of the child(ren) and their usual wake-up time.

For example, if your 5-year-old has to wake up at 6:15 a.m., she should go to bed at 7:00 p.m. A 10-year-old who gets up at 6:15 could stay up until 8:15 p.m. This is consistent with the American Academy of Pediatrics recommendation children ages 3-5 should get 10-13 hours of sleep, and children between the ages of 6-12 are okay with 9-12 hours.

To see the original article:

https://www.simplemost.com/new-study-says-putting-kids-to-bed-earlier-is-better-for-moms-sanity/?utm_campaign=positively&utm_medium=partner&utm_source=