2 - 2nd grade field trip - Loveland history day
2 - 3:20 to 4:00 Student leadership
9 - 4th grade Bobcat Ridge field trip
10 - Author Visit 9:00 to 9:30 Kindergarten through 2nd
10 - 9:45 to 10:30 3rd through 5th
11 - 8:15 to 9:00 Volunteer Breakfast in the gym
13 - No School - Teacher workday
14 - Cultural Festival at Truscott 1:00 to 5:00 pm
17 - 1st grade field trip to the Library 9:30 to 11:30
19 - Field day and Tiger Stride
20 - 3rd grade field trip to Denver Aquarium
20 - 5th grade field trip Viestenz Smith Park
26 - Last day of school. 1/2 day and no lunch is served
Why Do I Need Sleep? by KidsHealth.org

Sleep is more important than you may think. The average kid has a busy day. There's school, taking care of your pets, running around with friends, going to sports practice or other activities, and doing your homework. By the end of the day, your body needs a break. Sleep lets your body get rest for the next day.

Everything that's alive needs sleep to survive. Even your dog or cat curls up for naps. Animals sleep for the same reason you do — to give your body a tiny vacation.

Your Brain Needs Zzzzzs

Your body and your brain need sleep. During sleep, the brain sorts through and stores information, replaces chemicals, and even solves problems while you snooze.

Most kids don't get enough sleep. Kids 5 to 12 years old need 9 to 12 hours each night. Not every kid is the same and some kids need more sleep than others.

Can you think of a time when you didn't get enough sleep? That heavy, groggy feeling is awful and, when you feel that way, you're not at your best. Without enough sleep, kids can feel moody, tired, or cranky. It might be hard to pay attention or follow directions. School work that's normally easy may feel impossible, or you may feel clumsy playing your favorite sport or instrument.

One more reason to get enough sleep: If you don't, you may not grow as well. That's right, too little sleep can affect growth and your germ-fighting immune system, which keeps you from getting sick.

The Stages of Sleep

As you're drifting off to sleep, it doesn't seem like much is happening . . . the room is getting fuzzy and your eyelids feel heavier and heavier. But what happens next? A lot!

Your brain swings into action, moving between two types of sleep – REM and non-REM sleep. REM stands for rapid eye movement. Together, REM sleep and the 3 stages of non-REM sleep make up a sleep cycle. The time spent in REM sleep decreases and sleep cycles get longer as kids get older. By the time a kid goes to school, one complete sleep cycle lasts about 90 minutes.
Why Do I need Sleep? Continued...

Stage 1 and stage 2 non-REM sleep are light sleep stages:
- A person can wake up easily.
- Eye movements slow down, heart and breathing rates slow down, and body temperature decreases.

Stage 3 non-REM sleep is deep sleep:
- It's harder to wake someone up during this stage. When awakened, a person often will feel groggy and confused.
- Sleepwalking can happen during this stage.
- This is the most refreshing sleep stage. It’s during this stage that the body releases hormones needed for growth.
- The last stage of the sleep cycle is called REM sleep because of the fast eye movements that happen:
  - Your eyes move quickly under the eyelids, you breathe faster, and your heart beats quicker. You can’t move your arms or legs during REM sleep.
  - This is the stage of sleep when we have our most vivid dreams.
- REM sleep is important for learning and memory.

How Can I Sleep Better?
- For most kids, sleeping comes pretty naturally. Here are some tips to help you catch all the ZZZs you need:
  - Try to go to bed and wake up at the same time every day, even on weekends. This helps your body get into a routine.
  - Turn off the TV, computer, and other devices, including cellphones, at least 1 hour before it’s time to sleep.
  - Follow a bedtime routine that is calming, such as taking a warm bath or reading.
  - Don’t have drinks with caffeine in them, especially in the late afternoon and evening. Coffee, tea, energy drinks, and some sodas have caffeine.
  - Don’t watch scary TV shows or movies close to bedtime because these can sometimes make it hard to fall asleep.
  - Don’t exercise just before going to bed. Do exercise earlier in the day — it helps a person sleep better.
  - Use your bed just for sleeping — not doing homework, reading, playing games, or talking on the phone. That way, you’ll train your body to connect your bed with sleep.
  - If you have a hard time falling asleep for more than one or two nights or have worries that are keeping you from sleeping, tell your mom or dad. They can help you solve your sleep problems. In fact, just talking about it with them could help you relax just enough (yawn) that you’ll be ready to sleep.
TRUSCOTT TIGER STRIDE MAY 19TH

Earn cool prizes while helping your school!

