



SALT LAKE ELEMENTARY

February



PARENT BULLETIN

February 2019

February

- 5.....PTA Meeting
- 6.....“Drug Free” Red Shirt Day
- 7.....“Bully Free” Blue Shirt Day
- 9..... Aloha Aina Recycling Drive
- 11.....NO SCHOOL FOR STUDENTS – Teacher Institute Day, Office Open**
- 12.....SCC Meeting
- 18.....NO SCHOOL – PRESIDENT’S DAY**
- 19.....Grade 6 Field Trip
- 22.....PTA Movie Night, 6:00-8:30pm, Cafeteria
- 25-March 1.....Read Across America, Read to Me Week
- 25-March 1.....Fun Run Spirit Week
- 27.....Fun Run!

March

- 4-7WASC Visitation
- 6.....“Bully Free” Blue Shirt Day
- 7.....“Drug Free” Red Shirt Day
- 12.....PTA Meeting – School Library, 5 p.m.
- 14.....Grade 1-Creatures of Hawaii
- 15.....Moanalua Complex Track Meet
- 15.....Quarter 3 Ends
- 18-22.....**NO SCHOOL – SPRING BREAK! Office Open**
- 26.....**NO SCHOOL – KUHIO DAY HOLIDAY, Office Closed**

PRINCIPAL’S MESSAGE

Dear Parents and Guardians,

February is Wellness Month and we will be participating in health related activities to support this initiative. During the month grade levels will be assigned recess periods to do our very popular “Dancing/Exercising on the Mall” for 2 weeks. All of our students will be doing various exercises during their recess period. In our PE classes the students will be doing activities to increase their stamina to get ready for our annual Fun Run.

On Wednesday, February 27, we will be having our annual “Fun Run for Technology” at Salt Lake District Park. Our Fun Run has two goals.

- To provide an opportunity for our students to participate in a health-wise activity.
- To fund raise for our technology program and other school related initiatives.

Your donations will be used towards purchasing technology equipment and software. Each student will be asked to get a donation of at least \$10 and for every \$10 the student will get a lottery ticket for the prize drawing. Some of the prizes our students can win for participating include 3 – Beats Headphones by Dre, 2 – iPhones, 3 – iPod Air, and 1 – iPad Air for the grand prize. There will be some additional prizes that will be given away on the day of the Run. We would like to ask for your support by helping your child during the fundraiser. Some key sponsors for our Fun Run are Hawaii Home Management and Cleaning Service LLC, Pacific Environmental Solutions, Waikiki Aquarium, Dave & Busters, GMIA, Bay View Gold Park, Island Yogurt, Jamba Juice, Mrs. Judy Kaya, Sea Life Park, and Wet n Wild.

The Western Association of Schools and Colleges (WASC) Visiting Committee will begin its review of Salt Lake Elementary School on March 4 – 7, 2019.

Members of the Visiting Committee would like to meet with parents/guardians of Salt Lake Elementary School students and Community members.

You are invited to attend a meeting on

- Monday, March 4, 2019
- 4:30 - 5:30pm
- School Library.

Sincerely,
Duwayne F. Abe
Principal



1131 Ala Liliko'i Street ☆808.305.1600☆<http://www.saltlakeeshawaii.org/>
Live Dolphin P.R.I.D.E

PROMOTING A SAFE AND HEALTHY CAMPUS

STUDENTS ON CAMPUS AFTERSCHOOL

We are concerned about the safety for the large number of students remaining on campus well after 2:30p (MTThF/1:30 p.m. (Ws) on a daily basis. The school office closes at 4:00 p.m. In order to prevent unnecessary stress, please communicate with your families/friends should there be a change with regular transportation routines. Again, **THERE IS NO SUPERVISION AFTER SCHOOL.** We have experienced incidences of theft, injuries and misbehavior among these students. **For the safety of students, the Honolulu Police Department will be called when students are left behind unattended beyond the school day.** Kama'aina Kids continues to accept applications for their afterschool program.

PLAYGROUND EQUIPMENT –

For safety reasons, students are not allowed on the playground equipment after school unsupervised. Adult supervision by a parent or guardian is required for playground equipment use.

