COUDERSPORT ELEMENTARY NEWSLETTER 2022

Happy New Year!
School will resume on Monday, January 3.
Boys & Girls Club **will be in session** on January 3.

2-Hour Early Dismissal on Wednesday, January 12, 2022
Boys & Girls Club WILL BE IN SESSION.

NO SCHOOL ON MONDAY, JANUARY 17, 2022

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.

Students may enter the elementary building at 7:30 a.m. (Breakfast is open at this time). Our bell rings at 7:50 for students to report to homeroom. Our final bell rings at 8:05, when our academic day begins. Students arriving after the 8:05 bell are tardy. Please do all you can to enable your child to be successful each day by making sure they arrive timely. When your child is absent, please call the school to let them know he/she will not be in. This is also the time to request homework. In addition to calling the school, please be reminded that within 3 days you need to send a written note in, or have a doctor's note sent to us for your child's absence. Let's start 2022 with a time management plan!

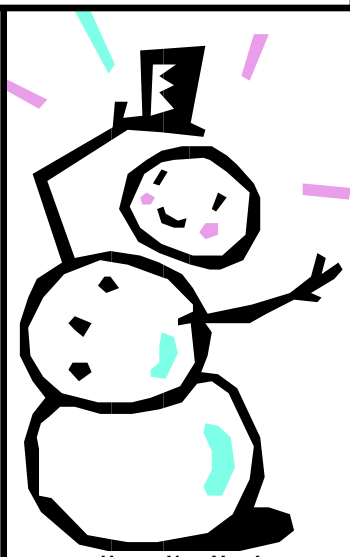
Counselor's Corner by Mrs. Terri Shaffer
New Year=New Resolutions!

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!

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 18.

Our second semester will begin on Wednesday, January 19.

Report Cards

Report cards will be sent home with students on Tuesday, 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???

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!