November 12, 2021

Dear Truscott Families-

Truscott will lose over $200,000 dollars if we don’t get enough parents to apply for free and reduced lunch.

These funds are used for teachers, classroom supplies, social/emotional learning support and family engagement funds.

We need EVERY family to complete this ten minute form today.

If you qualify your student fees will be waived. You can fill out this paper form and return it to Michelle Mueller at the front office or apply online at www.myschoolapps.com.

Thank you for taking the time to fill out this form. Please let us know if you have any questions.

Thank you,

Karen Hanford
Truscott Elementary Principal
12 de noviembre, 2021

Queridas familias de Truscott-

Truscott perderá más de $200,000 dólares si no tenemos suficientes padres aplicar a los almuerzos gratis o de precio reducido.

Estos fondos son usados para los maestro/as, útiles para las clases, apoyo para el aprendizaje social/emocional y fondos para el involucramiento de padres.

Necesitamos que TODAS las familias llenen esta aplicación de 10 minutos hoy.

Si usted califica, no tendrá que pagar las tarifas de la escuela. Puede llenar la aplicación en persona y dárselo a Michelle Mueller en la oficina principal o puede llenarlo en línea www.myschoolapps.com.

Gracias por tomar su tiempo y llenar esta aplicación. Por favor déjenos saber si tiene cualquier pregunta.

Gracias,

Karen Hanford
Directora de Primaria Truscott
**Important Dates**

December 9 - Pozole dinner

December 20 - January 4th, 2022 - Winter Break, No School

**Need to Update Your Emergency Contacts, Address, Email or Phone Numbers?**

Please visit the Thompson School District website and click on parent resources. This will take you to a new page. Please click on Parent portal. This is where you can update your cell number, addresses, email, emergency contact numbers, etc. Please keep these up to date so we can get ahold of you at all times. You can also add and delete emergency contacts in here and place them in a number order. This way we know who is the number one person to contact and make our way down the list of contacts.

If you have forgotten or do not know your login information please call Michelle at the front office and she can give your user name. You will need to click on reset password.

**Please Teach Your Student Your Phone Number**

Please teach your student your phone number. This is very handy for the students to know your number when we need to call home. It is so important for them to know your phone number.

**Thompson School District is Hiring**

Please visit the Thompson webpage to learn more about working in our School District.


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**Reach Parents in Larimer County through our mobile-ready newsletters**

Market your business in both Poudre and Thompson school districts.

You gain visibility and targeted, increased awareness; schools gain funds from advertising revenue.

Advertise with The School Newsletter Company
Joe Mivshek 970-420-7163 | SchoolNewsletterCompany@gmail.com
Is Your Child Getting Enough Sleep on School Nights?

For kids, a new school year often means new school supplies, outfits, and adjusting to a new schedule. But there’s one often overlooked change that also comes along with going back to school: getting used to going to bed on time and waking up early on a regular basis. While this may not be an easy task after the carefree days of summer, sleep is more important for your kids than you may think. Not getting enough can affect their health and can also interfere with their performance at school.

Similar to their parents, kids are physically and emotionally affected when they are sleep deprived; they too need adequate sleep for optimal daytime functioning. However, the signs of sleep deficiency in children aren’t as obvious as they are in adults.

“If a child doesn’t get enough sleep or good quality sleep, they may not appear sleepy at all,” said Dr. Jacqueline Genova, a pediatric sleep specialist at Jefferson Health - Abington. “In fact, they may look hyperactive or have difficulty focusing.”

Sleep loss can also lead to emotional instability, which can cause behavioral problems among children and adolescents. “Kids may be more aggressive, have easier meltdowns, or have trouble paying attention in the classroom,” said Dr. Genova. They might even fall asleep at school if they have accumulated a significant amount of sleep “debt.”

According to Dr. Genova, children actually need more sleep than adults. While each individual child has different sleep needs, the recommended sleep range differs among each age group. Children in elementary and middle school, ages 6 to 12, should get between 9 and 12 hours of sleep. For teens, ages 13 to 18, the recommendation is 8 to 10 hours of sleep each night.

Unfortunately, many kids are not getting the sleep they need for a variety of reasons. Between school and extracurricular activities, busy schedules often make it more difficult for them to wind down at night. Athletics into the evening, for example, increase heart rates and are stimulating, which prevents kids from falling asleep at an early enough hour. Also, an adolescent is naturally inclined to go to sleep later at night and sleep until later in the morning. Unfortunately, most schools have early arrival times, which only set up students to lose out on necessary sleep.

Above all, Dr. Genova says that electronic devices are a major factor.

“From phones to tablets to computers, all of that brings the Internet to their fingertips for 24-hour stimulation,” said Dr. Genova.

To ensure your kids are getting the sleep they need for their health and performance at school, Dr. Genova recommends the following:

- Limit access to electronics, especially at night. Limit screen time to no more than one to two hours a day, if for entertainment purposes. It’s especially important for them to avoid using electronic devices at night at least one hour before their bed time.
- Teach them that the bed is for sleep only. Many children use their phones or laptops in their beds, which can make it more difficult to fall asleep even when these devices are turned off. When the bed is associated with sleep only, it’s much easier to relax and fall asleep in bed at night.
- Create a healthy bedtime routine. If your child prefers to go to sleep at a later hour, try setting back her bedtime in 15 minute increments each night. This will help her adjust to an earlier bedtime that allows her to wake up feeling refreshed.
Homeward Alliance Winter Resource Fair

5-7pm Friday, December 3

Foundations Church (1380 N Denver Ave, Loveland)

Homeward Alliance will be hosting their quarterly Family Resource Fair for children and families who are experiencing or at risk for homelessness. Many organizations will be there providing supportive services and information. HA will be distributing children’s clothing and supplies.