

CRY OF THE CARDINAL

ST. JOHN LUTHERAN SCHOOL

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Food for Thought

Why Kids Need Sleep

The average kid has a busy day. There's school, taking care of your pets, running around with friends, going to sports practice or other activities, and doing your homework. By the end of the day, your body needs a break. Sleep allows your body to rest for the next day.

Everything that's alive needs sleep to survive. Even your dog or cat curls up for naps. Animals sleep for the same reason you do — to

give your body a tiny vacation.

Your Brain Needs Zzzzzs

Your body and your [brain](#) need sleep. Though no one is exactly sure what work the brain does when you're sleeping, some scientists think that the brain sorts through and stores information, replaces chemicals, and solves problems while you snooze.

Most kids between 5 and 12 get about 9.5 hours a night, but experts agree that most need 10 or 11 hours each night. Sleep is an individual thing and some kids need more than others.

When your body doesn't have enough hours to rest, you may feel tired or cranky, or you may be unable to think clearly. You might have a hard time following directions, or you might have an [argument](#) with a friend over something really stupid. A school assignment that's normally easy may feel impossible, or you may feel clumsy playing your favorite sport or instrument.

One more reason to get enough sleep: If you don't, you may not grow as well. That's right, researchers believe too little sleep can affect growth and your [immune system](#) — which keeps you from getting sick.

PARENT GET TOGETHER

Thank you to all the parents that stopped out to the Blue Opus for music, dinner, and great company! Due to the Gamblers hockey action this weekend, we will not have an additional parent activity until February. Please look forward to further details about the next opportunity to get together with parents and have some fun!

STUDENT ACCOUNTS:

Parents who make use of before and after school services. First of all I want to apologize that we didn't the monthly bills out as we intended. Please look for a summary of the times we have recorded which will be out in the next few days via email. Parents due to the mistake in getting these bills out, we are allowing a full month for payment for days used through December 31st. You should expect to see monthly statements beginning next month. Days used in during the current month will be billed the first week of the following month. Thank you for your patience with this matter as we work to make this process more efficient and timely.

COLD WEATHER:

Parents it is VERY important that you send the proper clothing for your child as we enter the dredged Wisconsin cold season. Proper clothing would be snow pants, jackets, boots, hats, and gloves. Please note that we make every effort to get the children outside when the temperatures allow us. Our Early Childhood program does follow temperature guidelines meaning they won't go outside unless the temp + wind chill is less than 20 degrees Fahrenheit. Please note that we won't let children outside if they aren't probably prepared, meaning if they are missing any of the above items of winter wear they will not be allowed outside. Fresh air and sunshine are two wonderful ingredients to happy children, so we try are best to satisfy this recipe.

LABELS UPDATE:

Kwik Trip has just notified us that they are discontinuing the Milk Moola program as of March 31, 2019. The last date to turn in the plastic strips and caps will be March 17. You can continue to support the school by purchasing Kwik Trip cards through the Scrip program.

Please continue to save Box Tops (worth 10 cents each) found on many items. We recently received \$102.90 for Box Tops turned in. Thank you!

ENGLISH IMPROVEMENT OPPORTUNITY CLASSES:

St. John Lutheran Church and School has started English Improvement Opportunity (EIO) classes. We meet every other Monday of each month. If you know of anyone who is adjusting to English as a second language (from any language background), please encourage them to get in touch with us. If you are interested in helping out on occasion, please let us know. There is no experience or special knowledge required; the class is taught by helping others repeat basic phrases in English to gain confidence and learn the patterns within our language.

UPCOMING EVENTS:

Saturday, January 19th: Gamblers Hockey Game 7:05pm

Friday, February 15th School Open House 10am-2pm

Saturday, February 16th Chili Cook Off 12-3pm

SCHOOL:

Just a reminder to parents that St. John WILL NOT be in session Thursday and Friday, February 14th and 15th, due to teacher's conference.

UPDATE:

If you are hoping to see classroom news, it has been moved to a new place. Each classroom teacher will maintain their own classroom page through our website. If you visit, www.stjlswrightstown.com you can look on the left side and click on the name of your child's teacher and you will find update news and notes directly from the classroom teacher. We have made the switch to this format because it allows teachers the opportunity to add news and notes from wherever they are whenever they choose too. We know that it will take some time to get use to this format but we feel it will be the best way to connect with our parents. The Cry of the Cardinal will still come out every two weeks but its focus will be on whole school news, dates, and info for parents. Teachers may or may not have begun using their own classroom page, but feel free to bookmark the page on your smartphone to get in a good habit of keep track of everything going on in your child's classroom

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St. John Lutheran School's mission:

Ignite the love of learning,

Infuse the Word of God,

Inspire tomorrow's leaders