



## NEWSLETTER

### Issue Five



### Upcoming Dates

- 2/1 Wednesday, February 1, 2017 Family Council Leadership Meeting 5:00-6:00 PM
- 2/2 Thursday, February 2, 2017 Admission Information Session, 9:30-11:00AM
- 2/3 Friday, February 3, 2017 Family Game Night, 6:00-8:30 PM
- 2/6 - 2/16 Monday, February 6-Thursday, February 16, 2017 ERB Testing Grades 3-5
- 2/9 Thursday February 9, 2017 Parent Night #3 Rescheduled, 6:00-8:00PM
- 2/13 Monday, February 13, 2017 100th Day of School
- 2/17 Friday, February 17, 2017 Faculty Professional Day/No School for Students
- 2/20 Monday, February 20, 2017 School Closed
- 2/25 Saturday, February 25, 2017 Admission Screening #2, 9:00AM-12:00PM

### Head's Corner

Here's a note I've sent previously about the importance of sleep for our children. I repost it here in hopes that you'll review it and take it to heart.

There's a good book on this topic, that I've read in the past, titled, *Nurture Shock: New Thinking About Children*; I recommend you look into it. The book is a series of essays addressing popular beliefs about raising children, which the authors believe need to be rethought. The authors base their assertions on scientific research that, unfortunately, most of us don't know about.

Chapter 2 of the text addresses the effects of increased sleep loss in our society. The authors assert, thirty years ago, children got more sleep, averaging about one more hour per night. They conclude that **sleep deprivation results in decreased intellectual functioning, emotional challenges, hyperactivity, and obesity**. For example, in teenagers, two research studies of high school students' sleep patterns demonstrated that "A" students averaged 15 more minutes of sleep than "B" students and so on. Researchers concluded, incrementally, every 15 minutes of sleep is important.

**Sleep allows the brain to move what it is learned and stored in short-term memory, to better long-term storage areas.** In order to store vocabulary words, mathematical concepts, facts, and history timelines in the brain, sleep is essential.

Most of us have a variety of responsibilities requiring so much of our time. If we want our kids to consistently maximize their abilities, we have to make sure they get several hours of sleep minimum per night. This is good for all of us, but more importantly, our children. They will be much more productive, happier, and alert if we do.



### Did you know? We're on Facebook & Instagram!

Make sure you check us out on Facebook and Instagram at  
[www.Facebook.com/cpsphilly](http://www.Facebook.com/cpsphilly)  
[Instagram/cpsphilly](https://www.instagram.com/cpsphilly)



## Classroom Feature

# The Earth Balloon Visits CPS

This past Tuesday, CPS had a visit from the Delaware Children’s Museum, Earth Balloon. This object is a 19-foot inflatable globe that allows students to experience a hands-on exploration of our planet. Delaware Children’s Museum Educator, Ms. Rebecca, presented lessons on geography, map skills, and geology. After exploring the outside of the Earth, students and teachers got to enter the balloon and see the world from a completely different perspective.

First grader, Anaya, told us her favorite part was learning how to say hello in many different languages. Kindergartener, Ethan, said, “**I learned all about my planet!**” Second grader, Faith, expressed to me, she felt that the Earth Balloon helped her realize that most of the Earth is covered in water. “Did you know we can’t drink most of the water on our planet?” she asked.

In addition to learning about our planet, students had a lot of fun. Kendall, a CPS First grade student, reveled in her opportunity to take off

her shoes and explore the balloon. Noah, a Pre-K student, summed up the day perfectly, “It was awesome inside!”

CPS would like to thank Children’s Scholarship Fund Philadelphia for making the Earth Balloon visit possible.

**Beth Vacarro**  
**Director of Curriculum**



## Curriculum Corner

**Happy New Year!** After the winter break, one of the most difficult adjustments for my family was getting back on a sleep schedule that allowed for enough rest for everyone in our household. The first few days back to school, my two sons were moody and picking fights with each other. I realized that my kids were not getting enough sleep.

Sleep is a vital necessity, essential to a child’s health and growth. Children that get enough sleep are less prone to behavior problems and have greater

academic success. How much sleep should your child get each night? Everyone is different, but the chart below gives general guidelines.

<b>3-5 Years</b>	<b>11-13 Hours</b>
<b>5-12 Years</b>	<b>10-11 Hours</b>

The #1 tip for good sleeping habits in children is to follow a nightly routine. A bedtime ritual makes it easier for your child to relax, fall asleep, and sleep through the night. Remember

these important points:

- ✓ Bedtime should be the same time every night.
- ✓ Make bedtime a positive and relaxing experience without TV or videos. According to one recent study, TV viewing prior to bed can lead to difficulty falling and staying asleep. Televisions, phones, and other electronic devices should not be in your child’s bedroom.
- ✓ Keep the bedtime environment (e.g. light, temperature) the same all night long.

**Beth Vacarro**  
**Director of Curriculum**

## Family Council

Please join us for the next Family Council event: **Family Game Night**. This event will be held in the HLC Auditorium, Friday, February 3, 2017, 6:00-8:30pm. There will be door prizes and food provided, which will consist of tacos and hot dogs.

- Children: \$2
- Adults: \$5

## Social and Emotional Learning

Eliza Taylor, School Counselor

### Brain Science in Elementary School?!

Your children are becoming masters of their own brains and nervous systems! In Open Circle, CPS students learn how the **amygdala (ah-MIG-dull-uh)**, an almond-shaped part of the “downstairs” or lower brain, is **like a security guard scanning the environment for threat**. If the amygdala detects something that it senses is dangerous, it **prepares the body to fight or run away**.

When our amygdala sends us into fight/flight, it shuts down our **prefrontal cortex**, the “upstairs” or “thinking” brain that helps us learn, plan, organize, and make good decisions.

Sometimes we need to fight or flee, but often our amygdala is wrong about a situation--like when someone cuts in front of us in line or on the highway. It prepares us to be aggressive or defensive, but what we really need is to calm down and think clearly so we can solve the problem peacefully.

At CPS we learn to recognize the **body cues that tell us we’re going into fight/flight**: a pounding heart, getting hot, tense muscles, a clenched stomach or jaw, fast and shallow breathing. When we recognize the signs that our amygdala is firing, we can **do something to soothe it**

such as:

1. Calming breath (elevator breath)
2. Counting to ten
3. Taking a walk
4. Getting a drink
5. Looking out the window
6. Talking with someone who helps us feel calm or who makes us laugh
7. Listening to music or other sounds
8. Push-ups
9. Running, jumping jacks, spinning, swinging
10. Drawing or writing
11. Deep pressure such as firmly squeezing arms or legs, carrying something heavy, or wearing a weighted vest or blanket.

When we soothe our amygdala, this helps us feel calm, focused, think clearly, make good decisions, get along well with others, and learn again.

It’s important for parents and teachers to know that **most difficult behaviors we see in our children are the result of their nervous systems not being balanced and regulated**. We need to provide and model the use of tools to help them either calm or wake up their brains and bodies so they can be their best selves and best learners. What helps you calm your amygdala? What helps your child?

## General Announcements

School doors open at 7:15 am.

Please make sure to send your child with a hat and gloves every day. We continue to go out to recess and walk to Hank Gathers during the winter months.

Please let Mary know of any dismissal changes by 2:00pm.

Please contact Mary Small at 215-235-0461 or by email at [m.small@communitypartnershipschool.org](mailto:m.small@communitypartnershipschool.org).

