

SHEPARD HILL ELEMENTARY SCHOOL SEPTEMBER NEWSLETTER 2009



Upcoming Events:

September:

- 2: Early Dismissal Day
(12:40 dismissal no lunch)
- 7: Labor Day — No School
- 9: Board of Ed. Meeting
(7:00 PHS)
- 16: PTO Meeting (6:00 SHE)
- 11: School Picture Day
- 22: First Full Day of Autumn
- 26: School Spirit — Hat Day!



A Note From Mr. Levanto:



Welcome! As the summer comes to an end and the transition back to school begins it is important to understand that, for many kids, change brings about much stress and anxiety. As parents, it is important that we have routines at home that allow kids to quickly establish predictable and comfortable patterns of behavior. Create a nighttime routine — have children do their homework at the same time each night in the same place and under the same conditions. Make dinner healthy and balanced and a time to visit with other family members. Bedtime should be at a reasonable hour (kids need 8-10 hours of sleep per night) and be consistent about the events that lead up to that time. In my house, we take showers, brush our teeth and read every night. Beware of allowing students to watch TV or play video games right before bed, as these activities tend to make kids stay up later than they should. Have a great month!

PTO News: Thanks Twice!



We'd like to thank our PTO for the great flowers just to the right of our main entrance — they look wonderful! Also, we are also grateful for their sponsoring our student agendas for grades two and three again this year — students took them home free of charge! It's easy to see what a difference you can make for the students of our school. Call us to find out how you can help — join the PTO today! Our next meeting is Wednesday, September 16, at 6:00 here at school. Please consider attending!

Summer Reading!



If any student has a log from their completed summer reading, please get them handed into your teacher before next Friday, September 11th. Students who hand in completed logs will receive a certificate and be invited to our Summer Reading Celebration on September 25th. Get those logs handed in!



Keep Your Eyes Open!

Look for Mrs. Duffy's Character News coming soon. In this monthly newsletter you will find information about upcoming lessons and community resources. If you have any questions about the newsletter or would like to talk with her about your child's adjustment to school you can call or come in and ask to speak with her.