



Catherine Everett School Everett Events

January, 2006
Mary Borba, Principal

If You Don't Snooze, You Lose!

Staying up an hour or two past bedtime makes it far harder for kids to learn. In a recent study, scientists found that youngsters deprived of sleep did not do as well in school and their teachers could tell the difference.

If parents want their children to thrive academically, getting them to sleep on time is as important as getting them to school on time. Difficulty paying attention was among the problems the sleepy youngsters faced in this study – raising the question of whether sleep deprivation could prove even worse for people with attention deficit hyperactivity disorder, or ADHD. Recommended amounts of sleep range from about 10 to 11 hours a night for young elementary students to 8.5 hours for teens. Everett students who get up at 7 a.m., should be in bed by 8 p.m. to assure sufficient sleep.



Keep the Doctor Away!



In a recent Nutrition Journal article reviewing the benefits of a variety of fruits, apples were the ones most consistently associated with good health. However, to get the full benefits, it is important not to peel the apples because the antioxidants are most concentrated in the skin. A recent analysis showed Red Delicious apples to have twice the antioxidants of other varieties.



Dried fruit are full of vitamin power. They're concentrated packages of nutrition. A quarter-cup of dried fruits delivers as much calcium as the same amount of low-fat milk.



According to Dutch research, all types of milk contain a protein that triggers a series of chemical reactions that signal the brain to go to sleep faster, which improves morning alertness,

Important January Dates



12th – PTA – 7 p.m.
16th – HOLIDAY – Martin Luther King
31st – School Site Council – 8 a.m.

Successful Readers

Success in school depends, in large part, on your child's ability to read. Your role in helping your child become a reader extends into the classroom. The kind of support you provide will change as your child grows older. Your involvement and monitoring your child's progress in school can help your child become a better reader. Involvement in school programs can take many forms, from attending PTA meetings to volunteering in school activities. Through action, not just words, you demonstrate to your child that school is important.

No matter how long it takes, with few exceptions, children can all learn to read. One of the most important roles you can play in relation to your child's schoolwork is that of cheerleader. Applaud their efforts and their successes. Help them to have the courage to keep trying.

Here are a few things you can do to help children become enthusiastic and fluent readers:

- **Encourage reading for the fun of it and as a free-time activity.
- **Create an environment rich with books.
- **Talk and listen to your children. Language is like a four-legged stool: Speaking, listening, reading, and writing are its parts, and each supports the other.
- **Read with your children every chance you get – even if it's just part of a newspaper article at the breakfast table.
- **Set the example – put a book in your hands and be sure your children know you read for enjoyment and to get needed information.
- **Monitor your children's schoolwork and applaud their efforts.

