

Bullpup Blast

McLouth Elementary/September 2022

Miller's Minutes

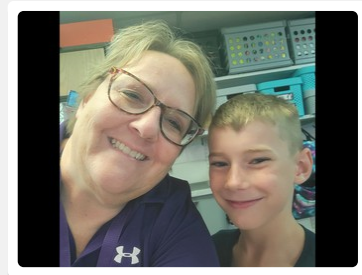
What an amazing start to the 2022-2023 school year! Students are working hard on building routines, establishing new friendships, and learning. I am very proud of what I have seen over the last several days. Our focus for our building this year is We Believe We Are Awesome. I will be working with the students and staff on what does it mean to "Be Awesome". Our focus will be on building positive character traits. This first month we will be working on how do we show kindness to our fellow students and adults. For example in the announcements this morning I talked about greeting others when we pass in the hall. I gave examples that the students could use: they can say "Good Morning", "Hi", they may use a silent wave, or even smile. Throughout the month I will be encouraging students to be kind in all situations, that even when we can't control what others do, we can always control ourselves and respond in a kind way.



First Grade Play Time



Fourth Grade Team Building Activity



Mrs. Miller & Talan

Counselor's Corner

How is your family doing getting back into the school routine after summer?

[Childmind.org](https://www.childmind.org) has some helpful tips on creating and maintaining school routines for morning, homework and bedtime. For each routine, talk to your child so they know what to expect, and create a checklist or visual of what they need to complete each routine. Work with your child to figure out how much time they will need to complete each routine.

For homework, as a general rule, children can [pay attention to a task for 2 -3 minutes per year of age](#). So a 7-year-old could focus on a task for between 14- 21 minutes, depending upon internal (hunger, interest in the topic) or external factors (how hard it is, environmental distractions) be sure to give breaks, support and encouragement!

Perhaps the most important routine, which will likely impact the success of all the other routines is the bedtime routine. Knowing how much sleep your child needs is key to establishing a healthy bedtime routine. [ClevelandClinic](#) reports that children aged 5-12 need between 9-12 hours of sleep each night. "Studies have linked sleep deprivation with mood swings and reduced cognitive function, including concentration difficulties, lower test scores and a drop in overall school performance. Poor sleep also is associated with poor eating habits and obesity."

Cleveland Clinic recommendations include:

- 1) Setting a regular bedtime (allowing for 10-11 hours of sleep);
- 2) Creating a calming bedtime routine to help set the mind for sleep;
- 3) Shutting off electronics 60 minutes before bedtime;
- 4) Avoiding caffeine or sugary beverages in the second half of the day;
- 5) Leading by example and prioritize sleep for yourself!

Also, consider creating "zones" to go along with each routine:

1. Morning Zone- where backpack, shoes, and water bottle can place when coming in the door and replaced at night to be ready to go in the morning
2. Homework Zone -with supplies they need to do work and low distractions
3. Sleep Zone- bed or bedroom, cool, dark, comfortable and free of screens/electronics

Any questions? Or need help accessing supplies/resources? Please contact:

Grace Houchell, School Social Worker (houchellg@mclouth.org)

Maureen Cole, School Psychologist (colem@mclouth.org)

Christianne Parks, Elementary School Counselor (parksc@mclouth.org)



Bullpup Award Winner

Kiara has been exceptionally welcoming to our new students and has put a great deal of effort into listening and following her new teacher's expectations.



Bullpup Award Winner

Brenden is a hard worker. He takes his time to make sure he does well, helps others and has a consistent attitude.



Bullpup Award Winner

Cameron is always being a star student and role model for his peers. He is a great listener, follows directions, and puts his best effort in his work. Cameron is also an extremely kind and caring individual.



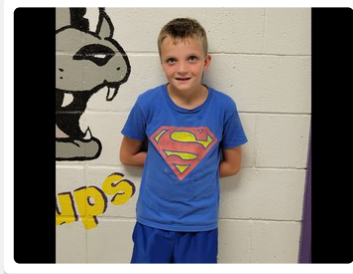
Bullpup Award Winner

Cheyenne was given a Bullpup Award for helping others in her classroom!



Bullpup Award Winner

Elsie always pays attention, stays on task, and is on time.



Bullpup Award Winner

Vincent was awarded a Bullpup Award for showing kindness, helping a peer, and showing empathy,

Book Fair

When

Monday, Sep. 19th, 8am to Friday, Sep. 23rd, 4pm

Where

McLouth Elementary Library

More information

Huzzah! Scholastic Book Fair will be here the week of September 19th through the 23rd. Be looking for more information coming soon!!

Grandparent's Day

When

Friday, Sep. 23rd, 8:45am

Where

McLouth Elementary

More information

More Details coming soon....

3-5 grades and AM preschool 8:45-10:30

K-2 grades and PM preschool 12:30-2:15

Elementary Picture Day

When

Thursday, Sep. 15th, 9am

Where

McLouth Elementary Multipurpose Room

More information

Watch for flyers coming home soon.

PTO Meeting

When

Wednesday, Sep. 7th, 6:30pm

Where

McLouth Library

More information

Pto meets regularly on the first Wednesday of the month at 6:40 pm in the McLouth Library. All are welcome to come, participate, and support your students!