

# CRY OF THE CARDINAL

ST. JOHN LUTHERAN SCHOOL

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## SCHOOL NEWS

### CHILDREN AND SLEEP

Every living creature needs to sleep. It is the primary activity of the brain during early development. Circadian rhythms, or the sleep-wake cycle, are regulated by light and dark and these rhythms take time to develop, resulting in the irregular sleep schedules of newborns. The rhythms begin to develop at about six weeks, and by three to six months most infants have a regular sleep-wake cycle. By the age of two, most children have spent more time asleep than awake and overall, a child will spend 40 percent of his or her childhood asleep. Sleep is especially important for children as it directly impacts mental and physical development. Children aged six to 13 need 9-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet as well as caffeine products – all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

### Sleep Tips for School-aged Children

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for regular and consistent sleep schedule and bedtime routine.
- Make child's bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.

*<https://www.sleepfoundation.org/sleep-topics/children-and-sleep>*

### Parent Get Together

Join us Saturday, October 27th from 1-4pm at Ledgestone Vineyards for a wonderful wine tasting!



Ledgestone Vineyards  
6381 WI-57, Greenleaf, WI 54126



**STUDENT ACCOUNTS:** If for some reason you haven't received a statement, or any invoices, please contact Mr. Raddatz as soon as possible. **PLEASE REMEMBER that payment by credit card is \$2/transaction. Please note that anyone making these payments will be billed at the end of each month for that months charges. REMEMBER (ACH) payments are free if you are able to make use of that payment method.** Extended care hours will be billed this week for those hours used during the month of September.

**TRUNK OR TREAT:** It is that time of the year again. Our annual *Trunk or Treat* continues to grow, and we WANT you to join us. Trunk or Treat will be held Saturday, October 20<sup>th</sup> from 1-3PM. We STRONGLY encourage everyone to join us, whether that is participation in a decorated trunk entry, trick or treating, coming to hang out and enjoy some free lunch, or playing a few games, there is something fun for EVERYONE. If you would like to enter your vehicle in this event, please email Mr. Raddatz.

**SCHOOL:** Just a reminder to parents that St. John WILL NOT be in session Thursday and Friday, October 25<sup>th</sup> & 26<sup>th</sup>.

## CLASSROOM NEWS

**Preschool (Mrs. Foelske)**

**E: afoelske@gmail.com**

This week in preschool we looked closer at the letter B. We are loving the library books that match with each weeks letter. We are still jamming with the music and are working on that special song we will sing in church in November. We especially love our books on CD. Parents tap into your library for awesome books and even sing-a-long books. We currently love *Going On a Bear Hunt*, *Wheels on the Buss*, and any Pete the Cat book.

This week, for religion, we talked about Noah and the Ark. Next week we will be looking at how we can talk to God in Prayer. We are still singing “My God is So Great”, and “He’s Got the Whole World in His Hands.” We have added “Who Build The Ark” and “Glorify Thy Name.”

Math is focusing on the number 3, the color red, and squares. We have found some silly songs to go with the color red and squares. We continue to practicing counting during our calendar time and love to check the weather each day. We only wish it would stop raining so we could go outside.

Literacy still has us starting a letter each week. We have made it to the letter B and love learning about bears, bubbles, butterflies, berries, and balloons. We love to listen and look at books whenever possible. Our current favorites are *Blueberries for Sal*, *Going on a Bear Hunt*, (We love to sing along), and *Pete the Cats and His Four Groovy Buttons* Next week we will be starting the letter C. We will look at caterpillars, corn, cows, clouds, and caps.

As the temperatures drop please make sure to send your child in clothing that matches the weather.(I know this can be hard if your preschooler picks out his or her own clothes.)I would for sure recommend a sweatshirt at least be in your child's backpack just to be on the safe side. If you have any questions or concerns do not be shy, call, text or email! May God bless you as you go through your week.

Happy October!

I want to start off by giving a quick reminder that picture day is coming up. It will be on Wednesday, October 17<sup>th</sup>. I know some of the kiddos do not come to school on Wednesdays. Know that if you want to be part of picture day and Wednesday is not a regular school day for your child, your child is still invited to attend school that day as they would any other day. There will be a retake picture day on Thursday, November 15<sup>th</sup>.