DRESS CODE

Just a friendly reminder to please revisit the Uniform Policy in the Student/Parent Handbook on pages 40-42, paying special note to the length guidelines for shorts & skirts; heel height; and hair coloring. In addition, sweaters or hoodies which prevent school uniform from being visible is NOT permitted. Our school dress code policy has been put in place to support an environment that enhances learning and promotes safety. We appreciate your attention to this matter in the interest of all students.

TRAFFIC SAFETY

Please remember to practice safe driving while dropping off and picking up your child. Be aware of students in the vicinity when driving near our school. Your child should be dropped off in a safe area (**curbside**) to prevent any accidents. Please be patient and courteous toward other parents as they are also dropping off or picking up their child on campus. Curb area fronting the school office is a drop off/pick up zone only. **Please do not park or leave your car unattended along the main driveway and please SLOW DOWN.** Mahalo!

CONTRABAND

Recently, there has been an increase in students bringing skateboards and rip sticks to school. According to the student/parent handbook, these items are contraband. Please refrain from bringing these items to school or they will be confiscated. We appreciate your support in this matter.

3rd Quarter IRA SCHEDULE (subject to change)

Please remind your child to wear shoes and bring a water bottle for PE on their assigned IRA days.

Month	Gr. 6	Gr. 5	Gr. 4	Gr. 3	Gr. 2	Gr. 1	Gr. K
3rd Qtr	1/8	<i>1/10</i>	<i>1/11</i>	<i>1/14</i>	<i>1/15</i>	<i>1/17</i>	<i>1/18</i>
	<i>1/22</i>	1/24	1/28	1/25	1/29	1/31	2/1
Feb	2/4	2/5	2/7	2/15	2/12	2/14	2/8
	2/21	2/19	2/22	2/25	2/26	2/28	3/1
March	<i>3/4</i>	<i>3/5</i>	<i>3/7</i>	<i>3/8</i>	<i>3/11</i>	<i>3/12</i>	<i>3/14</i>

Bold and italicized dates indicate full day IRA

SLES JOB OPPORTUNITY

Have you ever wanted to be a school crossing guard??

We are currently looking for someone who is able to work two shifts.

7:10 – 8:10 (1 hr.) & 1:55 – 2:55 (1 hr.)

\$15/hour. A background check is required. Please stop by the office if you're interested.



ANNUAL FUN RUN/WALK, FEBRUARY 27

The Fun Run is part of our school's Wellness Program and we would like to invite all parents to join their child in the Run. Each Grade Level has assigned times during which you can run along with your child.

FUN RUN SCHEDULE

Grade	Warm-Up	Run/Walk
3	8:15-8:25	8:30 - 8:45
2	8:30-8:40	8:45 – 9:00
Pre-K & K	8:45-8:55	9:00 – 9:15
1	9:00 – 9:10	9:15 – 9:35
4	9:30 – 9:40	9:45 – 10:05
5	10:05 – 10:15	10:20 - 10:40
6	10:20 – 10:30	10:40 – 11:00

Warm-up will be the first 10 minutes (see above schedule). All warm up will be on the side in front of the fence facing the field..

Grades Pre-K, K-1 students will run/walk 2 laps.

Grades 2 – 3 students will run/walk at least 2 laps or as many laps in 10 min.

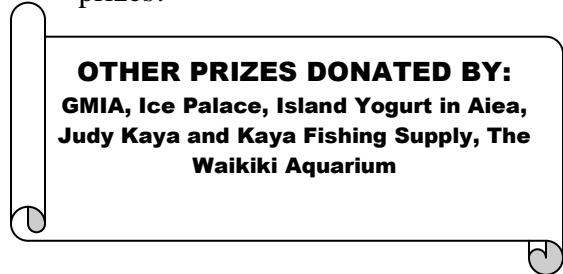
Grades 4 – 6 students will run/walk at least 4 laps or as many laps as the student can complete in 15 minutes.

Last lap will be "Cool Down" so students must WALK and not run.

REMINDER: Collection envelopes must be turned in by Tuesday, February 12, 2019 to be eligible for lottery prizes. Please see Fun Run envelope for participation instructions and the salmon colored flyer sent home with your child for a listing of all the cool prizes!

