What’s Happening

• Parent/Teacher/Student Conferences are just around the corner (see Upcoming Events below). You should be receiving information from your classroom teacher soon. Conferences are vital to keeping in touch with your student’s academic progress. Please make this time a priority! It does make a difference and shows your student that you are supporting the hard work he/she is putting forth at RMES every day!

• We’re wrapping up our standardized testing in grades 3-8. Arrangements will be made for students who have missed tests to make them up by the end of this week (ITBS), or by the end of next week (MEAP).

• Just another reminder about our new red fire lane: Please do not leave your unattended vehicle parked on the red curb. If your car is left there unattended, Campus Safety could write you a ticket for parking in a fire lane. If you must leave your vehicle, please park in the parking lot. Thank you!

Classroom Facts

Jr. High students are running for class office! Elections are Friday. Good luck to all of our candidates!!!

Multicultural Fair!

This Home & School event celebrates the cultural diversity at RMES, provides RMES families the opportunity to get involved, and raises money by selling lots and lots of delicious food!!

Just to make it a little more exciting this year:

1. Booths that are run by classroom teachers will receive money in their classroom fund;
2. The booth with the most volunteers involved will win the “People Power” award and receive a trophy!
3. The booth who makes the most profit will win a pizza party for their classroom!

Sounds like fun, right? This is a great opportunity to roll up your sleeves, wave your flags, and support RMES! Contact your teacher, the RMES office, or Belle Tan (belle3563@gmail.com) for more information

Upcoming Events

• 10/21: 1st Quarter Ends
• 10/24: NO SCHOOL—Teacher in-service day
• 10/25: RMES Operating Board meeting; Grades 5 & 6 fieldtrip
• 10/27: Yearbook pictures; 3H fieldtrip
• 11/1-11/3: Parent Teacher Conferences (school dismisses at 12:15pm)
Sleep to Succeed!

We know sleep is important for healthy growth, for fighting disease and for improving our mood. But sleep is an often overlooked element of successful learning and development. This week we look at how much sleep kids need and how it contributes to success in school.

HOW MUCH SLEEP DOES YOUR CHILD NEED?

Preschoolers (3-5) need 11-13 hours of sleep each night. School aged children (5-12) need 10-11 hours of sleep. Teens need 9+ hours of sleep and suffer most from lack of sleep which is especially dangerous if they are driving. If a child has a burst of energy at night it means they really needed to be in bed earlier. Teens really do get tired later and do need to sleep longer in the morning. However, letting them sleep in weekends makes it worse, so they are best awakened by 10:00 a.m.

THE SLEEP-SCHOOL LINK

Mood swings, behavioral problems (like hyperactivity), and cognitive problems which affect students’ ability to learn can all be caused by too little or poor quality sleep. Adequate sleep is needed before and after learning a new task in order to help memory. Mood, motivation and judgment are all impacted by sleep. Self-control, which we all use to focus on a task, pay attention, and control our behavior, is lessened when people of all ages don’t get enough sleep. This is true even if one doesn’t FEEL tired.

Researchers have also found that children with sleeping difficulties scored higher (than other children) on all ADHD subscales, including hyperactivity/impulsivity and inattention. In fact, losing less than one hour of nightly sleep for a week makes it harder for children with ADHD to remain attentive. While ADHD and ADD can have many variables, one study found that treating sleep problems alone was enough to eliminate attention and hyperactivity issues in some children.

GETTING CHILDREN TO SLEEP

1. Teach school-aged children about healthy sleep habits.
2. Emphasize need for regular and consistent sleep schedule and bedtime routine.
3. Keep your child’s room dark, cool and quiet.
4. Keep TV and computers out of the bedroom.
5. Avoid caffeine.

Bedtime routines work well when parents plan ahead. Establish clear family rules, consistently kept by all family members. Guard at least an hour before bedtime for unhurried time for quiet interaction with family members or alone in preparing for sleep. This is an ideal time for family worship, followed by individual devotional time reading, praying and/or listening to calming music.

Ellen White makes the connection between sleep and holistic health that facilitates academic success this way: “If the youth would form habits of regularity and order (in going to bed at an appropriate time and waking up at an appropriate time), they would improve in health, in spirits, in memory, and in disposition.”