On October, 31<sup>st</sup> my class will have their fall party from 10:00 – 11:30. We will have a few games that the kids can rotate through as well as some stories to read. Parents are invited to attend if you would like. Children may also wear a costume that day, but please make sure that your child's costume is easy for them to take on and off if they would like to remove it if they get to hot. Also, please make sure that the costume is easy for them to navigate when they have to use the restroom. Thank you!

Just a quick reminder as well that there will be No School on Thursday and Friday October 25 and 26. Teacher conferences will be in session so the teachers will be going to school and the kids will get a break! For this reason, Scholastic Book orders will be due by October 24<sup>th</sup> this month if you are thinking of placing an order.

Literacy wise the kids have been working on the letters O and C. They have reviewed the sounds that they make and have also worked on writing them. Every day during our reading time the kids are asked to find one of each letter in a book in order to work on letter recognition and also future book reading skills. In addition to writing these letters, the kids continue to practice writing their names (now working on writing them without seeing their name to copy it), and some kiddos have advanced to starting to write their last names. We have also been working on writing numbers 1-6 and the square, circle, and triangle shape. The triangle shape seems to be the hardest for most so if you want to practice writing skills at home that would be a good one to practice. Every student has had a turn "reading" a book to the class and soon we will practice breaking into pairs to read a book to a friend.

Math has us working on writing numbers, working on identifying and creating an AB pattern, number recognition above the number 10, and creating small graphs. We are learning the concepts of fewer (less) or more by reading simple graphs. I have expanded pattern creation further to see if they can do an ABC pattern.

Religion has us talking about Baby Moses being placed in a basket this week and how God took care of Baby Moses. Next week we will begin to look at the Ten Plagues that God sent to Egypt before he set his people free and we will talk about Moses leading God's people out of Egypt.

Whatever your week holds for you, I leave you with these words from 2 Corinthians that reminds us when one feels weak God is strongest and displays his strength in us. 2 Corinthians 12:10- That is why, for Christ's sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong.

Have a great few weeks ahead.

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Kindergarten is building up to our first 'real' reading times, blending the few sounds we have worked on this year into syllables that come out like baby talk. Once we have a couple more letters learned, we will be able to read several 'CVC' (consonant-vowel-consonant) words. We have also learned some sight words, which the girls have been picking up quickly. The Kindergarten ladies have also been working on large numbers, number words, and patterns in math, plus writing out words and other new skills.

First grade has been working on digraphs, learning ch, tch, sh, and wh. They practice reading aloud every day and are making strong gains in fluency. This week they had a difficult spelling list, using their wh digraph to write several question words which cannot be spelled phonetically. In math, they are memorizing their first addition facts. They are working on doubles (adding a number to itself) and practice a chant to help them remember the facts. They may occasionally come home with flashcards to practice their facts.

Both grades have been making their way through early New Testament stories and are now learning about Jesus' early ministry. We look forward to hearing about more of his miracles and his teaching.

Both grades are also working on exploring wood and paper in science, learning quarter notes and rhythms in music, practicing color words in Spanish, and much more.

Mrs. Bunn's most up-to-date classroom information will always be available at [www.mrsbunnsclass.weebly.com](http://www.mrsbunnsclass.weebly.com). Please click on the "Classroom Updates" button to view recent posts.

I wanted to remind all parents that there is online access to all your child's grades through our grading software "Thinkwave." If you haven't already signed up and signed on, please let me know and I will email the personal family access code to you.

Beginning this week, we will begin using a Friday folder(accordian style). You should ALWAYS look for this each Friday. In this folder, there will be documents such as: corrected assignments, test scores, classroom notes, paper newsletter if requested, and a mission offering envelope. At this particular time, there isn't a parent signature form, but based upon a student's potential habit of missing work, I may include this form for a parent to sign each week.

October 29 is parent night at FVL. This is the first of a few opportunities for eighth graders and their parents to explore the campus, as well as ask questions for enrollment and admissions personale. If you have any further questions about this event, or FVL in general please feel free to ask.

I kindly ask that you remind your son or daughter to dress for the ever changing weather in Wisconsin, as I am fairly confident the warm days are behind us. As long as the temperatures are above freezing, we will always try to get out and get some fresh air.

**BLESSINGS ON YOUR WEEK!**



St. John Lutheran School's mission:

**Ignite** the love of learning,

**Infuse** the Word of God,

**Inspire** tomorrow's leaders