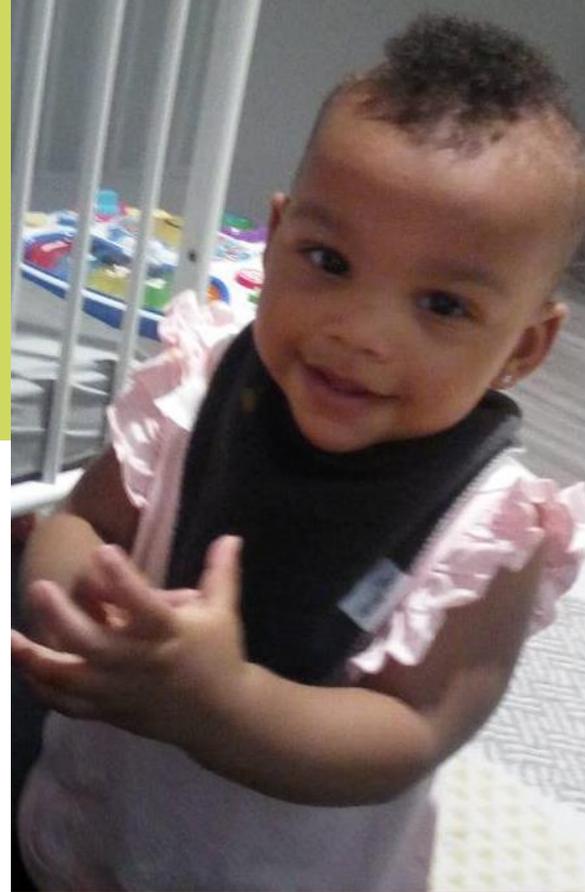


# little EXPLORERS News



October 2020



## What's New?

In the last month, our two-year-old teacher, Ms. Edna, transitioned to our three-year-old class. We are excited about this move, and what it means for your preschoolers. With years of experience, Ms. Edna aims to have your Preschoolers ready to read and write and fully prepared for what Elementary school will bring. And for the two-year-old's who miss her, can look forward to being in her class again soon!

## Octobers Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	6	7	8	9
	<b>B-</b> Cereal, Apples <b>L-</b> Fish Sticks, Peas, Pears <b>SN-</b> Cheeze its, Mandarin Oranges	<b>B-</b> Waffles & Oranges <b>L-</b> Spaghetti, Green Beans, Mashed potatoes <b>SN-</b> Chex Mix, Mandarin Oranges	<b>B-</b> Cereal, Apples <b>L-</b> Chicken nuggets, Tater Tots, Medley <b>SN-</b> Graham Crackers, Grapes	<b>B-</b> Pancakes, Apples <b>L-</b> Hot Dogs, Corn, Tater Tots <b>SN-</b> Animal Crackers, Yogurt
12	13	14	15	16
<b>B-</b> Oatmeal, Apples <b>L-</b> Mac & Cheese, Broccoli, Pineapple <b>SN-</b> Graham Crackers, Applesauce	<b>B-</b> Cereal, Apples <b>L-</b> Sandwiches, Peas, Pears <b>SN-</b> Cheeze its, Mandarin Oranges	<b>B-</b> Waffles & Oranges <b>L-</b> Spaghetti, Green Beans, Mashed potatoes <b>SN-</b> Chex Mix, Mandarin Oranges	<b>B-</b> Cereal, Apples <b>L-</b> Chicken nuggets, Tater Tots, Medley <b>SN-</b> Graham Crackers, Grapes	<b>B-</b> Pancakes, Apples <b>L-</b> Hot Dogs, Corn, Tater Tots <b>SN-</b> Animal Crackers, Yogurt
19	20	21	22	23
<b>B-</b> Oatmeal, Apples <b>L-</b> Mac & Cheese, Broccoli, Pineapple <b>SN-</b> Graham Crackers, Applesauce	<b>B-</b> Cereal, Apples <b>L-</b> Fish Sticks, Peas, Pears <b>SN-</b> Cheeze its, Mandarin Oranges	<b>B-</b> Waffles & Oranges <b>L-</b> Spaghetti, Green Beans, Mashed potatoes <b>SN-</b> Chex Mix, Mandarin Oranges	<b>B-</b> Cereal, Apples <b>L-</b> Chicken nuggets, Tater Tots, Medley <b>SN-</b> Graham Crackers, Grapes	<b>B-</b> Pancakes, Apples <b>L-</b> Hot Dogs, Corn, Tater Tots <b>SN-</b> Animal Crackers, Yogurt
26	27	28	29	30
<b>B-</b> Oatmeal, Apples <b>L-</b> Mac & Cheese, Broccoli, Pineapple <b>SN-</b> Graham Crackers, Applesauce	<b>B-</b> Cereal, Apples <b>L-</b> Fish Sticks, Peas, Pears <b>SN-</b> Cheeze its, Mandarin Oranges	<b>B-</b> Waffles & Oranges <b>L-</b> Spaghetti, Green Beans, Mashed potatoes <b>SN-</b> Chex Mix, Mandarin Oranges	<b>B-</b> Cereal, Apples <b>L-</b> Chicken nuggets, Tater Tots, Medley <b>SN-</b> Graham Crackers, Grapes	<b>B-</b> Pancakes, Apples <b>L-</b> Hot Dogs, Corn, Tater Tots <b>SN-</b> Animal Crackers, Yogurt

