



May 18 – May 22

Keep Moving

Hello Families!

This week I want you to think about sleep. Think about your own sleep habits as well as your child's. You may have noticed that everyone's sleep schedules have gotten a little off since being away from school. This is understandable considering we are in territory that we have never seen before. That being said, at some point we will be back to a regular work and school schedule. Trying to fix a drastically reset sleep cycle in one week is both unhealthy and will end in frustration for both you and your child. We have approximately 6 weeks until we could possibly be allowed back to school so if your child has gotten drastically off-track with their sleep the time to reset is now!

Why is sleep so important?

Adequate sleep contributes to a student's overall health and well-being. Students should get the proper amount of sleep at night to help stay focused, improve concentration, and improve academic performance.

Children and adolescents who do not get enough sleep have a higher risk for many health problems, including obesity, type 2 diabetes, poor mental health, and injuries. They are also more likely to have attention and behavior problems, which can contribute to poor academic performance in school.

How much sleep does your child need?

* It all depends on their age*

Age	Amount of sleep per day
6-12 years	9-12 hours
13-18 years	8-10 hours

100 Exercises



Jumping Jacks x10



Lunges x10



Squats x10



Hop on 1 Foot x10



Arm Circles x10



Side Twists x10



Sit Ups x10



March x10



Run in Place x10



Toe Touches x10

What can you do as a parent?

- **Be consistent with a new sleep schedule.**
- **Model and encourage habits that help promote good sleep.** Setting a regular bedtime and rise time, including on weekends, is recommended for everyone. Children with parent-set bedtimes usually get more sleep than those whose parents do not set bedtimes.
- **Dim lighting.** Children who are exposed to more light (such as room lighting or from electronics) in the evening are less likely to get enough sleep.
- **Implement a media curfew.** Technology use (computers, video gaming, or mobile phones) may also contribute to late bedtimes. Parents should consider banning technology use after a certain time or removing these technologies from the bedroom.
- **Try to discourage naps.** Waiting to sleep until a set bedtime will ensure a more restful sleep.
- **Encourage eating a balanced diet.**

Time to Reset!

If your child has drastically reset their sleep schedule where they are waking up mid-late morning and going to bed extremely late try to follow these steps to get them back to a regular school schedule.

1. Every week slightly change when you wake your child and when they go to bed. For example: if they wake at 11:00am every day and go to bed at 11pm every day, wake them at 10:30am and send them to bed at 10:30pm.
2. Continue to slightly change their routine every week until they get back to a regular school-sleep schedule.

Slowly changing the routine over time will keep their bodies from going into panic-mode. It's healthier for them and will save you from a huge headache.

COVID-19 (The Coronavirus)

The virus and your pets

- At this time, there is no evidence that animals play a significant role in spreading the virus that causes COVID-19.
- Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low.
- Treat pets as you would other human family members – do not let pets interact with people or animals outside the household.
- If a person inside the household becomes sick, isolate that person from everyone else, including pets.
- Keep cats indoors when possible to prevent them from interacting with other animals or people.
- Walk dogs on a leash, maintaining at least 6 feet from other people and animals.
- Avoid dog parks or public places where a large number of people and dogs gather.



Healthy Food of the Week

Challenge your child to eat/try...

Pomegranates!

Benefits of Pomegranates:

1. They Fight Arthritis and Joint Pain
2. They Fight Cancer
3. High in antioxidants
4. Improves memory
5. One pomegranate has 40% of the daily requirement of vitamin C
6. Pomegranate juice can reduce inflammation in the gut and improve digestion.