PRIZES YOU CAN WIN

- | | |
|-----------------------|--|
| Most money collected: | 1 st Prize \$100 GameStop Gift Card |
| Toys R Us Gift Cards | 2 nd Prize \$75 GameStop Gift Card |
| | 3 rd Prize \$50 GameStop Gift Card |
| Lottery Prizes: | 3 Beats by Dre Stereo headphones |
| | 2 iPhones |
| | 3 iPod Touch |
| Grand Prize: | 1 iPad Air |



STUDENT COUNCIL NEWS

Happy New Year! We started the New Year off with our last HI5 Recycling Drive on **Wednesday, Jan. 16, 2019 from 7:00-7:50 a.m.** Proceeds collected will go to appreciation gifts for the students and staff during appreciation week.

Some of our students did Thanksgiving and Christmas activities with the special education FSC and pre-school classes on Nov. 14 and Dec. 12.

Congratulations to our risk-taking Student Council members who presented the "The Quest for PRIDE - part 2" play on **Dec. 21 at our Winter Assembly**. They did an amazing job and we hope the students enjoyed sharing what they were learning in music class and the audience learned a little more about our theme "Live Dolphin PRIDE".

Student Council members kicked off the 2019 Fun Run by doing a short skit to demonstrate how to get donations for our technology program. They also revealed our 2019 Spirit Week competition and Mr. Ramos will showed us what's coming up with our Exercise on the Mall.

On Feb. 9, our school hosted the Aloha Aina Recycling Drive in coordination with the Kokua Hawaii Foundation from 9:00- 12:00 p.m. Proceeds from the collection of scrap metals, used cooking oil, and HI-5 beverage cans and bottles will go to the Student Council to support our activities.

Spirit Week is from Feb. 25 – Mar. 1, 2019

Feb. 25 - Make a Dolphin Day

Students will get a dolphin on a paper ahead of time and they can draw or write how they "Live Dolphin PRIDE". You can draw how you practice showing respect, how you are always honest, and/or how you always try your best and strive for excellence. Cut out the dolphin, and our reps will collect them during the week. The dolphins will be displayed on a banner outside the office.

Feb. 26 - Hat Day

Wear an appropriately designed hat outdoors to show school spirit. You may wear a hat that represents what career you want to be, or maybe just a fun crazy hat that you have or create. Please don't use masks or hats with violent or grotesque themes.

Feb. 27 – Red Shirt Day

Wear your red school shirt while participating in the Fun Run! You can also optionally wear your hat again, but only during the Fun Run.

Feb. 28 – Crazy Hair Day

Style your hair in the wildest ways possible to show school pride! For example, you could spray your hair, tie your hair into 50 ponytails, do a Mohawk, style your hair into a beehive, put 100 different hairpins in your hair, or make a zillion braids.

March 1 – Mismatch Day

You need to wear your school uniform, but you can mismatch anything else. For example, wearing stripes with polka dots, wearing 2 different shoes, 2 different earrings, wearing pants, shorts, or skirts that do not match the T-shirt

☆ Habit of Mind Stars ☆

Congratulations to the following students who were recognized by their teachers for exhibiting responsible RISK-TAKING during the months of November and December. Students who show responsible RISK-TAKING think before they act and have the courage to be a risk-taker.

Kindergarten Shaeannie Edwin Rikuto Nakagawa	1st Grade Lucas Howard Lathan Jackson	2nd Grade Kolton Makizuru Denny Song Jr. Gian Crisostomo Brayden Maxilom-Shigemasa	3rd Grade Jacob Kyle Constantino Lala Wang Carlos Dixon Kimiko Emerick
4th Grade Julian Kamealoha Samonte Kristen Ann Agdeppa David Chan Awan Wisuhandi	5th Grade ☆ ☆ ☆	6th Grade Breyton Foster Ethan Cantillo	☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

Salt Lake Elementary School 2nd Quarter Dolphin Recognition Program

*Students who receive **Dolphin of the 2nd Quarter Awards** exemplify qualities of a Self Directed Learner and Effective Communicator.*

