

Early Childhood Family Bulletin

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October 01, 2021

Greetings EC Families!

Happy fourth week of school! We have had many students report to the school about staying up late to watch television, to play with electronics or to play a video game. We are reaching out to our families to support students getting adequate rest during the school week.

Here is a reminder of recommended bedtimes by age:

- Preschoolers (three to five): 10 to 13 hours
- School-age (six to 13): 9 to 11 hours
- Tweens and Teens (14 to 17): 8 to 10 hours.

It is important that our students get the recommended amount of sleep. As parents and guardians, you should be cautioned against students staying up past their suitable bedtimes. Lack of sleep in students has been linked to lower academic performance because sleep affects concentration, memory and the ability to learn. When students do not get enough sleep, it interferes with behavioural or social functioning at school. We have a number of students falling asleep, off task and facing learning issues due to inconsistent bedtime routines. Listed below are a few tips that can help your students get more sleep:

- Stop using all technology 30-min before bed- no cell phone- no laptop- no kindle. The light blocks melatonin which helps to fall asleep.
- A 30-min wind down with relaxation and reading (a paper book) can make it easier to fall asleep.
- No caffeine after 3 PM (energy drinks, sodas, coffees, and teas, etc).
- Sleep an hour longer during the weekend than your latest weekday wake-up time.
- Facts about sleep: (from the National Institutes of Health)

COVID Protocol Reminders:

- **If you or a household member has tested positive for the COVID-19 virus, you must quarantine your students. If you have any questions, please contact the school nurse to assist you.**
- **Do not send students to school if they have a fever or have flu or cold-like symptoms.**
- **We are noticing many students' masks are often falling below their noses. This is an indication the mask is ill-fitting. All community members are required to wear a well-fitted [CDC](#)-approved mask when indoors, during arrival, and during dismissal. Families should provide scholars with extra masks as needed.**

Èske ou bezwen tradiksyon oswa entèpretasyon? Pou **Kreyòl Ayisyen**, imèl Robenson Seide: rseide@phacs.org

Você precisa de tradução ou interpretação? Para **Português**, mande um email para Laura Ottoni: lottoni@phacs.org

¿Necesita traducción o interpretación? Para **Español**, envíe un correo electrónico a Mercedes Escorihuela: mescorihuela@phacs.org

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Weekly Healthy Note: 7 Ways to Wean Screen

1. **Talk to Your Family** - Explain to your kids that it's important to sit less and move more in order to stay healthy.
2. **Set Screen Time Limits** - Create a house rule that limits screen time to one-two hours every day. More importantly, enforce the rule.
3. **Be a Role Model** - You need to be a good role model and limit your screen time to no more than two hours per day. If your kids see you following your own rules, then they will be more likely to do the same.
4. **Compare Screen Time to Activity Time** - Start tracking how much time your family spends in front of a screen, including things like TV/DVD, video games, and using the computer for something other than school or work. Then take a look at how much physical activity they get and compare.
5. **No TV in the Bedroom** - Don't put a TV or computer in your child's bedroom. Kids who have a TV in their room tend to watch about 1.5 hours more TV a day than those that don't.
6. **Provide Better Options** - Watching TV can become a habit, making it easy to forget what else is out there. Give your kids ideas and/or alternatives, such as playing outside, getting a new hobby, or learning a sport.
7. **Don't Use Screens as a Reward or Punishment** - These practices make TV seem even more important to children.

Save the Date:

10/11/21	NO SCHOOL -Indigenous Peoples Day
10/12/21	NO SCHOOL- Professional Development Teachers
10/20/21	Early Release
10/20/21	Busy Bee Assembly - Presenters 3A & 3C
10/20/21	Spirit Day - Wear Purple to Celebrate Kindness Day
10/28/21	FAB Meeting (Family Advisory Board Meeting)
10/29/21	Non Dress Code Day
10/29/21	School Portraits (Dress to Impress)

Important School Information:

- [Collegiate House Order Form](#)
- [Events calendar](#)

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- [Guide to the EC Campus](#)

Resources:

- [PHA Website](#)
- [SeeSaw](#)

With all students in mind,

Principal Johnson

Office number: 617-284-7801 or email watts@phacs.org

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