

May 6, 2011
Issue 167



SUM-IT-UP AT SUMMIT



www.ccsuvt.org/summit

Tuesday, May 10th

Final PTO meeting for this school year.
Election of Officers
6:30 p.m.
Free Childcare



Thursday, May 12th

Mrs. Hamilton's Class Shares at Assembly
8:15 a.m.

Tuesday, May 17th

Ms. Mahoney & Mrs.
Hamilton's Classrooms will
Visit Fairview Cemetery
to Exchange Flags
on Veterans Graves
Bus leaves at 9:30 a.m.



&

Playground Committee Meeting
Learning Center
6:30 p.m.



Thursday, May 19th

Student Led Conferences
Scheduled by Appointment



Tuesday, May 24th

3rd Grade Trip to
Shelburne Museum
Bus Leaves at 9:15 a.m.

&

2nd Grade Integrated Arts
Celebration of Learning
6:30-8:00 p.m.

Thursday, May 26th

Ms. Mahoney's Class Shares at Assembly
a Memorial Day Celebration
8:15 a.m.

Friday, May 27th

Placement Letters Go Home

Monday, May 30th

Memorial Day
No School



Kindergarten Registration for Essex Junction Schools

Kindergarten registration for the 2011-2012 school year will be held during the afternoons of Wednesday, June 1st at Summit Street School and Thursday, June 2nd at Hiawatha School.



Students eligible for kindergarten must be 5 years old *before* September 1, 2011.

You will be required to provide a completed registration packet, a copy of your child's birth certificate, immunization records, recent physical, as well as residency verification.

To schedule an appointment, contact Mindy Deibler at (802) 878-6419 or via email at mdeibler@ccsuvt.org.

• International Measles Outbreak —

The Vermont Department of Health has alerted us that there is an international increase in measles cases including an increase in the United States. No cases have been reported in Vermont, there have been cases reported in Massachusetts and Rhode Island.

Measles is a serious, highly communicable viral respiratory disease. Due to widespread immunization starting in the late 1960s measles was declared eliminated in the United States in 2000. Importation of measles from other countries still occurs. Lower rates of vaccine acceptance by parents regarding the MMR vaccine allows for continued transmission of sporadic cases of measles. The greatest risk is to infants under one year of age, still too young to receive MMR vaccine.

Measles presents with a fever, cough, runny nose and red eyes, a rash appears on the third to seventh day.

If you have chosen not to have your child immunized for measles you may want to speak to your pediatrician regarding this outbreak and increased risk. If your child develops the symptoms listed above contact your pediatrician.

Please call the health office if you have any questions.

• Summit PTO —

Thank you to all the families who shared their time and energy with the Summit PTO this year. We have a tireless Playground Committee leading the very exciting playground renovation project. We have a topnotch Four Winds Program. What we need still are co-chairs and treasurers to help keep the PTO strong. Please consider serving in the role of PTO Officer for next year.

If you have any questions or are interested in serving, please contact Mindy

at 878-6419.

Thank you for another great year!

- **Summit's Appreciation —**

Thank you so much for all of the treats and goodies you provided throughout this past week in recognition of Teachers' Appreciation Week. We all enjoyed the luncheon and appreciate your many kindnesses. We are honored to serve your children and thank you for the ongoing partnership that you provide on a daily basis. You have wonderful children!

- **Playgrounds around the World —**

Join us at the upcoming PTO meeting next Tuesday, May 10th at 6:30 p.m. to learn about a very special project funded by a grant that has allowed our children to interact with others in different corners of the state and world. Learn how students are using microphones, flip cameras, scanners, Google Doc's etc. to create digital stories and other presentations. Technology educator, Dave Davidson and other Summit educators will share their experiences that will certainly bring smiles from the audience.

- **Student-Led Conferences —**

Please contact your child's teacher if you have not scheduled a time to participate in the upcoming conferences. Many of these conferences will be scheduled for afterschool and early evening of May 19th. Others will be scheduled at different times throughout the week, when the 19th is not possible. This is an exciting time to celebrate your child's progress throughout the school year.

- **2nd Grade Integrated Arts Celebration of Learning —**

Last week, 3rd graders shared their talents and learning. On May 24th at 6:30 it is the 2nd graders who will share their learning and projects. Please mark your calendar if you have a child in second grade. Parents will begin visiting their child's classroom and will be directed to the gym for music, song and dance.

- **Summit BBQ —**

Friday, June 10th is Summit's annual BBQ. Please plan to join us mid day for this popular family event. The weather is sure to be delightful as families come to school midday with extra chairs and blankets. Information from the food service will be sent home in the upcoming weeks outlining the menu and schedule. Hope you can join us.

- **Road Closed on Friday's —**

The Farmer's Market will run from Friday, June 3 through Friday, October 7. Lincoln Place will be closed each Friday from 2:00-9:00 p.m. Families can get more information about the Farmer's Market by visiting <http://www.5cornersfarmersmarket.com/>

- **Sleep Requirements for Young Students —**

Elementary School Students and Sleep

Summit Professional Coach, Scott Noyes noted the importance of sleep and adapted the following article for our review from the presentation: "Helping Children Develop Healthy Sleep Patterns."

