

# Friday News

**Important Dates to Remember:**

Thursday, April 18<sup>th</sup> Neon Dance 5:00-7:30

Friday, April 19<sup>th</sup>

No School

Thursday April 25<sup>th</sup> Volunteer Appreciation 3:00 at KTA

Thursday, May 2nd Celebration of Learning – Very Important Event!! 5-7 PM

**Make your child smarter-overnight!**



Most people don't know this, but getting enough sleep at night actually makes you smarter the next day. Meaning, you can think, learn, and problem-solve better if you've had enough rest.

THIS IS REALLY IMPORTANT FOR YOUNGER KIDS as they are learning the basic skills that will get them through all the years of school.

Here are some research-based facts:

□ Researchers discovered that adding just one hour of sleep to children's schedules improved their attention span and memory by almost two grade levels.

□ The NIH says an alarming number of children diagnosed with attention-deficit/hyperactivity disorder (ADHD) were instead suffering from chronic sleep deprivation. "Sleep deprivation mimics the symptoms present in children with ADHD — poor concentration, mood swings, irritability, and reaction control."

□ National Sleep Foundation: A regular schedule is important. Ideally, your child should be going to bed and waking up around the same time every day, give or take a half-hour. (Meaning, 'catching up' on the weekend does not work.)

□ Most 6 to 9-year olds need 10 hours of sleep every night-some need more.

This is not a small thing. Sleep-deprived children aren't learning well. Help your kids succeed in school. Put them to bed!

**Make sure all library books are returned or paid for. Thanks!**

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**Spelling List**

1. pull	6. thread	11. except	16. bridge	21. running	26. death
2. sew (needle)	7. thunder	12. aunt	17. offer	22. run	27. learn
3. sow (seeds)	8. tried	13. ant	18. suffer	23. rule	28. wonder
4. so	9. try	14. capture	19. center	24. carry	29. pair (two)
5. steam	10. vein	15. else	20. front	25. chain	30. pear (eat)

**Phonograms**

u, ew, ea, th, er, ie, ei, x, y, ea, ai, ng, ch, ear, ai, ou, ui, ay, u, e, n, w, o, l, t, y, s, f, c, b