



September 27, 2018

Dear David Turnham Families,

Parenting is a 24/7, 365 days a year commitment, and it brings with it many challenges and questions. I myself often wonder, am I doing what is best for my kids? I truly believe all parents want good things for their child(ren). One area, that has always fascinated me is the about of sleep kids (and even adults) need to function optimally. Please see the information from the National Sleep Foundation below.

How Much Sleep Do Babies and Kids Need? www.sleepfoundation.org

Babies, children, and teens need significantly more sleep than adults to support their rapid mental and physical development. Most parents know that growing kids need good sleep, but many don't know just how many hours kids require, and what the impact can be of missing as little as 30 to 60 minutes of sleep time.

One of the reasons it's so hard to know when our kids are getting insufficient sleep is that drowsy children don't necessarily slow down the way we do—they wind up. In fact, sleepiness can look like symptoms of attention deficit-hyperactivity disorder (ADHD). Children often act as if they're not tired, resisting bedtime and becoming hyper as the evening goes on. All this can happen because the child is overtired.

Age	Recommended	May be appropriate
Infants 4-11 months	12 to 15 hours	10 to 11 hours and up to 16 to 18 hours
Toddlers 1-2 years	11 to 14 hours	9 to 10 hours and up to 16 hours
Preschoolers 3-5 years	10 to 13 hours	8 to 9 hours and up to 14 hours
School-aged 6-13 years	9 to 11 hours	7 to 8 hours and up to 12 hours

Important School Dates and Events for the Next Month:

- August 31-October 1 - Collect **Walk-a-Thon** sponsors!!!!
- September 25 - **First Quarter Art Club** - Forms available in office.
- September 26 - **Start with Hello** - wear green to support Sandy Hook Promise
- September 28 - **Health Fair** - wear DT shirts to show we are united as a school family
- October 2 - all **Walk-a-Thon** donations due by 7:50 to be considered for prizes!
- October 3 - **Grade 1** Field Trip
- October 4 - **Walk-a-Thon!**
- October 5 - **Grade 2** Field Trip
- October 11 - Fall Picture Day
- October 18 - 6:00 Understanding How Your Child Acquires Language and Literacy Night (all welcome, but geared for student learning English as a new language in grade K-2)

School and District Information:

- **ILEARN (formally ISTEP+)**: Indiana has moved to a new testing company for their K-8 state assessments. ISTEP+ will no longer exist in these grade levels. If you have a high school student, ISTEP+ assessments will still be used this year for some graduation qualification tests. Please see your child's folder for a flyer from the state with some basic information. If you would like to explore more visit the Indiana Department of Education ILEARN link for parents at <https://www.doe.in.gov/assessment/ilearn-families>. At school, we are slowly getting new information too, and we will share and explain as we gain more knowledge. Rest assured, we will do our best to help grow your child to the best they can be academically and socially and emotionally! If you have questions, don't hesitate to ask.

- **Parent Volunteers and Limited Criminal History Checks:** In an effort to keep your child's safety our top priority, North Spencer has begun to implement limited criminal history background checks for all school parent volunteers. Please do not be offended if your child's teacher sends home the form for you to complete prior to chaperoning a field trip or volunteering in the classroom. Additionally, if you plan to eat lunch with your child this year, or volunteer in your child's classroom please send in the release for use to complete a limited criminal history for you. These checks are good, and kept on file at school for one year. If you have questions or concerns about this new process, please ask.
- **Math Fact Fluency Practice:** Research has shown that long-term success in mathematics is closely tied to strong number sense, including fluency with basic facts. The sooner your child becomes fluent with her or his addition and subtraction facts from 1-10, the better! Addition and subtraction of larger numbers will be much easier to master, and multiplication and division are easier to learn with the support of addition and subtraction fluency. In order for students to become fluent with their basic facts, they need to develop strategies that move beyond counting. K-2 focuses on addition and subtraction and 3-4 on multiplication and division. By 5th grade all of these should be mastered with just a need to review so that they aren't forgotten. What can we do to help as parents? 10 minutes of practice daily can do the trick! Need ideas on how to help, just ask! We have listed a few ideas below: Flashcards, computer games, apps on a phone, asking fact questions while driving, rolling dice and adding the 2 numbers. Don't make the task too difficult or too long. We practice at school at least 5 minutes every day. The key is consistency. Practice really does do the trick!

Community News and Events:

- We currently have the following sign-up forms and information available:
 - Boys Basketball sign-up forms for grades 2-6
 - Girls Basketball sign-up forms for grades 2-6 - **Due to school office Friday, September 28**
 - Shine on Scavenger Hunt - forms in office
 - Girl Scout Halloween Dance Oct. 26 - open to ALL North Spencer County Girls - registration forms due Oct. 1
 - Yellig Park Trick or Treat - October 28 1:00-4:00
 - North Spencer Community Action Center is accepting Angel Tree Applications - Oct 1 thru Oct 27 (flyer in office).
 - Spencer County 4-H - Open House for joining October 7 4:00-6:00 in Chrisney (flyer in office)

Thank you for sharing your kids with us! We are always better when working together.!

Sincerely,
Mrs. Jen Jazyk, Principal

DT Office Phone ~ 812.937.2400 Ext.6 Email ~ jjazyk@nspencer.k12.in.us Website ~ <http://dtec.nspencer.k12.in.us>

SECOND CHANCE TO ORDER DAVID TURNHAM T-SHIRTS

ORDERS AND PAYMENT DUE OCTOBER 5

Child's Name _____ Parent Name _____

Place # of shirts next to size you wish to order. Plus size shirts add \$3.

Cash or checks are accepted. Please make checks payable to DT PTEO. Payment due at time of order.

Option 1 Short Sleeve Cotton T-Shirt \$10

YS ___ YM ___ YL ___ S ___ AM ___ AL ___ AXL ___ A2XL ___ A3XL ___ A4XL ___

Option 2 Dry Fit Short Sleeve T-Shirt \$12

YS ___ YM ___ YL ___ S ___ AM ___ AL ___ AXL ___ A2XL ___ A3XL ___ A4XL ___

Option 3 Long Sleeve Cotton T-Shirt \$12

YS ___ YM ___ YL ___ S ___ AM ___ AL ___ AXL ___ A2XL ___ A3XL ___ A4XL ___

Option 4 Crewneck Sweatshirt \$15

YS ___ YM ___ YL ___ S ___ AM ___ AL ___ AXL ___ A2XL ___ A3XL ___ A4XL ___

Option 5 Hooded Sweatshirt \$20

YS ___ YM ___ YL ___ S ___ AM ___ AL ___ AXL ___ A2XL ___ A3XL ___ A4XL ___