

February 11, 2020

# Eagle's Cry

The Paonia Elementary School Newsletter



Dear Families,

Projects with the Principal is today--February 11—come anytime between 5:00pm-7:00pm. We will be making Valentine's votive candle holders!

This is a great time to visit with me, meet other families, and meet other students from your child's school.

If you cannot make it, please remember that I am always available by phone or email.

Best regards,

*Amelia Baldwin, Principal*

## Student Drop-Off Procedures

If you are parking in the morning to bring your children into school, please 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.

## 3<sup>rd</sup>-6<sup>th</sup> Grade CMAS Testing

Our annual state student assessments will begin in late-March. The 3<sup>rd</sup>-6<sup>th</sup> graders will be taking math and language arts tests between March 23 and April 17. Students will have three language arts sessions and three math sessions. Our 5<sup>th</sup> graders will be taking a science test that consists of three sessions as well. The finalized schedule will be sent home next month.

Q: Why did the sheriff lock up her boyfriend?

## Upcoming Events

### **February 10**

Celebrate the Beat Begins

### **February 11**

Projects with the Principal

### **February 17**

February Break Begins

### **February 24**

PPO Meeting @ 6:00pm

### **February 28**

Field Trip: 4<sup>th</sup> Grade Cross Country Skiing

### **February 29**

Regional Destination Imagination Competition in Delta

### **March 2**

Parent/Teacher Conferences

### **March 6**

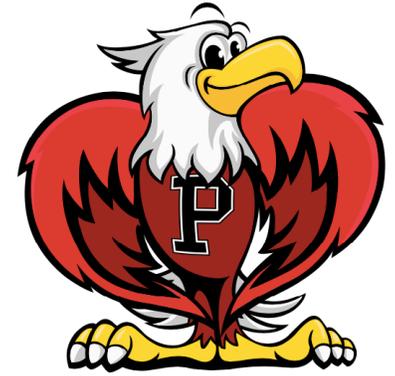
3<sup>rd</sup>-6<sup>th</sup> Powderhorn Ski Day

## Information in the Office

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

- ✓ Soccer forms due Feb 28
- ✓ Karate starts back at the school on Feb 28.

## Sleep



I recently read through some excellent persuasive essays from our 5<sup>th</sup> grade students regarding children having a curfew! One of their convincing reasons for students having a curfew was the scientifically-researched sleep needs of their age group.

The American Academy of Pediatrics (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

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

### **Fridays are School Spirit Days!**

Show your school spirit every Friday by wearing your classroom eagle shirt or our school colors – red and black.

It feels GREAT to be a part of the PES family! Show your school pride!

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### 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.

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I’ve read the February 11<sup>th</sup> Eagle’s Cry. Please enter this coupon in the newsletter drawing.

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(Names of children)

(Parent signature)

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A: Because he stole her heart!

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