The results of children not getting enough sleep are astonishing. Sleep deprivation can have serious effects on physical and mental health. Inadequate rest impairs our ability to think, handle stress, maintain a healthy immune system and moderate our emotions. The consistent loss of one hour of sleep for a child each night can be equivalent to two years of cognitive maturation and development. In addition, sleep-deprived people fail to recall pleasant memories yet recall gloomy memories just fine.

How Much Sleep Is Enough?

According to Mayo Clinic emeritus internist Kenneth G. Berge, MD. "Most preschoolers need at least 11 hours of sleep a night, and most school-age children need at least 10 hours of sleep a night. By the teenage years, nine hours of sleep a night is usually adequate. For most adults, seven to eight hours a night seems about right." Many children are not getting the recommended amount of sleep.

The Components of Sleep

When people sleep, they cycle between rapid eye movement (REM) sleep and non-rapid eye movement (NREM) sleep. In REM the eyes move around fast, the body doesn't move much, and dreaming occurs. REM is light sleep and the stage when a person is most likely to wake up. NREM sleep is deep sleep. In normal sleep, a child cycles between light sleep and deep sleep many times each night.

How to Know If a Child Is Getting an Adequate Amount of Sleep

Elementary school children are getting enough sleep if they:

- Can fall asleep within 15 to 30 minutes
- Can wake up easily at the time they need to get up without the need for constant reminders
- Are awake and alert all day without the need for a nap

Sleep-Shift

Most children are allowed to stay up late on weekends. Researchers discovered that a sleep-shift factor of one hour is correlated with performance on a standardized school-readiness test. It was found that for every hour of weekend sleep-shift, elementary students lost seven points on an academic test.

Not Enough Sleep Correlates with Being Overweight

An inadequate amount of sleep is associated with higher risk of being overweight. Sleep loss increases the hormone ghrelin, which signals hunger, and decreases its metabolic opposite, leptin, which suppresses appetite.

We Live in a Very Sleep Deprived Society

Sleep deprived children (and adults) have more trouble controlling their emotions. The part of the brain that helps to control actions and responses to feelings is affected greatly by lack of sleep. Not getting enough sleep can also lead to behavior problems as well as attention problems.

In her book, [Sleepless in America](#), Mary Sheedy Kurcinka wrote, “75% of challenging behaviors will begin to disappear when children get enough sleep.” There is much research to support this.

Tired Brains Under- Energize Important Areas of the Brain

Sleep loss debilitates our body’s ability to extract glucose from the bloodstream. Without this consistent stream of energy, a specific area of the brain, the prefrontal cortex, suffers tremendously. This area behind the forehead is credited for “executive function.” The prefrontal cortex is responsible for self regulation, planning, cognitive flexibility, abstract thinking, rule acquisition, initiating appropriate actions and inhibiting inappropriate actions, and selecting relevant sensory information.

Other executive functions include the orchestration of thoughts to fulfill a goal and the ability to accurately predict consequences of actions. As a result of this area of the brain being under powered, tired children have difficulty with impulse control, and abstract goals like studying tend to have less priority than more entertaining activities.

A tired brain is much more likely to perseverate; get stuck on a wrong answer and not be able to find a more creative solution. Exhausted students tend to return to the same answer they already know is wrong.

The Emotional Context of a Memory Effects Where it Gets Processed

Negative events get processed by an area of the brain called the amygdala. Positive or neutral memories get processed by the hippocampus. Sleep deprivation slows down the activity in the hippocampus while the amygdala is left to function at normal levels. The result is sleep-deprived people fail to recall pleasant memories yet recall gloomy memories easily. This leaves tired students much more dispirited.

Sleep Deprivation Is Cumulative

Sadly, we are not able to “make it up” on the weekends. There is no undoing what has been done by the lack of sleep. Lessons that were not coded to the long-term memory areas of the brain are lost. When as little as one hour of sleep is missed, even the day’s most challenging lessons are forgotten.

In one study, teachers reported significantly more academic problems for students whose sleep was restricted, compared to weeks where the children followed appropriate bed times. The severity of attention problems also spiked when students’ sleep was restricted.

Lack of enough sleep can have life-long consequences. Being overtired can change the way a child's brain is wired. It has been found that sleep restriction can cause as much damage as lead exposure.

What to do . . . a Good Night's Sleep Begins in the Morning

Start the day with regular wake time, even on weekends.

Slow down in the morning. Start the day with a state of calm.

Don’t turn on the TV in the morning. TV viewing is too passive to fully waken the child.

Get outside or let the light in. Light signals the body, it is time to be alert.

Find Your Child's Ideal Bedtime

In the evening, look for the time when your child is starting to slow down and getting physically tired. This is the best time for going to sleep. It is helpful to have the bedtime routine done and children in bed before this time. After this sleepy time children often get a “second wind.” At this point, behavior becomes more challenging and falling asleep becomes more difficult.

