

# Gator Gazette

MT. HOREB SCHOOL PTO NEWSLETTER APRIL 2018



## *From the Principal....*

Dear Mt. Horeb Parents,

I am writing this newsletter coming off of the euphoria created by our recent Science Fair. This year we again filled the All Purpose Room with student scientists all equally eager to share their process, journey, setbacks, epiphanies, and results of their science experiments. This program, designed and lead by Mrs. Piller, provides an opportunity for students to engage in an authentic process that is student-directed. This event is fueled and motivated not by grades or judgment but more, their own intrinsic desire to see science unfold in front of them.

While presenting in front of their tri-fold poster, each student scientist beams with pride and excitement about their findings. Only a few feet behind them are their parents sharing equal pride for the process, perhaps because they were a support system all the way through. Also in the room are many alums who don a scientist's lab coat and enhance the event by having science stations at the front of the room for kids to experience.

Whether it is a Science Fair, evening at the Washington House, or Math Family Fun night, Mt. Horeb prides itself on providing rich, engaging, and extracurricular activities that bring the community together in support of wonderful causes. Thanks to those who help to make these events take flight. It is only with the exceptional parent and teacher support and collaboration that these events are even able to happen. With that in mind, there is always room for additional programs to hit the Mt. Horeb airwaves. Stay tuned!

Mr. Cook

## *A Note from the School Nurse.....*

### **Is Your Child Getting Enough Sleep? Academy of Pediatrics Recommendations:**

Children 3-5 years of age should sleep 10-13 hours/24 hours (including naps) on a regular basis to promote optimal health.

Children 6-12 years of age should sleep 9-12 hours /24 hours on a regular basis to promote optimal health.

According to the Academy of Pediatrics and a study published in the Journal of Clinical Sleep Medicine, sleeping the number of recommended hours on a regular basis is associated with better health outcomes including: improved attention, behavior, learning, memory, emotional regulation, mental and physical health. Insufficient sleep increases the risk of accidents, injuries, hypertension, obesity, diabetes, learning problems, and affects attention and behavior.

During sleep, pathways form between nerve cells in your brain that help you remember new information. Sleep deprivation leaves your brain exhausted, and you may have difficulty concentrating or learning new things.

When you sleep your immune system produces substances that combat foreign invaders such as bacteria and viruses. These substances (cytokines) give your immune system more energy to defend your body against illness. Without enough sleep, it may take you longer to recover from illness.

Consistent bed times and wake up times during weekends and weekdays are important to establish good sleep patterns. Lights out and no screens aid in better sleep!

Snoring also can affect sleep. While children may snore during brief periods (when having a cold), loud snoring that lasts for months or years is not normal and should be reported to your pediatrician. Persistent loud snoring interrupts sleep and can affect a child's behavior during the day (i.e. hyperactivity, inattention and depression).

*Doris Zanchelli RN, MSN, CSN*

### Read Across America

Students had a great time celebrating Read Across America Day. Many students dressed up as their favorite Dr. Seuss characters. One of the highlights of the day was the amazing performance by Mrs. Stoyanov and our fantastic principal, Mr. Cook.

A huge thank you to Ms. Burkhardt and all who volunteered to make this day one that our children will be sure to remember!

### Science Fair

We would like to thank Mrs. Piller and all of the parents who volunteered to help make this event such a great success. The students who participated in the Science Fair this year did a wonderful job and their presentations were terrific. Great job everyone!

### Box Tops

Please continue to send in your box tops and help us reach our goal of \$1,000 this year! As of the last tally, the classes who have collected the most box tops are:

The current top three classes are:

- #1. 4th grade, Ms. Andrews
- #2. 5th grade, Mrs. Trump/Gauvin
- #3. 5th grade, Mr. Guglielmino/Ms. Puhak

Our next collection will be in May.

**KEEP SENDING THOSE BOX TOPS IN!!!!**

### Ice Cream Day

Ice cream days will be held on Friday April 13<sup>th</sup> and 27<sup>th</sup>.

The cost of ice cream is \$1.00 and can be purchased with cash or a snack card. Snack cards are available to purchase on ice cream days.

### Upcoming Events

Mom's Night Out: Thursday, April 12<sup>th</sup> from 7:00-9:30pm.

Family Reading Night will be held on Friday April 13<sup>th</sup> from 6:30-8:00pm.

General PTO meeting: TBD

Staff Appreciation Week will be held May 7<sup>th</sup>-11<sup>th</sup>. If you are interested in volunteering or making an additional donation, please contact Stacy Sackett at [delstay@aol.com](mailto:delstay@aol.com).

### **PLEASE NOTE:**

**THURSDAY, MARCH 29<sup>th</sup>, is NOT a PTO Food Service Day. Students will have a Lunch Period, so please pack a lunch.**

### SCHOOL SPIRIT DAYS

April 13 College Day-Wear a college shirt, sweat-shirt or hat.

April 27 Pajama Day-Going to school in your PJ's is just plain awesome.

May 11 Dress to Impress Day-This is a day that you can dust off those suits or dresses worn once a year. Looking forward to seeing everyone looking their best.

May 25—Red, White and Blue Day-Celebrate the unofficial kickoff to summer by wearing red, white and blue.

<b>Fri., 3/30 — <u>Tues., 4/3</u></b>	<b>SCHOOLS ARE CLOSED -SPRING RECESS</b> <b>(Please note REVISED DATES)</b>
<b>4/12</b>	GR. 4 & 5 Marking Period 3 Ends Mom's Night Out—AR Westfield 7:00—9:30 PM
<b>4/13</b>	School Spirit Day—College Day Ice Cream Day Harlem Wizards Assembly—11:00 AM Family Reading Night 6:30—8:00 PM
<b>4/20</b>	Poem in your Pocket Day
<b>4/23</b>	Gr. 4 & 5 Report Cards MP 3 Emailed
<b>4/27</b>	School Spirit Day—Pajama Day Ice Cream Day Kindergarten 2018-19 Screening

### Superintendent's Corner

The Warren Township Board of Education will hold a public hearing of the 2018-19 budget on April 24, 2018 at 7:00pm in the Warren Middle School library.

Next year's budget supports the continuation of all current programs and services. In addition it:

1. Provides funding for security priorities.
2. Supports the implementation of a new master schedule at Warren Middle School.
3. Dedicates operating expenses as a deposit to capital reserves for future capital needs.
4. Increases the availability of mental health support staff for students.
5. Meets the demands of negotiated salary and benefit increases and increased fixed operational costs.
6. Expands enrichment opportunities for students.
7. Invests in updated classroom learning environments.
8. Reflects new revenues resulting from administrative changes in banking and after care providers.
9. Continues long-term replacement plans for vehicles, technology, and other equipment.

Thanks to the efforts of members of the Board and the school business administrator, I am proud to support a budget that provides for the wonderful education of Warren's children while being responsible to the taxpayer. The tentative budget approved by the Board on March 19, 2018, calls for a local tax levy increase of 1.51%. Detailed information about the budget can be found on the district's website.

Matthew A. Mingle, Ed.D.