



# DANBURY ELEMENTARY SCHOOL

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Dear Parents and Guardians:

For students everywhere, saying goodbye to summer break means also saying goodbye to their summer sleep schedule of staying up late and snoozing until lunchtime. For tweens and teens, this transition is especially challenging. Their body clocks are programmed to stay up later and sleep in later. And while it may be a struggle, sleep is an essential element for school success.

How much is enough? According to the National Sleep Foundation, the updated recommended range for school-age children (ages 6 – 13) is 9-11 hours of sleep; and teens (ages 14-17) are said to need 8-10 hours of sleep. For many youth, these numbers may seem unrealistic, given their school, work and extra-curricular activities schedule. Try motivating your students to improve their sleep habits with this list of sleep benefits – it just may catch their attention.

Getting the recommended amount of *ZZZ*'s can:

**Improve Memory:** Whether you're studying for a math test or trying to memorize the steps to a new dance routine, you practice it over and over. But learning does not end when the lights go out. Your mind is surprisingly active during a good night's sleep. It works to absorb those math strategies or dance moves and strengthens your ability to remember them when you awake.

**Improve Athletic Performance:** Yes, games are won on the practice field. But in addition to practice and hard work, a key factor in improving athletic performance is SLEEP! A Stanford University study found that college football players who tried to sleep at least 10 hours a night, over a seven to eight week period, improved their average sprint time, had less daytime fatigue and increased stamina.

**Improve Your Mood:** Insufficient sleep can leave a person feeling irritable, anxious, short-tempered, depressed, stressed and/or mentally exhausted. No one wants to feel this way or be around someone who acts this way. On the other hand, a good night's sleep increases your chances of getting up on, "the right side of the bed."

**Help Control Your Appetite:** Sleep and metabolism are controlled by the same part of the brain. Sleep deprived fatigue can trigger an increase of hormones in your blood – the same ones that drive appetite.

Sleep is food for the brain, and when your students' minds are not properly fed with the sleep they need, they may suffer academically, mentally, emotionally and/or physically. While it is not always easy for youth to achieve the nightly recommended hours of sleep, it is imperative that they get as close to it as possible, as many nights as possible.

In Service of Youth,  
*Daniel E. Humphrey, Jr.*  
Daniel E. Humphrey, Jr.

## MATH ON MONDAYS:

Math On Mondays: Beginning Monday, October 5<sup>th</sup> and each Monday after from 8:00-8:25 A.M. twenty five students will have the opportunity to work with Dr. Chuck Belna or Dr. David Redett to improve their Math skills. Dr. Chuck created Arithmequick, a Math web based program with a student login and password. Students work diligently to improve their number sense, fluency, and counting within the exciting games. Have your child pull up their scores at home for you to monitor their success at <http://www.arithmequick.com>

### **KIDS IN MOTION:**

Kids in Motion is a fun and healthy way for students (grades 1-4) to begin their day here at Danbury. With the Kids in Motion Program, all students will be given the opportunity to begin their school day with exercise. Exercise provides children with more energy; it increases self-esteem and builds strong healthy body. Starting October 12<sup>th</sup>, your child can begin their own individual journey to good health. At 8 am every day, Mrs. Hubans will be conducting a 20 minute exercise session in the middle school gym, for those students who are interested in the program. At the conclusion of the 20 minute exercise session, students will have the opportunity meet up with their classmates in the cafeteria. There is no cost or sign up necessary for the Kids in Motion Program. Students are to be dropped off at the elementary entrance between 7:50 and 8:00 AM. The exercise session will begin promptly at 8:00 A.M.. Put the wheels in motion and make plans now to join us on October 12<sup>th</sup>.

### **MORNING DROFF OFF:**

All buses will drop off the students at the cafeteria doors for breakfast and morning supervision. This area is for buses ONLY. All car riders are to be dropped off at the elementary entrance where they walk directly to the cafeteria and sit with their class. All parents/guardians that want to park please do so by the elementary entrance at spots marked as "visitor." Please enter through Erie Beach Road and follow the one way traffic pattern that leads out to East Harbor Road. Most importantly, please do not drop off students by car before 8:00 A.M. The elementary office open at 8:00 A.M. and students cannot access the building to be let in and supervised until 8:00 A.M.

### **AFTERNOON PICK UP:**

All car riders will wait and be dismissed from the cafeteria. Parents please park by the high school gymnasium and come into the cafeteria. All bus students will board and then be dismissed outside the elementary entrance.

### **HALLOWEEN PARADE:**

On Friday, October 30<sup>th</sup>, at 1:45 P.M., our school will observe Halloween with a parade. This Halloween parade is for grades Preschool through 4th grade. With the help of the Danbury Township Police Department, our Preschool through 4th grade will be led by our Danbury High School marching band out the elementary entrance, march north on Erie Beach Road, left on North Shore Blvd. for a brief stop at Otterbein Community Home. We will head back to Danbury Elementary south on Erie Beach Road.

Students should NOT wear costumes to school; they are welcome to wear ORANGE & BLACK or favorite fall apparel. They will have time for putting on costumes before the parade begins. Since our school is a reflection on our quality community, our costumes should be appropriate. Therefore, costumes depicting gore, violence, weapons, cross dressing, devil worship, etc., should not be worn. Masks may be worn provided they do not obstruct vision and depict gore. This activity promises to be a wonderful time for our students, faculty, parents, and the Marblehead-Lakeside community. Parents/guardians/siblings are invited to attend and walk along with their child(ren)! If you do not want your child to participate in this parade he or she will be provided with supervision in the school office. If the weather does not cooperate we will parade throughout the school and into the gymnasium. If you have any questions, please feel free to contact me.

### **P.R.I.D.E.:**

Our first P.R.I.D.E. meeting for the year was held on September 16<sup>th</sup>. At this opening meeting we discussed our plans and schedule for this school year. We are looking to hold annual events like September's tailgate party, March's Family Fun Night but we also discussed the possibility of have a mother-son dance and a separate event for father-daughter dance. If you have creative ideas and would like to assist in these future events please join us at our next meeting on October 21<sup>st</sup>. We had several new parents at our last meeting and we hope to see you there, all are welcome!