Funds raised will be used for technology, recess equipment, classroom supplies, and student field trips.

Donate online at 2022-truscott-tiger-stride.cheddarup.com

Nintendo Switch Lite

The student who raises the most money will win a Nintendo Switch Lite! Thank you for supporting Truscott Elementary School!

TRUSCOTT TIGER STRIDE! 19 DE MAYO

¡Gana fantásticos premios mientras ayudas a tu escuela!

Los fondos recaudados se utilizarán para tecnología, equipo de recreo, útiles escolares y excursiones de los estudiantes.

Donar en línea en 2022-truscott-tiger-stride.cheddarup.com

El estudiante que recaude más dinero ganará un Nintendo Switch Lite! Truscott PTO)Gracias por apoyar Truscott Elementary School!

Out of state family and friends can donate online. Please share the QR code and/or link that is located on the flyer.

Please open the flyers at the bottom of this newsletter. If you are unable to open them please look for them on our Facebook page and through Class Dojo
Please Update your Student’s Account

This needs to be completed every year. Please see the directions in the documents at the bottom of this newsletter.

The Annual Student Registration Link for the 2022/2023 school year is available on Parent Portal from March to August. A parent/guardian in the student’s primary household must review (and update as needed) the student’s household information, emergency contacts, and health information. The parent/guardian will also review and sign permission forms for the 2022/2023 school year.

Log in to your Campus Parent Portal account at the website address listed below.

https://thompsonco.infinitecampus.org/campus/portal/thompson.jsp
Cultural Festival
Celebrating the day of the Young Child

May 14, 2022
1:00-5:00pm
Truscott Elementary School

We will have games, food and drinks, the Truscott Elementary School Art Show and prizes!

Also, the performance of Colorado Asian Cultural Heritage Center
Dragon and Lion Dance Troupe and the Truscott Elementary Folklore Dance Group

Festival Cultural
Festejando el Día del Niño

14 de mayo 2022
1:00-5:00pm
Truscott Elementary School

Tendremos juegos, comida, aguas frescas, el show de arte de Truscott Elementary School y Premios!

Además el espectáculo de Colorado Asian Cultural Heritage Center
Dragon and Lion Dance Troupe y Baile Folklórico de Truscott Elementary School.
### Lunch Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>2 May</td>
<td>Bean &amp; Cheese Burrito</td>
<td>BBQ Pulled Pork Sandwich</td>
<td>Soft Taco, WG</td>
<td>French Bread Boat, V</td>
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<td></td>
<td>PBJ Sandwich Anytimers</td>
<td>PWG</td>
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<td>Fruit Choice</td>
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<td>Milk</td>
<td>Fresh Fruit</td>
<td>Mixed Dried Fruit</td>
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<td>Goldfish Crackers Milk</td>
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<td>9 May</td>
<td>Burrito Bowl</td>
<td>Waffles &amp; Sausage</td>
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<td>16 May</td>
<td>Popcorn Chicken</td>
<td>Macaroni &amp; Cheese, WG</td>
<td>Nachos with Cheese &amp;</td>
<td>Hamburger on WG Bun</td>
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<td>Taco Meat</td>
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<tr>
<td>23 May</td>
<td>Chicken Strips &amp; Fries</td>
<td>Pizza Variety</td>
<td>Managers Choice</td>
<td>Half Day</td>
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<td>Fruit &amp; Veggie Variety</td>
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<td>Fruit Choice</td>
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<td>31 May</td>
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Tiger Stride Prizes!

