

The Dixie

Vol. 2, September 7, 2018

The Counselor's Corner

The new school year is in full swing! As much fun as summer was, it's important to establish a new school-year bedtime routine for your students at home! This can vary depending on your child's age. It is recommended that children aged 3 to 5 years old get between 10-13 hours of sleep at night, with no less than 8 hours. For children aged 6 to 13, the recommendation is 9-11 hours of sleep, with no less than 7 hours. This may mean having an earlier bed time than the child is accustomed to throughout the summer. Although it is sometimes difficult to adjust to new routines, it is well worth it. Having enough sleep means that the student is more alert throughout the day and can put their best foot forward in the classroom, learning new things instead of trying to stay awake. For parents, this might also mean an easier morning routine, which I know I would appreciate as a parent as well! When the student feels refreshed in the morning, they are more likely to wake up and

get ready for school without arguing, which can be a parent's dream ☺ So even though we are already a month into the new school year, it is not too late to start a new routine! Remember, positive changes that benefit your child will often have a positive effect on the whole family as well ☺



28th

FALL CARNIVAL!

Dates to Remember

- Sept. 21 – Fall Pictures
- Sept. 24 to 28 – Scholastic Book Fair
- Sept. 28 – Fall Carnival
- Oct. 17 & 18 – Parent/Teacher Conferences
- Oct. 19 to 23 – Fall Break

Rebel Wear

PTO Fundraiser

**Money and Orders Were
Due on Sept 7th - Please
turn in any late forms on
Monday 9th**