

Terminal Park Elementary
 1101 D St SE
 Auburn, WA 98002



THE EXPRESS

What Time is the Best Time for Bed

Considering the National Sleep Foundations recommendation for hours of sleep, students obtaining only 4-6 hours of sleep are significantly deprived of sleep.

I struggled with bedtimes with my daughters for four years. I didn't think I would ever get them to sleep before 10 pm. My cousin, a single mom of three, used to go on about how she was able to get her kids to bed by 6:30 every night. At the time, I couldn't understand how or why she would have them go to sleep so early. However, after the 10 o'clock struggles with my girls I learned that having the children go to bed earlier was not only in the best interest of the child, but also was a reward for the adult to have some time to unwind from the stresses of the day and being a parent. Through hard work-not to mention tiring work, my wife and I were able to eventually move the bedtime up to 7:30.

Here are some sleep tips from Mercola.com. I hope they will help both your student and you in an effort to replenish your bodies each night with adequate sleep.

- * Avoid pre-bedtime snacks, especially grains and sugars
- * Sleep in complete darkness (or as close as possible)
- * No TV right before bed
- * Wear socks to bed
- * Journal prior to bedtime
- * Keep the temperature below 70 degrees
- * Remove your clock from view
- * Use your bed only for sleeping and designate the couch or a chair for watching TV
- * Don't change your bedtime on weekends or breaks
- * Exercise regularly

Tim Carstens
 Principal

I admit it. I used to hide behind my parents' couch so that I could stay up late and watch TV every night. My mom caught me almost every single time. She consistently caught me Sunday through Thursday, but I was sneakier on Fridays and Saturdays. At least I thought I was. I don't remember having a set bedtime when I was growing up. My bedtimes in my younger years are remembered more in references to popular television shows than to time on a clock. All the talk at school was about what had happened on "The 'A' Team" or "Family Ties" the night before.

There are many challenges facing students and learning. The most prominent are socialization (bullying, relationships, etc), exposure, and security (home life, safety, etc). But an area that is often overlooked is the need for adequate sleep. Learning is greatly impacted by a lack of sleep. For those who remember studying for high school or college tests at the last minute, you know how lack of sleep affected performance on the test you took. The impact on younger students is even more profound.

According to a poll conducted by the National Sleep Foundation in 2004, preschool and kindergarten students should be sleeping between 11 and 13 hours per night. First through fifth grade students should be sleeping 10-11 hours each night. The poll also found that most children in each group are approximately two hours behind the recommendation. More significant than the missing hours of sleep is the effect it has on the body.

Most significant is the correlation between the lack of sleep and childhood obesity. According to research, students receiving only 6 hours of sleep a night run a 23% risk of obesity. Likewise, only five hours of sleep equates to a 50% risk and less than 4 hours of sleep results in a 73% risk for obesity.

April 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			7-8:30 PAC Parent meeting for 5th grade camp			
5	Spring Break	Spring Break	Spring Break	Spring Break	Spring Break	
6						
7		1st grade to Seattle Children's Theater				
8						
9						
10						
11						
12	Kindergarten Registration Begins Tomorrow	WASL April 14-24 Free Breakfast for All Students During WASL				
13						
14						
15						
16						
17						
18						
19	National Volunteer Week					
20						
21						
22						
23					Take Your Child to Work Day (No WASL Today) McDonald's Teacher Take-over 4:30-7:30	
24						
25						
26						
27						
28		Ident-A-Kid 7:00 PTA in Gym				
29			WASL Waftle Wednesday (Ask your Student)			
30						

Physical Education ~ Gary Greer ~

What's Up in P.E.?

With the arrival of spring and warmer (?) weather, we have a lot going on in P.E. Some of the activities that we will be doing, as weather permits, will include a variety of track and field events. I will be working with students on running events such as the 50 yard dash, the 200 yard run, as well as team relay running. We will also be working on field events such as the running long jump, softball throw, and tug-of-war.

One of the units that we have worked on in recent weeks is racquet sports skills, including the fundamentals of how to hit a variety of shots that are used in game situations. We worked on forehands, backhands, lob shots, and overhead shots. We were also able to play some indoor team tennis with foam racquets and foam tennis balls. Since concluding our racquet sports unit, we have enjoyed working with scoops and yarn balls to practice catching, throwing, and aiming at targets. The skills involved in using the scoops are similar to

those used in sports such as lacrosse and Jai-Alai. Both racquet sports and scoops skills are great for developing hand-eye coordination used in a variety of activities.