GRADE Pre-K & Grade K	Mrs. Leong	Mr. Furumoto conti.	Mrs. Emerson
Mrs. Toguchi	Tristan Ancog	Elise Kim	Joseph Almazan
Shaizae Aipia-Talamoa	Brooklyn Asuncion	Fayth Martinez	Lani Chung
Mrs. Endreson	Aden Baik	Riana Pascual	Elena de Lima
Rebecca Chan	Mikaela Bayudan	Kukilakilakaelauokalani Hubin-Kaniho	Gabriella French
Andrew De Vera	Colton Bergosa	Camilla Lu	Liam Hagan
Isabella Eom	Izabella Ching	Mrs. Matsui	Kaimalu Kukonu
Jayden Harris	Ashley Chong	Aiden-Zain Andallo	Timothy Lau
Lilian Kahoopii	Aliitia Gaoteote	Xin Chen	Joanna Li
Jaden Kim	Kendall Johnson	Chayse Foronda-Ebia	Ethan Meng
Mya Nguyen	Rubin Kim	Danni Kimura	Leilani Vili
Taytym Pangan	Ahin Koo	Jericho Lukas	Karl-Nils Von Semkow
Harmony-Lane Soon	Alvin Li	Kolton Makizuru	Ivan Wong
Mrs. Higa	Landon Narruhn-Galiza	Tristan Mateo	Aiyi Zhang
Isabella Rose Lumabao	Keanu Martinez	Arianna Migual-Santos	Ms. Kobashigawa
Aubrey Brooke Maxilom-Shigemasa	Mahealani McCray	Nikki OuYang	Leila Argel
Hailey Keana Villadelgado	Khayla Molina	Denny Song Jr.	Melyana Batoto
Mrs. Ma	Ethan Okazaki	Nekenieh Wallace	Azariah Burdett
Baron Chang	Gianna Templo	Kayla Williams	Jason Buyag
Jahsiaz Credo	Mrs. Parages	Agnes Zheng	Logan Chang
Andalucia Lightsey	Taina Aipea-Lavea	Ms. Noguchi	Colin Emerson
Brielle Lilo	Rogelio Alcantara	Celine Arroyo	Aidan Espiritu
Ivan-Bryant Ortiz	Eythan Butuyan	Michael Jhon Barroga	Taelynn Galicinao-Tom
Natalie Uyeunten	Tanner Chang	Laynell Jane Gabrillo	McKenna Manago
Mrs. Mimura	Rhamxie Geronimo	Darren Kauhane	Latasi Marsom
Ashton-Zeke Andallo	Alexander Blaine Guevara	Ryder Leong	Samantha Nipales
Rylee Battisto	Stephanie Huang	Esther Martinez	Drew Paoa
Loha Lee	Niahm Amberley Inocelda	Brayden Maxilom-Shigemasa	Aryan Singh
Kaila Mojica	Brooklyn Kiselyk	Ma. Angela Mendoza	Christine Wu
Christina Pak	Liliana Maldonado	Kaileigh Perry	Allysen Yasui
Ms. Thompson	Sho McGuire	Leinani Sayasamon	Ezhil Senthil-Girija
Sarea Bellu	Evan Morioka	Mrs. Odoya	Grade 4
Shaeannie Edwin	Hope Murata	Gaurav Chandrayan	Ms. Higashi
Isabella Manibusan	Agnes Nie	Jeriyah Credo	Kristen Ann Agdeppa
Rikuto Nakagawa	Kaira Oliveira-Barbieto	Riley Del Rosario	Ronnie Clifft
Alexander Palmer	Ioane Saul	Selina Huang	Draven-Javier Ka'awa
Jae Dee Song	Kaleo Stephens	Emily Mizue	Jae Yoon Kim
Corah Villosio	Ariah Tanaka	Jillian Angeli Morales	Lota Meyer
Grade 1	Elijah Vogt	Justice-Aliiiloa Park	Kanna Nakagawa
Ms. Takehara	Mrs. Sagadraca	Kila Ramos	Christerpher Oyama
Kheyra Baguion	Alexis Ballesteros	Cylen Jayce Sabas	Megan Sadaya
Jonathan Charo, Jr.	Jasmine Ariell Bondoc	Solomon Simpson	Hillary Mary Villadelgado
Kaydence Garma	Ranni Bumagat	John Zedrick Taboniar	Mrs. Keller
Lucas Howard	Lianna Chen	Elijah Tanaka	Bradley Cantillo
Lathan Jackson	Karen DeBrum	Grade 3	Piru Faipea-Soi
Minhyeong Kim	Ikaika Figueroa	Ms. Davalos	Trey Hedani
Evan Lee	Cayden Fong	Tenuun Batdelger	Advita Rajendiran Anand
Kai Leong-Watson	Torrey Fujii	Rylan Brewer	Aya Takami
Brycen-Eric Mann	Camille Jorkan	Chesley Gail Busque	Angel Visaya

