



Eagle's Cry

The Paonia Elementary School Newsletter

February 12, 2019



Mark Your Calendar

February

2/13-2/14 – 6th Grade Denver
Overnight Field Trip

2/15 – Valentine's Day Parties

2/15 – Crazy Hat and Sock Day

2/18-2/22 – Winter Vacation

March

3/4 - Field Trip: 6th Grade Winter
Education

3/4 – 6:00 – PPO Meeting

3/12 – 6th Grade Knowledge
Bowl

3/13 – Kinder Registration

3/15 – 4th-6th Grade Powderhorn
Ski Day (optional)

School News

PES Receives More Awards

We are excited to announce that PES has received two more recognition awards from the Colorado Department of Education this year. PES received both the Governor's Distinguished Improvement Award and the John Irwin Award for student achievement! Way to go PES students, families, and staff!!

Valentine's Parties – Crazy Hat/Socks Day

This week we will be celebrating Valentine's Day on Friday, February 15th at school. Check with your teacher for party start times. February 15th is also Crazy Hat/Socks Day. Students are encouraged to wear their crazy items that day!

3rd-6th grade CMAS Testing

Our annual state student assessments will begin in late-March. Although the schedule has not been finalized, 3rd-6th graders will be taking math and language arts tests between March 25 and April 12. Students will have three language arts sessions and three math sessions. Our 5th graders will be taking a science test that consists of three sessions as well. As soon as the schedule is finalized, we'll let you know.

Attendance Policy and Student Illness

We are still in the midst of cold and flu season. I know that some families are impacted by the district attendance policy when their child misses school for multiple days. I appreciate that you are taking care of your children by keeping them home while they recuperate. If a student has a fever over 100 degrees, or is vomiting, we will send them home. Please know that we will take those absences into consideration if we need to develop an attendance plan with a family. We will continue to follow district policy by notifying parents by mail when a student has 4 absences, and creating a plan when a student has 6 absences.

Information in the Office

There are flyers available at the front office for the following programs:

- ✓ Spring Soccer Registration due February 28th.
- ✓ After School Karate Classes at PES for 5-8 year olds

Principal's Message

This year the teaching staff of Delta County has been participating in a book study on Mind, Brain, and Education. One of the most impactful take-aways from our reading is the importance of sleep in brain development. According to Neuroteach, one of the myths about our brains is that it shuts down when we sleep. Actually, the brain is still active when we sleep and certain crucial brain tasks, including one's associated with memory storage, only happen during this time.

The American Academy of Pediatricians (AAP) has published recommended amounts of sleep for different age groups (Infants – 12 to 16 hours; Toddlers – 11 to 14 hours; Preschoolers – 10 to 13 hours; Gradeschoolers – 9 to 12 hours; Teens – 8 to 10 hours). According to the AAP promotes the following good sleep habits:

- Make sufficient sleep a family priority
- Keep to a regular daily routine
- Be active during the day
- Monitor screen time – turn off screens at least one hour before bedtime
- Keep all screens (computers, TVs, tablets, phones) out of children's bedrooms
- Create a sleep-supportive and safe bedroom
- Avoid overscheduling
- Learn to recognize sleep problems such as difficulty falling asleep, nighttime awakenings, and sleep apnea
- Talk with your child's teacher about your child's awareness during the day

PPO News

Our next PPO meeting is on Monday, March 4th at 6:00pm. We'll be looking at gym wall mural ideas, planning the talent show, and discussing possible after school classes for students. We'll have childcare and snacks, so we look forward to seeing you there!

Student Drop-Off Procedures

If you are parking in the morning to bring your children into school, please use a parking spot on the East side of the parking lot, or pull as far forward as possible at our curb. We would like to save as much curb space in front of the building as possible for parents that are just doing a 'drive-by' drop off. Drop-offs should happen at the curb, not in the middle of the lot. Mr. Cox will be opening car doors from 7:45-8:00 on most mornings for families doing a drop off in the parking lot.

Fridays are School Spirit Days!

Show your school spirit every Friday by wearing our school colors – red and black. Of course if you have Paonia Elementary School shirts you should wear those, but any red and black is great to wear! Lasting Impressions has lots of your PES Eagle Gear!

Parent Involvement Drawing

After reading this *Eagle's Cry*, please fill out the coupon below with the names of each child in your family and return it to school. PPO sponsors this drawing to encourage parent involvement. Each child in the winning family receives \$1. Thanks for being a faithful reader!

Please cut off the coupon on this line.

I've read the February 12th Eagle's Cry. Please enter this coupon in the newsletter drawing.

(Names of children)

(Parent signature)