



November 20, 2009

Eye on the Eagles



Upcoming Events

November 24 – PLC Day, 2:18 dismissal

November 25 – Elementary Plan Day, no school for elementary students

November 26 and 27 – Thanksgiving Vacation – Office closed

December 1 – Picture Retakes

December 8 – 7:00 Music Concert in the Gym



Alliance for a Healthier Generation

The American Heart Association and the William J. Clinton Foundation joined forces in May of 2005 to create a healthier generation by addressing one of the nation's leading public health threats -- childhood obesity. The goal of the Alliance for a Healthier Generation is to reduce the prevalence of childhood obesity by 2015 by fostering an environment that helps all kids pursue healthy and active lifestyles. Schools are powerful places to shape the health, education and well-being of our children. That is why the Alliance's Healthy Schools Program supports more than 6,000 schools across the U.S. in their efforts to create environments where physical activity and healthy eating are accessible and encouraged. Healthy students are better able to concentrate on their work, attend school on a regular basis and perform better in class.

Eastridge Elementary is one of the thirty Healthy Schools participants in Lincoln. A School Wellness Council has been established consisting of students, parents, and staff members. The Council will meet four times this school year and the student council members and staff council members will meet additional times to identify action plans that will promote a healthier school environment.

Watch for future wellness tidbits, as the one below, that contribute to a healthy lifestyle. We hope these tidbits will help families make healthier choices.

Did you know that when you drink a 12 ounce can of soda/pop like Coke or Pepsi, you are drinking about 10 teaspoons of sugar. But sugar doesn't give you the protein, vitamins, and minerals that your body needs to grow and to be strong.

Make sure you choose low-fat dairy products daily.

Breakfast

An important factor for student success is starting the day with breakfast. Breakfast gives our students the energy to focus and pay attention to the morning activities. A reminder that breakfast is served at school if your schedule is hectic in the morning. Breakfast is served at 8:30, costing \$1.00, and reduced at \$.30.

A message from the LPS Elementary Social Work Team:

Family Matters

Is My Child Getting Enough Sleep?

Children need about ten hours of sleep per night. Sleep deprivation can lead to behavior problems, attention problems, parent-child conflict, and can affect their success at school.

What should parents do?

- **Sleep schedule.** Your child's bedtime and wake-up time should be about the same time everyday. Do not vary the schedule by more than an hour on weekends.
Bedtime Routine. Your child should have a regular routine that includes calm activities such as reading a book or talking about the day. Alliance for a Healthier Generation
Watch for future wellness tidbits, as the one below, that contribute to a healthy lifestyle. We hope these tidbits will help families make healthier choices.
Sleep Environment. Your child should have a sleep environment that is comfortable, quiet, and dark. A nightlight is fine as a completely dark room can be scary for some children.
- **Things to Avoid.** Avoid ***high energy activities within an hour of bedtime.*** This would include rough play or stimulating activities such as video games. Avoid ***heavy meals and excessive liquids within several hours of bedtime.*** Also avoid giving your child food and drinks that contain **caffeine.** School aged children generally do not require naps. ***Naps can interfere with night-time sleep.*** Naps should be geared to your child's age and developmental needs.
- **Television.** Keep the television set out of your child's bedroom as ***TV viewing at bedtime has been linked to poor sleep.***
- **Exercise.** Your child should have physical activity and fresh air daily.

Share in your child's bedtime routine. Your nurturing can help your child feel secure and be more able to fall asleep. Tucking your child in is a nice way to end the day.

The National Sleep Foundation recommends these basic sleep requirements for children, adolescents, pre-teens and teens:

- Preschoolers: 11-13 hours
- Elementary school students: 10-12 hours
- Pre-teens: 9-11 hours
- Teens: 8.5-9 hours



Students Tour Sheldon Art Gallery

Students in grades 4 & 5 traveled to Sheldon Art Gallery on Thursday, November 5 for the annual field trip to the museum; students were chaperoned by their classroom teachers. To support the art curriculum, tours are scheduled in 4th, 5th, and 6th grades; Core Ability #6 "Live with Art" is directly supported through the tours. Students spent time learning about the building structure and viewing the many wonderful exhibits on display. Mr. Reeker encourages students to take families to Sheldon for an arts experience anytime. Sheldon Art Gallery is a free museum and open to the public. To learn more about Sheldon, visit: <http://www.sheldonartgallery.org/>.



Lost & Found

Parents, please plan to stop by the Lost & Found Table down by the gym. There are numerous winter coats, hats and gloves that have not been claimed!

Please mark you child's name on their coats and hats. This will help get these items back to the correct owner!



Holiday Resources for Our Families

We are pleased to share the following information with our Eastridge families who may need additional resources during this holiday season.

Center for People in Need--Toyland for Kids

3901 North 27th Unit 1 476 4357

Applications should be turned in by Mon Nov 30th. An application must be filled out and returned to the neighborhood FOOD distribution sites or mailed to the Center for People in Need.

Catholic Social Services

2241 O Street

474 1600

The Toy Room will be open on Friday, December 22, from 9 am to 12 pm and 1 to 5 pm at 2241 O Street on a first-come, first-served basis. Parents may shop for one toy and one stocking stuffer per child. Names of children, proof of residence and social security numbers for all members of the household are required.

The Salvation Army

2625 Potter Street 474 6263

The Salvation Army will have a sign up for holiday vouchers for food, toys and clothing for families with children.

Sign Up Dates:

Nov 16 to 20 9 am to noon, Nov 23 and 24 9 am to noon, Nov 30 to Dec

1st 9 am to noon

This will sign families up for a food voucher, toys and clothing for children 14 and under

ID for all members of the household, social security numbers for all members of the household and proof of residence are required.



Who's your favorite Husker football player?



The Journal Star is looking for young artists & NU fans to draw pictures of their favorite Husker football player for possible publication

**in an upcoming book about the 2009 season. If your picture is chosen,
you will receive a free copy of the 2009 Husker Extra Football
Yearbook.**

Send artwork (in color) to:

John Mabry

Lincoln Journal Star

926 P Street

Lincoln, NE 68508

**All submissions must be received by Dec. 15
and should include:**

Artist's name

School name and grade

Parents/guardians name

Phone number or email address

Call 473-7428 for more information