March 2015 Principal’s Newsletter

Dear Sangster Families,

How many hours of sleep do children need each night? If you answered “seven or eight” your kids may be among millions of sleep-deprived American youngsters. The ideal amount of sleep for children in elementary school is nine to ten hours per night. Like adults, they suffer when they don’t get enough sleep. When children are tired, they have trouble concentrating, become irritable or fidgety, have trouble remembering things and are vulnerable to colds and flu. There are a few tips you can do to help them get the amount of sleep they need:

Make time – Don’t allow their lives to get so full of sports and activities that they cannot get everything done they need to before bedtime.

Calm down – Relaxing before bedtime by reading a book, taking a bath, or doing something soothing helps children get ready for sleep.

Set a schedule – It is a good idea to have the same bedtime and wake-up time every day, including weekends, because the human body functions best on a regular schedule.

Be firm – Make sure children understand that complaining about bedtime is not going to change their bedtime.

Be aware of caffeine – Many popular drinks, including sodas are loaded with caffeine. If they want a drink before bedtime, try milk, fruit juice, or water.

Promote bedtime reading – Reading is a great way to drift into sleep.

It is hard enough for a child to get by with too little sleep and it is even harder when sleep deprivation becomes a nightly habit. Hope some of these tips help. The earlier your children go to bed, the more time you and the adults in your family have to relax and enjoy the evening. Maybe you can even catch up on your own sleep! Pleasant dreams.

Sincerely,

Lisa M. Reddel
Principal

Student Placements for 2015-2016
While it is still early to be thinking ahead to next year, we want to give you information about class placements for the 2015-2016 school-year ahead of time. The staff at Sangster works hard to place students in an optimal learning situation each year. If you have some information that would help us make those decisions, please send your comments in writing to Mrs. Reddel by June 20. Please do not list teacher names. Rather, describe the learning environment in which your child learns best.

KINDERGARTEN ORIENTATION

Virginia law requires that students who will reach their fifth birthday on or before September 30, 2015 must be enrolled in kindergarten for the 2015-16 school year unless the parent or guardian notifies the school in writing that they do not wish the child to attend school until the following year.

Sangster’s Kindergarten Orientation will be held on Wednesday, April 22 at 5:30 PM. This orientation is for parents as well as rising kindergarteners. Parents will be able to pre-register kindergarteners at orientation. We are also encouraging parents to come to the school to register as early as today. If you have questions, please contact Norma Reynolds, our student registrar at (703) 644-8200. If you know of any future kindergarteners who have not called the school to register, please pass along this information. Getting our students enrolled early helps us with student enrollment and staffing projections. Thank you!

Forms and other information about registration are available at http://www.fcps.edu/parents/start/kindergarten.shtml.

For more information about kindergarten, go to http://www.fcps.edu/is/earlychildhood/kindergarten/index.shtml
Are you receiving Sangster’s brief “Keep in Touch” weekly emails? If not, please go to http://www.fcps.edu/kit/#become on the FCPS website. This site walks you through how to sign-up and/or update your subscription.