Ryden Racadio	Lexy Murakami-Diones	Andy Ho	<i>Ms. Shimizu</i>
Sayo Takami	Cyrus Roy	Joanne Kim	Lincoln Alexander Baguio
Justin Xu	Hermie Karl Villadelgado	Logan Lee	Michelle Barroga
<i>Mrs. Tan</i>	<i>Grade 2</i>	Kyran Mano	Ramzy Bumagat
Olivia Billand	<i>Ms. Chiu</i>	Dante Palmer	Terina Daniels
John Michael Billon	Sophia Damitio	Travis Roche	Matthew Liu
Nathan Earles	Elijah Eom	Makayla Soriano	Precious Angel Rapisura
Taylor Fujii	Jethro Iwo	Jocelyn Wu	Keoki Trujillo
Kimeme Langijota	Jeriah Lorenzo	<i>Mrs. Elizares</i>	Awan Wisuhandi
Kaliko Meyer	Bailey McMoore-Akau	Carson Dabu	<i>Mrs. Teshima</i>
Linnea Monsell	Jehdiah Olanda	Bonnie Lee	Hanna Bocalbos
Jayden Nguyen	Zeiah Paisi	Skyler Laetan Macadangdang	Jason James Janer
Kelsey Razon	Evan Valdez	Ethan Manibusan	Kevin Kamei
Suhayla Saidy	Tia Wilson-Perez	Brayden Mann	Ariana Khamphannourith
Xjaelah Sefo	Mallory Solenn Yabut	Jun McGuire	Maevyn Lozano
Lauren Takushi	Kateri Yamasaki	Natalie Nguyen	John Nguyen
Austin James Wu	<i>Mr. Furumoto</i>	Thomas Matthew Nicdao	Randi Racadio
Aiyana Rae Yagin	Andrew Butay	Narois Thukral	
Tristan Yamasaki	Skye Chavez	Stefanie Xu	
Ethan Yang	Shaeden Hughes		

