



Wissahickon

CHARTER SCHOOL

Dear families,

Since our return to school from winter break, we have noticed many more students who are arriving at school tired or falling asleep during class (and not just after last night's Eagles win!).

For parents, getting kids to sleep well is a challenge from day one. With hectic work schedules and commutes, after school activities and homework, and the constant presence of phones and tablets, it probably hasn't gotten much easier. And according to the National Sleep Foundation, children ages 6-13 need 9 to 11 hours of sleep each night! <https://sleepfoundation.org/sleep-topics/children-and-sleep>

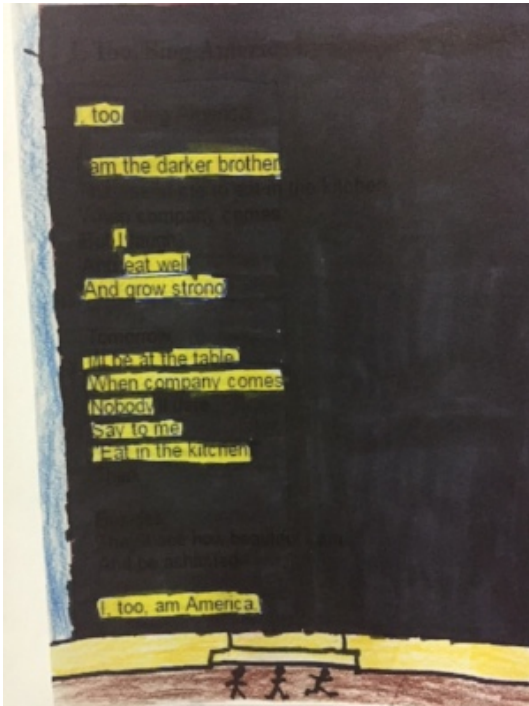
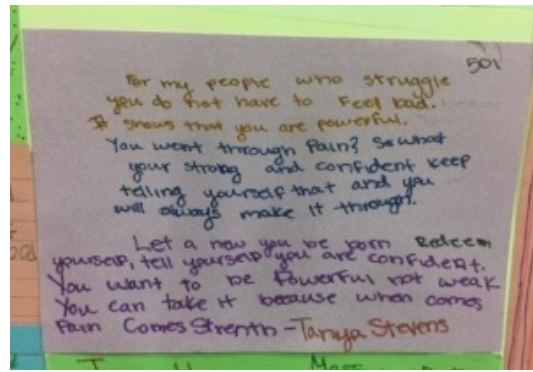
Here are 3 things you can do to encourage your WCS student to get the sleep they need for academic and behavioral success in school:

- Work backwards to set a bedtime that allows for a full 9-11 hours of sleep before your child has to wake in the morning.
- At bedtime, have children hand over their phone or tablet until the morning. If they have a TV in the bedroom, make sure the rules are clear about keeping it off at night, or consider taking it out of the bedroom all together. Some families might also prefer a high-tech solution that allows you to limit your child's internet access between certain hours -- there are lots of these devices on the market.
- Talk to your child's teacher if homework (other than the nightly reading log) is taking more than the recommended minutes per night. At WCS we strive for 10 minutes of homework per grade level in school -- so 10 minutes for kindergarten and first grade, 20 minutes for 2nd grade, 30 minutes for 3rd grade...

Wishing you all restful nights,

Jenny Lunstead
Lower School Director

Poetry interpretation projects from our Martin Luther King Jr. Day celebration



General News & Announcements

Interim Reports

We have now reached the mid-point of Trimester 2. Interim reports will be mailed home early next week. Students in grades 3-8 will all receive their mid-trimester grades. In grades K-2, students will receive a written report only if their teacher has any areas of concern. With half of the trimester still to go, interims are an opportunity for you and your child to identify areas for growth while there is still time to improve these areas before report cards. If you have any questions about your child's interim report, please reach out to their teacher!

All School Dress Down Day - Friday, Feb 2 - Pajama Day

Please make sure your child comes in (still) school appropriate PJs & shoes. Nothing too tight or sheer or revealing. Let the fun begin! (It's also an early dismissal.)

Cook with Vetri

Please join Vetri Community Partnership for an for our second parent/caregiver Culinary Classroom experience which will be held on Tuesday, March 13, 2018, at 6 pm. We will enjoy making a new recipe or two and find out more about what your children are eating daily in the cafeteria. Bonus: there is of course a giveaway! Please RSVP to Carrie Suarez, Chef

Mentor: carrie@vetricommunity.org no later than Wednesday, March 7th. I look forward to seeing each of you there. Also click [here](#) to check out the attached January Nutrition Nuggets Newsletter for great tips, healthy snacks and fun activities.

Early pick-up procedure

Please be advised that early pick-up is over after 2:30pm and 11:30am on a scheduled early dismissal day. If there is an emergency, please call ahead so that we can have the children ready for arrival. Please also note that children can not be dismissed without the presence of a parent or approved adult along with a signature and ID. In the event there is a change in pick up, i.e. on or off the bus, please call the front office by 2:45 to ensure we are able to relay the message to the student.

Late pick-up fee

Please be reminded that late pick up enforcement charge will be \$1 a minute starting at 3:45pm on regular dismissals and 1pm on early dismissals.

Green Tip of the Week

Replacing one incandescent lightbulb with a compact fluorescent light can save 150 pound of carbon dioxide per year. CFLs produce the same amount of light, use 1/3 of the electricity and last up to 10 times as long.

For Lower School

Scrabble and Chess:

We are thrilled by the level of excitement kids and families have shown for the chess and scrabble teams. Thank you to all who applied. We are pushing the start date for both clubs back one week to Monday, January 29. All applicants will be contacted by this Wednesday, January 24 regarding their status. With interest greatly exceeding our capacity, we will have some tough choices to make. If these clubs are successful in this first year, we look forward to hopefully expanding the program to include more kids in the future.

For Middle School

Middle School Phone Policy Update

During class, students can use electronics with teacher permission and/or to complete assignments that require it, of course.

During recess and lunch, students can use their phones to listen to music only with head phones or ear buds, but the phones cannot be out. They need to be in their pockets. Ear phones/phones need to be put away at the end of lunch. No social media site use during the day.

Also, if you need to reach your middle schooler during the school day, please call the front office to relay the message.

We've had issues lately with students on phones in hallways and in classes when others are talking with them. Thanks for your support!

Kindergarten cooks! Thanks, Vetri, for this week's cooking classes for all grades.



Important Dates

Wed, 1/24- Boys b-ball game vs. WOLCS @ WCS

Fri, 1/26- Girls and boys b-ball games vs. RAPCS @ WCS

Tues, 1/30- Girls and boys b-ball games vs. Independence@WCS

Thurs, 2/1- Girls and boys b-ball games vs. Discovery@ WCS

Fri, 2/2 12:45pm dismissal

Fri, 2/2 Pajama day



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