



Rib Lake Elementary March 2019 Newsletter



Mark Your Calendars

- March 145th gr. Field trip
- March 14School Board meeting 6:30 p.m.
- March 22Family Movie Night 6:30 p.m. RLES gym
- March 29Child Development Day
- April 11School Board meeting 6:30 p.m.
- April 19**NO SCHOOL**
- April 23Spring Picture Day
- April 23Kindergarten Graduation Picture Day
- April 26Book Fair begins
- April 30Family Reading Night 6 - 7:30 p.m.
- May 3Book Fair ends
- May 9School Board meeting 6:30 p.m.
- May 143rd-5th gr. Choir concert
- May 27**NO SCHOOL**
- May 31**12:15 p.m. dismissal**
- May 31Last Day of School

Jon Dallmann, Principal

Dollars for Scholars

Congratulations to the 3rd grade class for raising the most money for our Dollars for Scholars Penny Wars. RLES was raising money to support our Rib Lake seniors who will be attending a two year tech school or four year college. **We hope that this helps the students see the importance of investing in the community that we live in.** Once again this year, the 5th grade students will be reading through the scholarship applications to determine the recipient or recipients of the award. Two fifth graders will also be presenting the scholarship/s to the recipient/s on awards night. **Thank you to all that sent money in with their student!**



A huge thank you to Cindy Hanke from C&G Mini Mart for applying for this grant to help support technology at RLES!



3rd graders having fun in the snow!

Redmen Gear

We have a variety of Redmen clothing and items including t-shirts, sweatshirts, hooded sweatshirts, and stadium seats that would make great Easter gifts for your student. If you would like to take a look at these items, please stop by the elementary school office or check out the display case!

Family Movie Night

Please join us for the movie:

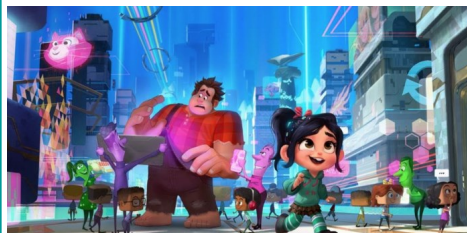
Ralph Breaks the Internet!

When: Friday, March 22nd

Time: 6:30 p.m. to 8:00 p.m.

Where: Elementary School gym

Fee: Free (There will be snacks available for purchase or bring your own snacks!)



District School Nurse Update

Are you getting enough sleep?

People will often cut back on their sleep for work, school, for family demands, or even to watch a good show on TV. But if not getting enough sleep is a regular part of your routine, you may be at an increased risk for obesity, diabetes, high blood pressure, coronary heart disease and stroke, poor mental health, and even early death.

Even one night of short sleep can affect you the next day. Not surprisingly, you're more likely to feel sleepy. On top of that, you're more likely to be in a bad mood, be less productive at work or school, and to be involved in a motor vehicle crash.



The amount of sleep you need changes as you age. **Children need more sleep than adults.**

The American Academy of Sleep Medicine and the Sleep Research Society recommends:

Age Group		Recommended Hours of Sleep Per Day
Newborn	0–3 months	14–17 hours (National Sleep Foundation) ¹ No recommendation (American Academy of Sleep Medicine) ²
Infant	4–12 months	12–16 hours per 24 hours (including naps) ²
Toddler	1–2 years	11–14 hours per 24 hours (including naps) ²
Preschool	3–5 years	10–13 hours per 24 hours (including naps) ²
School Age	6–12 years	9–12 hours per 24 hours ²
Teen	13–18 years	8–10 hours per 24 hours ²
Adult	18–60 years	7 or more hours per night ³
	61–64 years	7–9 hours ¹
	65 years and older	7–8 hours ¹

Habits to improve your sleep There are some important habits that can improve your sleep health:

- Be consistent. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Make sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature.
- Remove electronic devices, such as TVs, computers, and smartphones, from the bedroom.
- Avoid large meals, caffeine, and alcohol before bedtime.
- Avoid tobacco/nicotine.
- Get some exercise. Being physically active during the day can help you fall asleep more easily at night.

What about sleep quality? Getting enough sleep is important, but good sleep quality is also essential. Signs of poor sleep quality include feeling sleepy or tired even after getting enough sleep, repeatedly waking up during the night, and having symptoms of sleep disorders (such as snoring or gasping for air). Better sleep habits may improve the quality of your sleep. If you have symptoms of a sleep disorder, such as snoring or being very sleepy during the day after a full night's sleep, make sure to tell your doctor.

[Information from the National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health -- www.cdc.gov/NCCDPHP/dph.]

If you have questions, please contact Judy LeMaster, RN -- District School Nurse at jlemaster@riblake.k12.wi.us or calling 715-427-3222 x.3250.