<i>Grade 5</i>	<i>Mr. Meyer conti</i>	<i>Ms. Fujita conti</i>	<i>Mrs. Loketi conti</i>
<i>Ms. Heckathorn</i>	Jacob Lautej	Eunice Chaldea Papa	Aimee Long
Jerijoe Jensen Aceret	Gunnar Lee	Andrew Phan	Haley Martinez
Brandon Butay	Rylee Lian	Kassel Nevaeh Secio-Malgana	Kara Matsuda
Cilina Leadree Castro	Jerney Lorenzo	Trevor Takeno	Kealana Meyer
Ale'a Ching	Xiaoqi Ruan	Caithleen Jei Tapia	Keegan Monsell
Macaila Kassandra Gimeno	Jayden Christopher Sabas	Jalya Wada	Marc Kheian Munoz
Allen Kim	Maryam Saidy	<i>Mr. Harauchi</i>	Andy Nguyen
Acacia Kodate	<i>Mrs. Yoshimoto</i>	Jameson Aiona	Eduard Joaquin Papa
Sophia Anne Nene	Matthew Billon	Evangeline Cu	Reese Pascua
Journey Chardae Park	Rica Ewalani De Guzman	Olivia de Lima	Jenalin Pilanca
Hao Hong Ren	Jamicah Zyra Garcia	Hailey De Vera	Yamato Sharp
Leilene Vili	Jayden Huang	Victoria Dela Cruz	Samarra Vogt
Amaya Viloso	Kiley-Rose Lopez	Scarlett Dias	Siwei Wu
<i>Mr. Lee</i>	Zander Munalem	Sophie Ha	<i>Mr. Okumura</i>
Raeen Bumagat	Janea Ynah Pedro	Yvan Miguel Mampusti	Shayden Aguigui
Jenny Lee	Tyler Roche	Kim Nguyen	Edison Cheng
Raymond Lin	Kyle Shin	Patricia Nguyen	Dylann Chung
Siatafu Lui Yuen	<i>Grade 6</i>	Hiilani Tiqui-Faualo	Tenaya Daniels
Pierce Matsumoto	<i>Ms. Fujita</i>	Don Vanelo Velasco	James Fujita
Adya Mishra	Kacie Bei Basto	<i>Mrs. Loketi</i>	Daniel Hwang
Eli Mizue	Jaemina Rose Buyag	April Sophia Cabico	Uenikai Iaman
Kai Murata	Frank Emerick	Ethan Cantillo	Nina Alva Inocelda
Caytlen Oishi Gascon	Hokulani Figueroa	Annika Chen	Aanvi Mathur
Jedrek Pagador	Lily Ho	Jennifer Chung	Stella Reed
<i>Mr. Meyer</i>	Andrew Kishimori	Breyton Foster	Princess Leanne Valendia
Nier Andrews	Nohilani Kukonu	Tianna Gabiana Nava	Jenny Wu
Haylee Howerton	Ya Wen Liu	Calissa Jorkan	Olivia Yoshida
Esabella Kukonu	Yvonne Liu	Ronel Luis Jover	Evan Youn

Salt Lake Elementary School 1st Semester Dolphin Recognition Program

Students who receive *Dolphin of the 1st Semester Awards* exemplify qualities of a Self Directed Learner, Community Contributor and Effective Communicator.

<i>Grade Pre-K & K</i>	<i>Mrs. Leong conti</i>	<i>Mrs. Matsui conti</i>	<i>Mrs. Emerson conti</i>
<i>Ms. Toguchi</i>	Ashley Chong	Nikki OuYang	Elena de Lima
Shaizae Aipia-Talamoa	Ahin Koo	Denny Song Jr.	Leilani Vili
<i>Mrs. Endreson</i>	Alvin Li	Nekenieh Wallace	Karl-Nils Von Semkow
Andrew De Vera	Mahealani McCray	Kayla Williams	<i>Ms. Kobashigawa</i>
Mya Nguyen	Gianna Templo	Agnes Zheng	Leila Argel
Taytym Pangan	<i>Mrs. Parages</i>	<i>Ms. Noguchi</i>	Melyana Batoto
Harmony-Lane Soon	Tanner Chang	Celine Arroyo	Azariah Burdett
<i>Mrs. Higa</i>	Stephanie Huang	Michael Jhon Barroga	Colin Emerson
Isabella Rose Lumabao	Niahm Amberley Inocelda	Laynell Jane Gabrillo	McKenna Manago
Aubrey Brooke Maxilom-Shigemasa	Hope Murata	Ryder Leong	Latasi Marsom
Hailey Keana Villadelgado	Agnes Nie	Ma. Angela Mendoza	<i>Grade 4</i>
<i>Mrs. Ma</i>	Kairi Oliveira-Barbieto	Kaileigh Perry	<i>Ms. Higashi</i>
Baron Chang	Ioane Saul	<i>Mrs. Odoya</i>	Kanna Nakagawa
Natalie Uyeunten	<i>Mrs. Sagadraca</i>	Gaurav Chandrayan	Megan Sadaya
<i>Mrs. Mimura</i>	Jasmine Ariell Bondoc	Selina Huang	<i>Mrs. Keller</i>

