

April 2022

Kenton Elementary School



631 Silver St. Kenton, Ohio 43326
Telephone 419-673-7248 * Fax 419-675-0681



APRIL LEADERSHIP AWARD

Character Trait - Cooperation: Working together to get things done.
Habit - Find Your Voice: Discover your talents.

Gatlin Bordner, Everleigh Harrison, McKinlee Barlow, Willow Long, Kohen Mills, Charlie Howard, Mackenzie Kalb, Kaleb Schwartz, Karson Campbell, Cassadee Taylor, Daisy Castle, Kamden Wallace, Caislee Heydinger, Londyn Courtney, Harlow Mullins, Rylee King, Braxton Patton, Dustin Mewhorter, Cale Turner, Paizley Manns, Alaina Sherman, Maizlyn Spearman, Brandt Whisman, Logan Reid, Sophia Bowers, Bentlee Craig, Kason Hill, Kenneth Francis, Aiden Marshall, Mason Murphy, Phoebe Ferrell, Lena Ervin, Solomon Petty, Jayce Bordner, Leo Quay-Holland, Annabelle Pettit, Gabe Purcell, Olivianne Schmuck, Gavriella Porter, Maddy Wood, Tayler Monday, Audrey Mundy, Gracie Broadstone, Jordan Goslee, Ally Jackson, Kyle Barrett, Rebecca Rigsby, Oliver Sneary, Carlie Shaeffer, Wade Manns

Important Dates & Upcoming Events

April 6:

LIM Club Day

April 8:

D Pod Dance
6:00-8:00PM

April 11-14:

NO SCHOOL for PK/KG
Students
(PK/KG Screening Days)

April 12:

PTO Meeting
6:00 PM

April 15-18:

NO SCHOOL
PK-12 Spring Break

April 19:

Classes Resume for Grades
1-12

4th Grade Art & Music
Program
5:30 PM

April 20:

2 Hour Early Release

April 21:

Preschool Marmon Valley
Farm Field Trip

April 22:

First Grade Zoo Trip

April 25:

Second Grade Zoo Trip

April 29:

Kindergarten Marmon Valley
Farm Field Trip



Spring Break

April
15-18th

We will release
2 hours early
on Wednesday,
April 20th.

Early
Release!

Preschool/Kindergarten Registration and Screening will be April 11-14th.

If you need to schedule a time, please call Mrs. Scott at
419-673-7248 ext. 1001.

The day of, please bring in your Child's Birth Certificate, Social Security Card, Immunization Record,
Custody Paper (if applicable), proof of residency and photo ID.

The Registration/Screening Process will last approximately 1½ hours.

We are looking forward to working with you and your child!



School Hours K-6:
8:00 AM - 2:55 PM

AM Preschool:
7:50 AM - 11:00 AM

PM Preschool:
11:45 AM - 2:55 PM

Doors Open:
7:40 AM

Car Pick-Ups Begin:
2:40 PM

Helpful Information for Parents!



If your child is going to be absent or tardy, please call KES at 419-673-7248, Opt. 1 to leave a message on the attendance line. If no parent contact is received, secretaries will send a message then proceed to the other contacts listed. A resource officer may be sent to the home to ensure the well-being of the child. Student safety is our priority.



If your child normally rides the bus and needs to be picked up, please write a note to your child's teacher indicating a change in transportation. **We cannot make changes after 12:00 PM.**



Day-to-day bus changes are not permitted. Permanent bus changes can be made through Final Forms. Please allow 3 days for these changes to be in effect.



Car drop-off/pick-up is at the back of the building. If your child arrives later than 8:10 AM, do not drop-off in the back. The doors will be locked. Park in the front of the building and come into the office with your child to sign in.



Car pick-ups will begin at 2:40 PM.

Wildcat Health Clinic

Kenton Wildcat Health Center is dedicated to building a patient-centered health care home for students, family, and staff of Kenton City School District. Our medical services focus on the delivery of wellness and preventive care, episodic sick care, chronic disease management, chiropractic care, laboratory services, and women's health.

Medical providers (doctors, physician's assistants, and nurse practitioners) work with every patient to keep them healthy, reduce risk factors, and encourage healthy behaviors. Services include:

- Adult and childhood immunizations
- Physicals and regular screenings
- Well child check-ups
- Fluoride varnish applications for healthy teeth
- The Pfizer Covid-19 vaccine is available by appointment for ages 12 and older

Call to make an appointment at **419-673-7248, Opt. 3**



ATTENTION!

Breakfast and lunch are
FREE to all students
through May 2022!



ParentSquare

Receive all school and classroom communication via email, text, or app

View and download photos

View the school and classroom calendar and RSVP for events

Easily sign up to volunteer and/or bring items

FINALFORMS

Our district uses Final Forms to manage all student information. Please make sure your Final Forms information has been submitted for the 2021-2022 school year. If you have any questions, you can contact Mrs. Miller at 419-673-7248 ext. 1017



Any Age, Any Crisis, Any Time

The We Care Regional Crisis Center

1.800.567.HOPE
OR TEXT 741741 (4673)



Mental Health & Recovery Services
Board of
Allen, Auglaize, and
Hardin Counties



If you would like to pay school fees or have a question about how much you owe, call Mrs. Scott in the office at 419-673-7248 ext. 1001

Preschool LIM Clubs

Preschoolers participate in Leader in Me Club Day once a month. This month Spirit Club made pom poms, Arts & Crafts Club painted rainbows, Cooking Club made rainbow pancakes, Science Club made play doh, Games and Exercise Clubs combined to go on a shape scavenger hunt, and then made a circle with their bodies. What FUN!



