



**Happy New Year!**

School will resume on Monday, January 4. Boys & Girls Club will be in session on January 4.

**Schedule Changes:**

Starting on January 4, we will no longer be using a 6-day cycle. Our lunch menus and Purple/White lunch rotations will be based on actual calendar weeks, and our specials classes schedule will rotate differently for most of our grade levels. Your child's classroom teacher will be providing some more specific information about his or her specials schedule.

**OUR ELEMENTARY SPELLING BEE HAS BEEN POSTPONED UNTIL MAY.**

**NO SCHOOL ON MONDAY, JANUARY 18.**



**WINTER ATTIRE**

Please remember to send your child to school each day dressed for the weather. Not only do we go outside at recess time, but our gym classes often snowshoe during the winter and **snowshoes fit over boots, not shoes.** Students are expected to wear his/her winter jacket, hat and/or hood, gloves/mittens, and boots.

**FREE BREAKFASTS AND LUNCHES!**

Please be reminded that Coudersport Area School District will continue to provide to **ALL students**, FREE BREAKFASTS AND LUNCHES THROUGHOUT THIS SCHOOL YEAR!



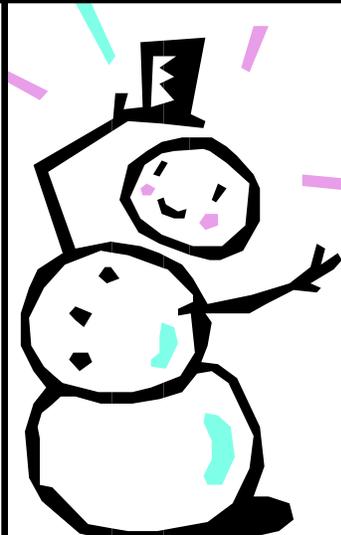
**Counselor's Corner by Mrs. Terri Shaffer  
New Year=New Resolutions!**

Kids in school frequently tell me that they want to spend more time with their parents/guardians, so make a resolution to spend more time with your children and less time on your phone. Each evening, turn all technology off for at least 1 hour before bedtime. The blue light from these devices has been found to decrease our natural melatonin. Limit your kid's *entertainment* screen time to one hour per day. Avoid device use during dinner.

Dedicate one evening per week for family fun night-watch a kid's movie together, play a game, make a simple craft, clean out a drawer!!

Lastly, make sure everyone, (adults included) get enough sleep. I believe that most poor school behavior is caused by lack of sleep. The American Academy of Pediatrics recommends the following:

- Infants 4 months to 12 months should sleep 12 to 16 hours per 24 hours (including naps) on a regular basis to promote optimal health.
- Children 1 to 2 years of age should sleep 11 to 14 hours per 24 hrs (including naps) on a regular basis to promote optimal health.
- Children 3 to 5 years of age should sleep 10 to 13 hours per 24 hrs (including naps) on a regular basis to promote optimal health.
- Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hrs on a regular basis to promote optimal health.
- Teenagers 13 to 18 years of age should sleep 8 to 10 hours per 24 hours on a regular basis to promote optimal health.



**Happy New Year!  
Wishing you and yours  
good health and prosperity!**

**A BIG SHOUTOUT TO PTSA**

We thank them for a great Santa's Secret Shop this year in spite of our pandemic!

We know how much time and work you put into this and we are grateful!



**Marking Period**

Our second marking period will end on Tuesday, January 19.

Our second semester will begin on Wednesday, January 20.



**Report Cards**

Report cards will be sent home with students on Monday, January 25.

**Stairway to Reading  
Success**



Check out the wall across from the library.

Is your name there yet!? The more books you read, the more points you gain and your name goes on the wall!

K & 1: Reach 25 points.

2: Reach 50, 3: Reach 75, 4: Reach 100, 5: Reach 200, and 6: Reach 300!

I wonder who will score the most points this year???

**Did I hear Rock Concert?**

As you read books, remember to complete the AR quizzes!

Set a goal for yourself and see if you can meet it, or go beyond your personal goal!

**LIBRARY BOOKS**

Please be sure your child/ren returns his/her library books on his/her scheduled library days so he/she can continue to check-out books.



Lost or damaged books will need to be paid for.

Please teach your child/ren to respect and care for borrowed books. This will assure that the books are in good condition so others may enjoy them too!

