



# Dolphin Splash

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## Principal's Desk

We have addressed the topic of sleep in past newsletters, but I still see it as a real problem for many of our students. WebMD suggests children ages 3 to 6 get 11 to 12 hours of sleep a day. 7 to 12 year olds should get 10 to 11 hours a day. When children don't get enough sleep, their brain function and ability to learn drops considerably. Their behavior the next day commonly mimics that of ADHD. Sleep deprived students are inattentive, and can experience social and behavioral problems.

Here are just a few of the other ways that sleep deprivation affects your child.

### Concentration

It is much harder to concentrate on schoolwork when you are tired. Not getting enough sleep will make the mind incapable of retaining anything your son/daughter hears or reads that day.

### Thinking

A child who is suffering from sleep deprivation will not be able to piece information together and think logically. Anything that the child would have otherwise learned from his/her day at school will be lost.

Tests

### Tests

If a child is deprived of sleep the night before a test, he/she will certainly not perform as well as if he/she had enough sleep. If the child's test scores drop, his/her overall grade will be affected by it. It could even mean failure.

### Failure to Thrive in a School Setting

Children who are sleep deprived for long periods of time will eventually be unable to thrive in the school environment. You are setting your child up for failure if you do not ensure they get enough sleep.

Please take a moment to assess how much sleep your children are getting. Setting an earlier bed time will not be a popular decision, but it is one that will set them up for success.

**Don't handicap your children by making their lives easy. ~Robert A. Heinlein**

## Office Space

Information from the front office

## REMINDERS:

### Going Home Instructions

Keeping instructions consistently the same each day makes the going home process smoother. Occasionally, the routine for going home will change. Notify the

teacher with a note in the daily take-home folder or notify the office as early as possible. Last minute changes may not get to your child in time.

### Student Pick-Up

For the safety of every student at Nimitz Elementary, If your child is not picked up by 3:25

pm, they will be sent to the YMCA program in our cafeteria. Parents will be charged a \$10 fee for this service.

If you have any questions please call the Nimitz office.

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### Important Dates

- 1/11/10 Family Reading Night 6:00pm-7:30pm
- 1/18/10 Student Holiday
- 1/20/10 Class Pictures
- 1/25/10-1/29/10 Parents in P.E.
- 2/8/10 Family Reading Night with Book Fair 6:00pm-7:30pm
- 2/11/10 Walk-A-Thon Pep Rally

## From The Counselor

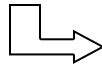
### (The Six Pillars of Character (Pillar Four))

#### FAIRNESS: HOW TO BE A FAIR PERSON

- Treat people the way you want to be treated.
- Take Turns.
- Tell the truth.
- Play by the rules.
- Think about how your actions will affect others.
- Listen to people with an open mind.



Have some fun cooking up these delicious treats with your kids.



#### Peanut Butter Rice Krispy Treats

- 3 tablespoons butter or margarine
- 1 package (10 oz., about 40) regular marshmallows
- - OR -
- 4 cups miniature marshmallows
- 1/2 cup peanut butter
- 6 cups Rice Krispies®

1. In large saucepan melt butter over low heat. Add marshmallows and stir until completely melted. Remove from heat. Stir in peanut butter until melted. 2. Add KELLOGG'S RICE KRISPIES cereal. Stir until well coated. 3. Using buttered spatula or wax paper evenly press mixture into 13 x 9 x 2-inch pan coated with cooking spray. Cool. Cut into 2-inch squares. Best if served the same day.

## Clinic Corner

(News from the Nurse)

### Be a Fit Kid!

Being fit is a way of saying a person eats well, gets a lot of physical activity, (exercise), and has a healthy weight. If your fit, your body works well, feels good, and can do all the things you want to do, like run around with your friends. Here are five rules to live by, if you're a kid who wants to be fit. The trick is to follow these rules most of the time, knowing that some day (like your birthday) might call for cake and ice cream.

1. **Eat a variety of foods, especially fruits and vegetables** – if you eat different foods, you're more likely to get the nutrients your body needs. Try to get two fruits, three veggies in a day.

2. **Drink water and milk most often** - When you're really thirsty, cold water is the No. 1 thirst-quencher. Milk has calcium, an important mineral your body needs for strong bones. You can find calcium in other foods too, like low-fat yogurt and 2% cheese. Try to drink 3 cups of milk per day; under 9 years of age drink 2 cups. Limit sugary drinks like

sodas, juice cocktails, and fruit punches. They contain a lot of added sugar, which has no nutrient value!

3. **Listen to your body** – What does it feel like to be full? When you are eating, notice how your body feels and when your stomach feels comfortably full. Sometimes, people eat too much because they don't notice when they need to stop eating. It takes about 20 minutes for your stomach to tell your brain to stop eating. So eat slowly and before you get seconds, wait and see if your stomach is trying to tell you to stop.

4. **Limit Screen time** – What's screen time? It's the amount of time you spend watching TV or DVDs, playing video games and using the computer. The more time you spend on these sitting-down activities, the less time available for active stuff, like basketball, bike riding, and swimming. Try to spend no more than 2 hours a day on screen time.

**Be Active** – One job you have as a kid – and it's a fun one – is that you get to figure out which activities you like best. Maybe your passion is karate, soccer or dancing. Ask your

- Don't blame others for your mistakes.
- Don't take advantage of other people.

### Ways to talk to your children

- Ask questions that lead to conversation such as those beginning with "what, where, who, or how."
- Try not to ask questions that only need a yes or no answer.
- At the end of the day, ask them to share their "saddest time" during the day and their "happiest time" during the day. Then you share with them.\*
- Talk about your ideas and feelings.
- Don't be critical of your child's ideas or feelings.
- Admit when you don't know something.
- Help children find the answers to things you don't know.
- Try to answer their questions completely.

parents, YMCA, or friends to help you find information on how to get started.

**Concerned about what weight is right for you?** Have your mom/dad call me. I will measure your height/weight and give you a graph of your weight. Tell your parents about these five steps you want to take and maybe you can teach them a thing or two. If you're a fit kid, why shouldn't you have a fit mom and a fit dad?

kidshealth.org