The “second wind” is a real sleep phenomenon. After missing the initial sleepy period, the child feels awake. The hormone that helps with falling asleep, melatonin may be only available for as little as 15 - 30 minutes. After that the child's body rebounds and feels much more alert and less likely to be able to fall asleep.

It Is Best to Keep to a Regular Daily Routine

The same waking time, meal times, quiet times, play times and bedtime will set your child's biological clock. Using a consistent flow to the day helps to ultimately create a smooth bedtime. The circadian rhythm is a natural 24-hour cycle that guides our body through different phases of the day. When this clock is set and then followed, our body senses when it is time to be awake and alert and when it is time to be asleep, (as well as many other behaviors). Disrupting this rhythm throws the body off cycle and makes normal daily tasks more difficult.

Consider Using “White Noise”

Many children are soothed by the sound of a fan running or a radio set “off station.” This white noise blocks out the distraction of other sounds. Some parents have found that small, portable white noise machines with a variety of different sounds are helpful. These machines are available for around \$50 - \$90.

Keep Active

Make sure your kids have interesting and varied activities during the day, including physical activity and fresh air.

Use Light

Keep lights dim in the evening as bedtime approaches. In the morning, get your child into bright light, if possible let them outside. Light helps signal the brain into the right sleep-wake cycle. Be cautious of TV or other screen exposure at night. Exposure to light in the evening signals to the brain, it is time to be awake, rather than, it is time to sleep.

Don't Use the Child's Bedroom, Naps, or Going to Bed Early as a Threat

Bedtime needs to be a secure comfortable time. When it is associated with punishment, it is seen quite differently. It is important to teach children that bedtime is an enjoyable responsibility. If the feeling around bedtime is comfortable, your child will fall asleep easier.

Don't Allow Caffeine

Foods and drinks with caffeine in them, like hot chocolate, tea, cola, or chocolate have long lasting effects. Unlike most adults, children's consumption of caffeine can take up to eight hours to lose its impact. Even caffeine earlier in the day can disrupt a child's ability to have restful sleep.

Don't Permit Hours of TV Viewing

TV viewing at bedtime has been linked to poor sleep. It is best not to let your child watch more than one hour of TV during the day, and none before bedtime. The excitement of the story combined with the brightness of the screen make it difficult for the child to recognize and work with healthy sleep patterns. Other evening screens, such as a computer or video game have also been associated with poor sleep.

Keep Meal Times the Same Even on Weekends

Meals help set the body's clock.

Offer Siestas

Have some down time built into the child's day preferably around 1:00 – 4:00.

Give Baths before Dinner

This allows enough time to cool down, and have the child's body become less excited.

Start Early

Begin slowing down at dinner by dimming the lights, lowering the volume of voices, offering quiet activities.

Model What You Want to See

Model healthy sleep behaviors. Children watch adults for cues on how to behave. Staying up late and being tired in the morning sets an example children may mimic. As little as one hour of sleep loss each night can have major consequences in our children's lives. Promoting healthy sleep patterns allows a child greater access to their true potential.

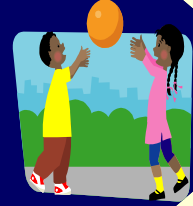
FIELD DAY SCHEDULE



2nd & 3rd Grade field day—Monday June 13th from 1:15-2:15

K's & 1st Grade Field Day—Thursday, June 16th from 9:45-11:05

Popsicles are shared as a special treat after a fun-filled rotation of popular outdoor activities.



The Classroom Picnic Season is Upon Us

Please remember if you plan on attending a classroom picnic, you **MUST** be on the approved volunteer list.



June 7th—Mr Neil and Mrs. Dall's classrooms will leave around 9:00 and walk to Cascade Park

June 14th—Ms. Comeau and Mrs. Hall's classrooms leave around 10:30 and will walk to Maple Street Park

June 15th—Ms. Turcot and Mrs. Macmillan's classrooms will leave around 10:00 and walk to Maple Street Park

June 16th—Mrs. Cole, Mrs. Heikel and Mrs. Bergstrom's classrooms will leave around 11:30 and walk to Maple Street Park



Do you have a visitor's badge hanging about your house?

PLEASE.....if you find one, two or even more at home, send them back to the office with your child.....we need these back ASAP!! Thank You

Have you noticed your kids have grown into "giants" over the winter?? Need to buy them new clothes and don't know what to do with the old ones?? The Health Office is in need of the following clothing items and would LOVE to have those hand-me-downs if they are in good shape. Please consider donating the following items in the sizes listed.



Pants—sizes 6, 7, 8 and 10

Shirts—sizes, 6, 7, 8 and 10



Summer Lunch Program—If your family would benefit from receiving groceries to provide your children with nutritious lunches this summer provided by local churches, please contact the school nurse at 872-3269 or school social worker, Alice Dee Scannell at 872- 2509