

Gator Gazette

Mt. Horeb Elementary School Newsletter

January 2012



The Mt. Horeb Staff
Wishes You a
Safe and Happy Holiday Season

Technology, Media and Sleep!

The New Year is a great time to think about reestablishing routines that may have been disrupted during the busy holiday season. Sleep routines are important for children and greatly impact attention and learning.

Recently, I read a number of articles that correlated young children's sleep and attention problems with video game playing, cell phone usage and TV watching. It is vitally important to be aware of how unlimited exposure and use of the variety of media at children's exposure can impact sleep, anxiety levels, and overall disposition. Ultimately, there is great potential for media to positively or negatively impact children's academic performance and social development. The following are some points to consider with respect to technology interaction, attention, and sleep:

- Almost 30% of young children in one study who watched television or played video games for at least 30 minutes after 7PM had sleep problems most nights of the week. Since video games and television do not allow students to wind down and prepare for sleep, children have difficulty falling into a sleep state. The lack of quality sleep can have a negative impact on a child's ability to self-regulate behavior and to engage in meaningful learning.
- Violent video games and television shows at any time of day increased sleep problems. The same study indicated that 37% of children who played a violent

video game or watched a violent television show for *an hour a day* had sleep problems. Violent television was defined in relative terms. A cartoon rated appropriate for a ten year old, may be viewed as violent for a kindergarten, first, or second grade child.

- Watching nonviolent television shows or playing nonviolent video games in a limited manner doesn't seem to impact sleep in the same manner as playing violent video games or watching violent television shows. Remember, violent is a relative term for young children.
- Another study indicated that elementary school children who play video games more than two hours a day are 67% more likely to have greater than average attention problems than their peers who play less. Likewise, children who are susceptible to attention problems are attracted to video games. This relationship can reinforce behaviors that already contribute to attention challenges.
- Heavy cell phone usage (more than 15 calls or texts a day) in teens and young children who own cell phones has been correlated with children having more trouble falling asleep and staying asleep. Heavy cell phone users are also more likely to be stressed out and generally feel tired.
- Parents should make the hour before bedtime a "screen free" time that includes predictable bedtime routines that enable children to "wind down" and allow their bodies to prepare for sleep.
- The American Academy of Pediatrics recommends that parents limit nighttime media use and refrain from putting televisions, cell phones, or computers in children's bedrooms.

William Kimmick
Principal

KidStuff Coupon Books

The KidStuff Book sale raised \$1800!!!

We will add the profit of \$1800 to the Directory profit which will enable us to pay for the 2 SMART Boards 100%!!! A HUGE THANK YOU goes out to Karen Carapezzi for handling this fundraiser for our school. Also a special thanks to our teachers and Mr. D who managed the distribution and returns!

Thank you to all of the families who supported this activity for our school!!

PS If anyone has a book to return, please do so ASAP!

Save the Date – 1st Annual Dinner Dance

Please save the date for Mt. Horeb's 1st Annual Dinner Dance, Friday, April 20th 2012 in the evening. Join us at the Martinsville Inn for a night of dancing, food and drinks! This "adult only" event is open to parents, teachers and friends, so mark your calendars to attend. Tickets on sale soon!!!

INTERNATIONAL DAY PLANNING IS WELL UNDERWAY!

International Day – Wednesday, March 7

Don't miss out on being part of this special, educational and fun day for both the kids and the school. Come join us in the day – THE BIGGEST EVENT OF THE YEAR! Our countries and "head" volunteers are now in place. We need volunteers to assist the "heads" with this wonderful day. If you want to volunteer to help, please contact Deneen Gatto at dmgneen@myway.com or 732-560-1850, Lori Weiss at mitchw13@aol.com or 908-626-0762 or Nancy Phillips at lmnp88@optonline.net or 908-604-0325.

Thanks in advance for your support!

Upcoming PTO Meeting

Please join us for our next PTO Meeting on Thursday, January 19th at 7:00 p.m. Mr. Kimmick will be giving a presentation about some specific school programs. Please plan to attend!

BOARD CORNER JANUARY 2012

- Although we experienced mild weather during the month of December, we know that winter is upon us. Please remember to plan ahead for school delays, early closings, or full day closings. We make use of a variety of media outlets and other communication tools to relay important information about school schedule changes. Among these communication methods are the following:
- Reverse 911 phone system
- Email messages ("Eblasts")
- Recorded messages on the district's main phone number
- District website (www.warrentboe.org)
- TV stations (especially Warren's local access station--Channel 15)
- Radio stations (101.5 fm, 1450 am, 1260 am)

We strive to make use of every one of these options every time there is a weather-related change in the school schedule, but sometimes unforeseen circumstances can make one or more of them inoperative. To be on the safe side, we strongly recommend relying on more than one of the above options in times of foul weather. It is particularly important to keep your school's front office updated whenever your emergency phone contact information may change. Also, be sure to keep your Eblast subscription up to date as well with one or more active email addresses.

Dr. Tami Crader
Superintendent



Bingo Family Fun Event!
Saturday, January 28th at Mt Horeb School
2 Sessions to choose from: 10am – 12pm OR 1pm – 3pm

Tickets \$5/each, with \$25 max per family
Ticket includes 1 slice of pizza and a drink
Ice Cream & Baked Goods for Sale AND Prizes to Win!

Contact Kathy Ciraulo at 908-626-9190 or kaciraulo@aol.com with any questions.



Please detach and return with your check in an envelope marked Bingo Party by January 20th!

Name: _____

Homeroom Teacher: _____

of tickets: _____

Indicate which Bingo Session you will attend: 10am – 12pm OR 1pm – 3pm (Please circle one)

Amount Enclosed: _____

(Please make checks payable to Mount Horeb PTO)

**MT. HOREB SCHOOL
JANUARY 2012**

	Kindergarten Registration is on-going through the month of January. Please pick up a packet at your home school.
2	SCHOOLS CLOSED
3	SCHOOL RESUMES
10	BOARD MEETING—BD. OF ED. OFFICE 7 PM
11	CAP PARENT MEETING— ANGELO L. TOMASO SCHOOL LIBRARY
16	SCHOOLS CLOSED—MARTIN LUTHER KING DAY
19	PTO EVENING MEETING—7:00 PM (CHANGE OF TIME)
24	BOARD MEETING—A. L. TOMASO SCHOOL 7 PM
25	END OF MP 2—GR. 4 & 5.
26	CHILD ASSAULT PROGRAM—KDG. & MRS. ANNESE
27	CHILD ASSAULT PROGRAM—KDG. & MS. HAYDU
27	ICE CREAM DAY
28	BINGO PARTY
31	GR. 4 LENAPE PRESENTATION