Andrew Francis and Reece Mustain

World Down Syndrome Day is March 21st. It is an annual, global awareness day advocating for the rights, inclusion, and well-being of people who have Down Syndrome. Why 3/21? Because people who have Down Syndrome have 3 copies of the 21st chromosome!
Be Kind! Be Inclusive!

ARTICLES AND SUPPORT

Is Your Child Getting Enough Rest?

ON OUR SLEEVES
The Movement for Children's Mental Health

Getting a good night's sleep is so important for our mental and physical health. Sleep difficulties are common beginning in school-age children due to school demands, extracurricular activities that may result in a later bedtime, increased use of electronics (i.e., tablet, phone, computer, TV), and school schedules.

COVID-19 has led to even more disruption in sleep schedules because of variable school schedules and increased stress. Common sleep problems include:

- Bedtime refusal
- Difficulty falling and staying asleep
- Requiring a caregiver to be present in order to fall asleep
- Nightmares and nighttime fears
- Parasomnia including sleep terrors, sleepwalking and sleep talking

During the teen years, caregivers may be less aware of sleep difficulties or problems due to increased independence and decreased limit setting from caregivers.

Sleep problems are associated with a number of other concerns:

- Excessive daytime sleepiness
- Fatigue
- Irritability or moodiness
- Hyperactivity
- Inattention
- Increase in tantrums or other disruptive behaviors
- Decline in grades or academic functioning
- Increased anxiety or depression
- Difficulty managing stress

The good news is there are things caregivers and kids can do to get back to a healthy sleep routine. But before we get to that, it is helpful to know the recommended sleep totals based on age.

Recommended Sleep Totals (AASM, 2016)

Age Range	Recommended Sleep (in a 24-hour period)
Infants (4-12 months)	12-16 hours
Toddlers (1-2 years)	11-14 hours
Preschoolers (3-5 years)	10-13 hours
School-Aged Children (6-12 years)	9-12 hours
Adolescents (13-18 years)	8-10 hours

Tips for a Healthy Sleep Routine

- Try to stick to a schedule during the day, including waking up and going to bed around the same time each day (even on weekends).
- Create a consistent bedtime routine. You can start a bedtime routine as early as 2 months old. Try to do the same activities in the same order about 20-30 minutes before going to bed.
 - Take a shower
 - Brush teeth
 - Use the bathroom
 - Change into pajamas
 - Read a book or listen to calming music or a relaxation script
 - App recommendations: Insight Timer, Stop, Breathe & Think, Smiling Mind, Calm, and CBT i-coach
 - Search online or YouTube for other relaxation or meditation ideas
- The bedtime routine may look different for an infant or toddler.
 - Feeding should be the first step once your infant is 6 months old
 - Bath
 - Change diaper
 - Brush teeth (if needed)
 - Change in to sleep clothes
 - Read, sing or listen to music
 - Say goodnight. The goal is for the child to be put in crib or bed when they are awake but tired, so they fall asleep within 10-15 minutes.
- Limit time spent in the bedroom, especially time in bed, during the day. Ideally, kids should be in bed only when they are sleeping and not in bed when they are watching TV or on their phone, doing schoolwork or eating. This helps to create a strong connection between sleep and bed.
- Avoid naps. In a perfect world, there would be no naps for school-aged children and older, but sometimes they happen. If a nap is needed, set a timer to wake up in 20-30 minutes. You may need to put the alarm somewhere so that your child has to get up to turn it off.
- Get outside and be active. Even if it is just for 5 minutes, spend time outside. Have your child go for a walk, play basketball or throw a football, jump rope, play tag or dance. Anything that gets your heart beating fast will help with sleep later. Plus, seeing bright lights like sunshine in the morning is important to keep your body's clock in rhythm.
- Avoid screens. Ideally, stop screen use about 30 minutes before bedtime. If this is not possible, avoid using screens after bedtime.
 - Use the "Do Not Disturb" setting on phones.
 - Put screens away from the bed so they cannot be accessed easily while lying in bed but could still be used to listen to music or a relaxation script.
 - Have kids turn their phones or tablets in at a set time at night and charge them outside of the bedroom.
 - Remove TVs and video game systems from bedrooms.
- Be a good model. This means that caregivers should be following this advice as well, and even say what they are doing out loud to really drive the point home, "I'd like to watch my show right now, but I know it's too close to bedtime and I want to make sure I can sleep well tonight."

We ♥ our bus drivers and know you do too!

Here is a card for your student(s) to print off and decorate for the driver they “wheelie” appreciate:

To: _____



From: _____

April 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	LIM Club Day 6	7	8 D Pod Dance 6:00-8:00 PM	9
10	11 NO SCHOOL for Preschool/Kindergarten Students (PK/KG Screening) April 11-14th	12 NO SCHOOL for Preschool/Kindergarten Students (PK/KG Screening) April 11-14th PTO Meeting KES Cafeteria 6:00 PM	13 NO SCHOOL for Preschool/Kindergarten Students (PK/KG Screening) April 11-14th	14 NO SCHOOL for Preschool/Kindergarten Students (PK/KG Screening) April 11-14th	15 NO SCHOOL for PK-12 Spring Break April 15-18th	16
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