



South Park Cougar Courier

January 2019 Issue 6

Lynne Brunjak, Principal

Dates to Remember

- 1/7 Back to school
- 1/7 Science Fair Support Meeting 3:10-4:00
- 1/9 Preschool Cultural Awareness 1:30 PM - 3:00 PM
- 1/10 2nd Quarter Assemblies
 - K/1/2 8:00-9:00
 - 3/4/5 9:00-10:00
- 1/11 Teacher Workday
- 1/14 PTO Meeting 3:30 PM
- 1/15 Report Cards go home
- 1/21 Growing Education Practices Consultant Here
- 1/22 Krupka/Smith Preschool Meet at Nature Center
 - AM 9:00 AM - 10:30 AM
 - PM 12:30 PM - 2:00 PM

Scholar: a person who has an aptitude for study

Principal's Message

I hope that your family has a wonderful holiday season. Spend some quality time with your children. Before you know it, they will be grown up and gone. All of our scholars need to be reading over the break. They need to read for a minimum of 20 minutes per day. This will keep their reading at the same level as when they left school in December.

Science Fair is coming soon. You have received a letter outlining the details of when different parts of the projects will be due. Begin to think about a project. Do some research as a family and get your child excited about science. We will be having an informational meeting about the science projects on Monday, January 7th, from 3:05-4:00. Please plan to attend with your child and learn what will be expected. The science projects are mandatory for 3rd, 4th, & 5th grade scholars. This is a large part of their science grade for Quarter 3. We will be hosting a science fair on January 31st for the parents to come and view the projects.

Thank you to those parents that attended our No Bully Night at South Park. We are proud of the progress that South Park scholars are making in the area of positive behavior. We have some great scholars here that help our school to promote kindness and doing the right thing.

Attendance is an issue here at South Park. School begins promptly at 7:45 with our tardy bell at 7:55. It is very important that you get your scholars here in a timely manner. We begin teaching the moment your scholars are in our rooms. The class with the best attendance receives a slush from Sonic. Don't let your child be the reason that their class does not win.

Sincerely,

Mrs. Lynne Brunjak, Principal



PRAISE IS ALIVE AT SOUTH PARK!

- P-positive**
- R-respectful**
- A-accepting**
- I-integrity**
- S-safety**
- E-equality**





2nd Grade News

Our second grade class is having a fundraiser to raise money for field trips. They will be selling beef sticks after school in a variety of flavors for \$1.00 each. This month they will sell a new flavor called "Volcano". Thank you for supporting second grade!

STUDENT COUNCIL



Student Council News

Our school store is open for business. We have a variety of school supplies and other great items available for sale. The school store will be open before and after school.



PTO Corner

Box Tops now has a downloadable app for your Apple or Android phone. This can make collecting Box Tops easier. We will do a final collection for Box Tops in February. The class with the most Box Tops wins a prize.

Thank you for supporting our school!



Preschool News

The hours for preschool have changed. This will be effective when we return from break on Monday, January 7, 2019.

Morning Class - 7:45 AM - 10:30 AM

Afternoon Class - 11:15 AM - 2:00 PM

Full-Day 8:00 AM - 2:00 PM

No Excuses Chant

South Park Cougars
Rise above the rest
Home of No Excuses
We strive to do our best.

Every scholar matters
Success is in our soul
Learning is our future
And college is our goal.

College bound Cougars
College bound Cougars
GO SOUTH PARK



Physical Education Corner

SLEEP SMARTER and PERFORM BETTER

HOW SLEEP DEPRIVATION AFFECTS YOUR HEALTH AND THE HEALTH OF YOUR FAMILY

Establishing and maintaining good sleep habits helps kids fall asleep, stay asleep, and wake up rested and refreshed.

Everything is affected by how much sleep kids get – their mood, their motivation, what they eat, and how they interact with family and friends. Getting better sleep leads to better performance in the classroom, on the field and in life. Kids are more focused, concentrate better and behave better. Children and adolescents who do not get enough sleep have a higher risk of obesity, diabetes, injuries, poor mental health, and problems with attention and behavior that impair academic achievement.

Nearly 70% of kids don't get enough sleep on school nights. However, kids who follow a bedtime routine get an average of one-hour more of sleep per night.

Students can develop better habits that promote sufficient sleep by waking up and going to bed at the same time each day, and keeping computers, smart phones, and similar electronic devices out of the bedroom.

Kids know they should eat well and be physically active, but they don't always understand that healthy sleep is also an important part of a healthy lifestyle. And while they often wish they were getting more sleep, they report sleep as the lowest scoring health item for things that are important for their well-being. In fact, did you know that 71 percent of students are sleep deprived by an average of 1.7 hours a night?

According to the American Academy of Sleep Medicine this is how much sleep is needed for students to be well rested for their academic day.

HOW MUCH SLEEP DO KIDS NEED?

AGE	SLEEP PER DAY
4-12 months	12-16 hours (including naps)
1-2 years	11-14 hours (including naps)
3-5 years	10-13 hours (including naps)
6-12 years	9-12 hours
13-18 years	8-10 hours