In the upcoming weeks I will be sending out information about a 5th grade Tchoukball team. You might not have heard of the sport of Tchoukball, but it is a fantastic team sport that involves throwing and catching, as well as throwing at a target that is similar to a pitch-back net. I have taught the sport in P.E. and the students have learned the rules and fundamental skills involved in playing the game. You will be hearing more about the Tchoukball team in the near future!

I would like to take a moment to congratulate the 5th grade boys and girls basketball players who had fantastic seasons! Both teams went undefeated (6-0) in Auburn School District league play at the elementary level. Way To Go!

You can always e-mail me or call the school if you have any questions regarding the Physical Education program at Terminal Park Elementary,
Gary Greer

HEALTH ROOM ~ Carol Woodard, Nurse and Lisa Cullum, Health Tech ~

As the weather changes from winter to spring, children may experience stuffy noses and watery, itchy eyes. A few reminders for students:

- Do not roll in the grass
- Wash hands after being outside
- Keep hands away from the face
- Do not itch or rub eyes, go to the health room for a rinse

Please remember that children cannot be given any medication at school without a doctor's order.

5th grade parents: If your child will be taking ANY medication at camp, a doctor's order is needed! This includes both prescribed and over the counter medication.

We are still in need of sweat pants of various sizes for our health room incidences. Thank you

Community Forums

With the impending state budget reductions, the Auburn School District will be holding a series of community forums to share budget information and collect stakeholder input about spending priorities. Input and opinions gathered through the forums will be used to guide the district's budget decisions. The community forums are as follows:

April 14, 2009 6:30 to 8:00 p.m. Mt. Baker Middle School 620 37th St SE
April 15, 2009 6:30 to 8:00 p.m. Rainier Middle School 30620 116th Avenue SE
April 16, 2009 6:30 to 8:00 p.m. Cascade middle School 1015 24th St NE
 For more information, visit www.auburn.wednet.edu or call (253) 931-4713

Counselor Corner ~ Heidi Erdmann & Julie Gragg

WASL Strategies (April 14th-April 24th)

• Optimize brain power.

Teachers say the students who struggle the most on testing days are the ones who didn't have enough sleep or a good breakfast the day of the test. Also, students who are physically or mentally unprepared often encounter problems.

If your child isn't feeling well on the test day, it's better to keep her home and let her make up the test later rather than risk poor performance.

• Encourage good study habits and challenge critical-thinking skills.

Reviewing test-taking strategies is important, but monitoring overall academic progress and staying in good communication with the teacher will help you ward off potential problems. Good reading skills factor heavily in a timed test, so encourage reading (consider magazines, newspapers, or even comic books if he shies away from books) as much as possible. Testing also measures critical-thinking ability, so ask him to discuss ideas or voice his opinion often to stimulate these thought processes.

• Know what to expect.

Most teachers will send home information about the test schedule and class preparation plans well before the test date. However, if you don't hear from your child's teacher you should contact her and find out.

• Look at your child's past performance.

If your child scored low in a particular area, you may want to provide her with exercises that reinforce that subject. Aim for activities that simulate the testing experience, such as multiple choice geometry questions or vocabulary practice that asks her to identify antonyms or synonyms.

• Relax and remain positive.

The best test-takers are confident, committed, and at ease. Even if you are nervous about your child's performance, be wary of transferring that concern to your child. You never know, some kids actually enjoy tests! If your child is likely to get nervous, practice a few relaxation techniques, such as counting from one to ten or taking deep breaths, which can help her relieve tension during the test.

You can read the entire article at: Scholastic.com

Reading Corner—John Harlor

Reading is one of the most productive ways to spend time with your child. It's also an opportunity to be creative. To keep your child fascinated by books:

- Put on a show. Use different voices for each character and act out parts.
- Talk with the "audience". Ask questions that will capture your child's interest. "Did you agree with what she did?" "What do you think will happen next?"
- Give an encore performance. Your child may want to hear

stories again and again, and that's good. The more your child listens to a book, the more she can learn from it.

- Admire other performers. Listen to professional storytellers. Visit the library and check out some audio books for ideas. Your child might play an instrument while you read, for example, providing a "soundtrack."
- Keep coming back. Make reading part of your daily routine. Choose the time when your child is most receptive. Tell them how much you enjoy this time together.

Please call the school office if your student is going to be absent: 253 931 4978