

THIS WEEK AT MORTON ELEMENTARY

Mr. Josh Brooks, Principal

Tuesday, February 13th 2024

District Webpage www.morton.k12.wa.us

** Personal best * Act responsibly * Work & play safely * Show respect*

DATES to REMEMBER.....

Feb. 14.....Early Release 1:25
Feb. 19.....NO SCHOOL
President's Day
Feb. 21.....Early Release 1:25
Feb. 26.....School Board Mtg 6:00
Feb. 28...Awards Assembly 10:30
Feb. 28.....Early Release 12:15
Feb. 29 & March 1...NO SCHOOL
Mid Winter Break
Mar. 6.....Early Release 1:25
Mar. 11.....Child Find Screening
Mar. 13.....Early Release 1:25
Mar. 15.....Bell Class Photos
Mar. 18.....Board Meeting 6:00
Mar. 20.....Early Release 1:25
Mar. 25-29.....Conference Week
Mar. 25.....Early Release 12:15
Mar. 26.....Early Release 12:15
Mar. 27...Awards Assembly 10:30
Mar. 27.....Early Release 12:15
Mar. 28 & 29.....NO SCHOOL
Conferences Only

In Today's Packet.....

- Let's Talk about Sleep
- U6 – U14 Fast pitch Info

Monthly Awards Assembly

**Wednesday, Feb. 28th
10:30 a.m.**

We invite and encourage parents to attend our monthly awards assemblies; we would love to see you there!

FREE Early Identification Project Lewis County Child find Screening for Children Birth to 5 years

This is a developmental level screening, which includes the areas of concepts, motor, speech and hearing.

**MORTON
ELEMENTARY
GYM MONDAY,
March 11th**

Please call the elementary office at 496-5143 to set up an appointment for your child to be screened.

*ALSO: Online pre-enrollment for NEW STUDENTS for the 2024-2025 school year will be available starting on March 11th, (on the school website).
www.morton.k12.wa.us*

Bell Imaging CLASS and INDIVIDUAL PHOTOS

Friday, March 15th

Order forms will be sent home a couple weeks before.

U6-U14 FASTPITCH SIGN-UPS

GIRLS AGES 5-14

Online at
LEWISCOUNTYFASTPITCH.COM

See today's packet for information.

U6-U14

FASTPITCH

SIGN-UPS

\$60

EACH

**SIGN-UP
DATES**

FEB. 1ST - 29TH

**GIRLS
AGES**

5-14

**ONLINE AT
LEWISCOUNTYFASTPITCH.COM**

**CONTACT BRANDIE WITH ANY QUESTIONS AT
860-496-1633 OR MWPYAFASPITCH@GMAIL.COM**

Let's Talk about: Sleep

Everyone's sleep needs are different, but studies show that school-aged children need 9-12 hours of sleep a day. Getting enough sleep leads to improved attention, behavior, learning, memory, emotional control, quality of life, and mental and physical health. If a child doesn't get enough sleep they may:

- Be tired and emotionally cranky
- Be unable to think clearly
- Have a hard time following directions
- Feel clumsy and uncoordinated
- Over time experience increased injury, depression, obesity, or high blood pressure

These are some tips to establish healthy sleep habits:

- Keep a consistent sleep schedule. Get up at the same time every day, even on weekends or during vacations.
- Set a bedtime that is early enough to get at least 10-11 hours of sleep for school-age children.
- Establish a relaxing bedtime routine: take a bath, read a story.
- Use your bed only for sleep. Do not study, read, or watch television while on the bed.
- Make the bedroom quiet and relaxing. Keep the room at a comfortable, cool temperature.
- Turn off all screens, including cell phones, TVs, video games, and e-readers at least 30 minutes before bedtime. Blue light from

these devices interferes with the secretion of melatonin.

Melatonin is a chemical in the body which makes you feel drowsy.

- Don't eat a large meal before bedtime. If you are hungry at night, eat a light, healthy snack.
- Exercise regularly and maintain a healthy diet. Exercise helps you fall asleep faster and stay asleep.
- Avoid vigorous activity two hours before bedtime or you could get "wound up."
- Avoid consuming caffeine in the late afternoon or evening, within 6 hours of bedtime.
- Reduce your fluid intake before bedtime.
- Reduce noise. While it may not wake you up, it can interrupt your sleep rhythms.