Rylee Battisto	Lianna Chen	Emily Mizue	Bradley Cantillo
Grade 1	Karen DeBrum	Cylen Jayce Sabas	Aya Takami
Ms. Takehara	Ikaika Figueroa	John Zedrick Taboniar	Angel Visaya
Kaydence Garma	Cayden Fong	Grade 3	Ms. Shimizu
Minhyeong Kim	Torrey Fujii	Ms. Davalos	Michelle Barroga
Ryden Racadio	Camille Jorkan	Tenuun Batdelger	Matthew Liu
Sayo Takami	Lexy Murakami-Diones	Joanne Kim	Mrs. Teshima
Justin Xu	Hermie Karl Villadelgado	Logan Lee	Maevyn Lozano
Mrs. Tan	Grade 2	Kyran Mano	Grade 5
Olivia Billand	Ms. Chiu	Dante Palmer	Ms. Heckathorn
John Michael Billon	Elijah Eom	Travis Roche	Jerijoe Jensen Aceret
Nathan Earles	Jeriah Lorenzo	Jocelyn Wu	Mr. Lee
Taylor Fujii	Bailey McMoore-Akau	Mrs. Elizares	Raeon Bumagat
Jayden Nguyen	Kateri Yamasaki	Carson Dabu	Jenny Lee
Kelsey Razon	Mr. Furumoto	Bonnie Lee	Pierce Matsumoto
Suhayla Saidy	Andrew Butay	Skyler Laetan Macadangdang	Caytlen Oishi-Gascon
Lauren Takushi	Skye Chavez	Ethan Manibusan	Mrs. Yoshimoto
Aiyana Rae Yagin	Elise Kim	Brayden Mann	Jamicah Zyra Garcia
Tristan Yamasaki	Fayth Martinez	Jun McGuire	Tyler Roche
Mrs. Leong	Riana Pascual	Narois Thukral	Kyle Shin
Tristan Ancog	Kukilakilakaelauokalani Hubin-Kaniho	Stefanie Xu	Grade 6
Brooklyn Asuncion	Mrs. Matsui	Mrs. Emerson	Mr. Okumura
Mikaela Bayudan	Danni Kimura	Joseph Almazan	Aanvi Mathur
Colton Bergosa	Kolton Makizuru	Lani Chung	Olivia Yoshida
Izabella Ching	Arianna Miguel-Santos		

Does your child get enough sleep or are they sleep deprived?

Article by Mary Daniels Brown

James B. Maas, from Cornell University and Dr. Carl Hunt, the Director of the National Center on Sleep Disorders Research said this about the importance of children getting enough sleep:



- Studies looking at kids in K-4th grade show that 85% of them are not getting the sleep they need.
- Kids who don't sleep enough at night will fall asleep in class or be very drowsy.
- **Children need 9 to 10 hours sleep every night. THEY NEED TO BE ALERT TO LEARN.**
- Children who don't get 9 to 10 hours of restful sleep have difficulties with paying attention, are moody, easily frustrated, and have difficulty controlling their impulses and emotions.
- Healthy sleep improves brain development and can prevent many learning and behavioral problems.
- Children who sleep longer, have longer attention spans and their brain functions at the best level possible.
- For ADHD children, improvements in sleep dramatically improve peer relations and classroom performance.
- Children react differently than adults do when they don't get enough sleep.
- Adults who do not get enough sleep generally yawn and feel sleepy all day.
- Like adults, sleep-deprived children are hard to wake up and show a lot of sleepiness in the morning, but they become **MORE** active—and are less able to concentrate—later in the day.
- Because they become more "wired" as the day goes on, sleep-deprived children **often have trouble going to sleep at night**. Parents may not realize that their children are not getting enough sleep.
- Sleep-deprived children are more accident prone than adequately rested children.
- If a child (or adult) does not get enough sleep on a regular basis they will be more likely to get diabetes or become overweight.
- Parents, teachers, and children need to recognize that good sleep habits are just as important to good health as diet and exercise.
- We have to learn to value sleep. Sleep is essential; it is not a luxury.

Michelle Garrison, Ph.D., with the Seattle Children's Research Institute, said:

- Watching TV right before bedtime made it more difficult for children to get to sleep, they'd have more nightmares and they'd wake up during the night, even if shows are made for children.
- Screen time during the hour before bed can get kids **more active** and they'll have a harder time falling asleep.
- Turning off the TV an hour before children go to bed will help them sleep more peacefully

Adapted by Betty Bookmyer, BHS March 29, 2012