## Don't Forget!

**ALL** of your child's belongings that come to school should have their First name and Last Initial on them. This is very important as sweater weather begins!

## Upcoming Events

### October/November

Oct. 17<sup>th</sup> is the last day to place an order for Scholastic Books

October 30<sup>th</sup> send your child to school in their costume, so they collect fun treats and surprises from our teachers

### BIRTHDAYS!!

Chesney B.	10/14/2019
Kage C.	10/23/2018
Jackson C.	10/27/2019
Heaven L.	11/07/2015
PJ (Princeton) W.	11/08/2017

## Healthy Sleep Habits

*Studies show that a child's sleep habits directly effect their behavior and ability to learn. Here is how you can help.*



1. Have a set bedtime and bedtime routine for your child.
2. Bedtime and wake-up time should be approximately the same time on school nights and non-school nights. There should not be more than about an hour difference from 1 day to another.
3. Make the hour before bed shared quiet time. Avoid high-energy activities, such as rough play, and stimulating activities, such as watching television or playing computer games, just before bed.
4. Don't send your child to bed hungry. A light snack (such as milk and cookies) before bed is a good idea. Heavy meals within an hour or 2 of bedtime, however, may interfere with sleep.
5. Avoid products containing caffeine. These include caffeinated sodas, coffee, tea, and chocolate.
6. Make sure your child spends time outside every day whenever possible and is involved in regular exercise.
7. Keep your child's bedroom quiet and dark. A low-level night light is acceptable for children who find completely dark rooms frightening.
8. Keep your child's bedroom at a comfortable temperature during the night (approximately 65°F).
9. Don't use your child's bedroom for time-out or punishment.
10. Avoid use of electronic media devices (televisions, laptop computers, smartphones) for at least 1 hour before bedtime, and keep these devices out of the bedroom. Children can easily develop the bad habit of using social media after bedtime or "needing" the television to fall asleep. It is much more difficult to control your child's electronic media if the devices are in the bedroom.

### Recommended sleep times for children

Age group	Recommended sleep time
Infants 4 to 12 months	12 to 16 hours (including naps)
Toddlers 1 to 2 years	11 to 14 hours (including naps)
Children 3 to 5 years	10 to 13 hours (including naps)
Children 6 to 12 years	9 to 12 hours
Teens 13 to 18 years	8 to 10 hours

For optimal health, daytime functioning, and development, the above sleep times are recommended on a regular basis. These consensus recommendations were made by the American Academy of Sleep Medicine<sup>[1]</sup> and endorsed by the American Academy of Pediatrics<sup>[2]</sup>.

**Train up a child in the way he should go; even when he is old, he will not depart from it. (Proverbs 22:6)**