

February 3, 2017

Lil' Dragon Fire

Important Information

Celebrating 100 Days of School!

Thursday, February 9th is our 100th day of school. We will be celebrating this day by dressing up like we are 100 years old. If your child would like to participate there is no need to purchase a costume. Simply find items at home that can be made into a costume. Please make sure it is school appropriate!



I Love To Read Month!

February is I love to read month. The reading goal for students is 15 minutes per night for PreK-1st graders and 20 minutes per night for 2nd-5th graders. Students who meet their weekly reading goal will be entered into a weekly classroom drawing. Please remember to send your child's reading log in each week on Wednesday. Next Friday we invite all of the students to wear a shirt with LOTS of words on it!

Preschool Registration Open House

Monday, February 13th there will be an open house for Kid's Connection Preschool. It will be held in the Adrian Elementary Commons from 5:30pm-7:00pm. If you have any questions please call Miss Ivy at (507) 483-2225 ext. 100, or email her at i.kruse@isd511.net.



Adrian

Elementary School

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Upcoming Events

- 2/23 Girl Scouts
- 3/1 End Trimester 2
- 3/2 PTO Fundraiser Kickoff
- 3/9 Preschool Screening
- 3/21 Conferences
- 3/26 PTO Mother/Son Event
- 3/27 Kindergarten Round-Up

No School

February 20 - President's Day

Early Dismissal

February 17; 12:30 pm

Tips to Help Your Child Become a Better Reader

1. Read with your child - Take turns reading out loud with your child.
2. Encourage different types of reading - Comic books, magazines, fiction, non-fiction, etc.
3. Keep a dictionary handy - encourage your child to look up words that they don't understand.
4. Ask questions - Who is the main character? What was the problem in the story? How was it solved? Which part was most exciting? Could the story really happen?
By discussing what your child is reading, you will help them understand what they are reading.



A Note from the Nurse

How Technology in Your Child's Room Affects Sleep

Your child's world is filled with technology. Cell phones, tablets, computers, televisions, and other electronic gadgets have become a huge part of our daily lives. It is often hard to put them down - even at bedtime. Keeping your phone on your nightstand may not seem like a big deal, but technology affects your sleep in more ways than you may realize.

They Suppress Melatonin:

The blue light that screens give off reduce the production of melatonin, the hormone that controls your sleep/wake cycle. Reducing melatonin makes it harder to fall and stay asleep. Most Americans use electronics a few nights a week within an hour before bedtime. In order to make sure technology isn't harming your child's sleep, give your child at least 30 minutes without technology before putting them to bed.

They Keep Your Brain Alert:

It may seem harmless to allow your child to play a video game or watch a movie to unwind at the end of the day, but by keeping his mind engaged, technology can trick his brain into thinking that it needs to stay awake. After spending the day surrounded by technology, his mind needs time to unwind. Read a book. Do a puzzle.

They May Cause Anxiety:

A study by Dalhousie University in Nova Scotia, Canada found that children with televisions, game consoles and mobile phones in their bedrooms are more likely to suffer from anxiety and perform worse in school due to lack of sleep.

Having a television or game console in their room causes children to see the room as an entertainment zone rather than as a place for quiet and rest. Losing as little as one hour's sleep can affect a child's performance at school