

Dear Parents:

I am so proud of our students for the way they have conducted themselves since the beginning of the year. They have adjusted so well and their behavior has been exemplary. Please continue to self-monitor your children so we can keep everyone as safe as possible.

We are compiling our end-of-the-year awards from last year and will be holding classroom award ceremonies to honor our students' achievements from last year since we could not do it at the end of last school year. We will publicly announce all of the awards once all of the classroom ceremonies have taken place.

God Bless!

Mr. Detzel

**Chipotle Fundraiser** – August 31<sup>st</sup> 4-8 p.m. Mark your calendars!! Everyone needs to eat and moms need a night off of cooking, so why not eat some Chipotle and raise some money for our school. Please see the attached flier.

**St. Lawrence Stickers** – We now have our new logo car stickers available for purchase. Show your St. Lawrence spirit and order one!!

**Plastic Cap Collections** – After today we will no longer be collecting plastic bottle tops. The school we were helping has reached their goal to make a buddy bench. Thanks to everyone who helped with this endeavor.

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## **Important Dates**

8/31/20 - Chipotle Night

9/1/20 - Cross Country Meet at Rising Sun @ 5:00p.m.

9/7/20 - No School - Labor Day

9/8/20 - Cross Country Meet at GMS @ 5:00 p.m.

9/8/20 - SAT Meeting @ 6:30 p.m.

9/14/20 - Cross Country Meet at East Central @ 5:00 p.m.

9/16/20 - E-Learning Day

9/17/20 - Picture Retakes

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## Academic Corner

Sleep can effect mood, concentration, and performance which are all expectations for students during a school day. When a child comes to school tired those simple daily tasks can become more difficult. Controlling emotions can be a challenge, and the child can appear apathetic or uninterested. School nights require a routine that allows your child plenty of sleep, and while it can be difficult to rid the summer habits, it is vital to your child's success to do so. According to the Nationwide Children's Hospital there are many things parents can do to help teach and instill healthy sleep habits for children such as:

- Develop a regular sleep schedule. Your child should go to bed and wake up at about the same time each day.
- Maintain a consistent bedtime routine. School-aged children continue to benefit from a bedtime routine that is the same every night and includes calm and enjoyable activities. Including one-on-one time with a parent is helpful in maintaining communication with your child and having a clear connection every day.
- Set up a soothing sleep environment. Make sure your child's bedroom is comfortable, dark, cool, and quiet. A nightlight is fine; a television is not.
- Set limits. If your school-aged child stalls at bedtime, be sure to set clear limits, such as what time lights must be turned off and how many bedtime stories you will read.
- Turn off televisions, computers, and radios. Television viewing, computer-game playing, internet use, and other stimulating activities at bedtime will cause sleep problems.
- Avoid caffeine. Caffeine can be found in sodas, coffee-based products, iced tea, and many other substances. With busy life styles, you should expect some late nights. Do your best as a family to make those the exception to your week.

**\*\*\*\*The CDC recommends preschool children get 11-12 hours a night, school-aged children at least 10, and teens 9-10 hours of sleep.**

Make sufficient sleep a priority for all family members. If you recognize ongoing sleep problems discuss this with your child's pediatrician or mental health provider.