$5
Mystery Pop-It
In fundraising

$25
Cats vs Pickles Plush
In fundraising

$50
45 Surprise Fidgets
In fundraising

$100
Galaxy Slime Making Kit
In fundraising

TOP
Nintendo Switch Lite!
Includes $100 prizes above
FUNDRAISER!
TRUSCOTT TIGER STRIDE!
MAY 19TH

Earn cool prizes while helping your school!

$5  🧵 mystery pop-it

$25  🍅 pickles

$50  🎉 45 Fidgets!

$100  🌟 Galaxy Slime Kit

Funds raised will be used for technology, recess equipment, classroom supplies, and student field trips.

Donate online at
2022-truscott-tiger-stride.cheddarup.com

The student who raises the most money will win a Nintendo Switch Lite!

We also accept cash & checks (payable to Truscott PTO)
Thank you for supporting Truscott Elementary School!
¡Gana fantásticos premios mientras ayudas a tu escuela!

Los fondos recaudados se utilizarán para tecnología, equipo de recreo, útiles escolares y excursiones de los estudiantes.

Donar en línea en 2022-truscott-tiger-stride.cheddarup.com

El estudiante que recauda más dinero ganará un Nintendo Switch Lite!

También aceptamos efectivo y cheques (a nombre de Truscott PTO) Gracias por apoyar Truscott Elementary School!
The 23rd annual UCHealth Healthy Kids Run Series is a FREE program that features a mix of two in-person one-mile fun runs and four one-mile course maps that you complete on-your-own at any time during the designated month, and one of your choosing for a total of seven runs!

**In-person runs (one-mile fun run):**

**Run for the Trees**  
May 7, 2022  
Mehaffey Park, Loveland

**Valley 5000**  
Aug. 26, 2022  
Mehaffey Park, Loveland

*FREE one-mile fun run only for registered participants. The 5k events are put on by Sweetheart City Racing, not associated with UCHealth Healthy Kids Run Series.

**On-your-own courses:**

May – Fossil Creek Park, Fort Collins  
June – Chapungu Sculpture Park at Centerra, Loveland  
July – Twin Silo Park, Fort Collins  
August – Eastman Park, Windsor

Any summer month do a one-mile fun run at a park of your choosing.

**Prizes for the 2022 series:**

All registered participants ages 5+ will receive a UCHealth Healthy Kids Run Series bib and earn a t-shirt for completing four or more runs.

Registered kids ages 5-12 that complete five or more runs will also earn a trophy!

*Please note: If you register after July 15, you will not be eligible to earn t-shirts or trophies.

Go to healthykidsclub.org to register.
La 23ra serie anual Healthy Kids Run de UCHealth es GRATUITA ofrece una mezcla de dos divertidas carreras de una milla in-person y cuatro mapas de recorridos de una milla que puedes completar por tu cuenta en cualquier momento durante el mes designado y una carrera que preferir para un total de siete carreras.

**Carreras in-person (eventos de carrera divertida de una milla, sin tiempo):**

**Run for the Trees**  
May 7, 2022  
Mehaffey Park, Loveland

**Valley 5000**  
Aug. 26, 2022  
Mehaffey Park, Loveland

*Carrera divertida GRATIS de una milla para los participantes inscritos. Los eventos 5k son auspiciados por Sweetheart City Racing y no están asociados con UCHealth Healthy Kids Run Series.

**Recorridos por tu cuenta:**

May – Fossil Creek Park, Fort Collins  
June – Chapungu Sculpture Park at Centerra, Loveland  
July – Twin Silo Park, Fort Collins  
August – Eastman Park, Windsor

Cualquier mez de verano hacer carreras de una milla en un parqueque preferir.

**Premios para la serie 2022:**

Todos los participantes de edad 5+ recibirán una pechera de UCHealth Healthy Kids y ganarán una playera al completar cuatro o más carreras.

Los chicos inscritos de edad 5-12 que completencinco o más carreras también ganarán un trofeo.

*Para ser elegible para los premios, debe registrarse antes del 15 de julio.

Por favor escán el siguiente código QR para información completa sobre la Serie de Carreras

Visita la página healthykidsclub.org