



COUGAR CONNECTION

CLARA J. KING ELEMENTARY SCHOOL

September, 2019

Principal's Message

Parent Conferences are over, so what's next?

Thank you for taking the time to attend your child's parent conference this school year. I know that available conference times are not always convenient for your schedule, and appreciate that you made an effort to attend. Fall conferences provide an effective way for the team comprised of parents, teacher, student, and other support staff to celebrate your child's progress and address areas that need attention. After attending more than thirty conferences this year I repeatedly noticed a genuine interest in your children's progress and a willingness to support areas that may need improvement. I was also impressed with the data that teachers shared which provided you a very clear picture of how your child has progressed during the first weeks of school. If your child's teacher mentioned that your child has an area that needs growth, we appreciate your continued support! As the school year progresses I encourage you to reach out to your child's teacher should you have questions.

There are many ways that parents can support their child's academic progress. Research shows that one of the strongest indicators that a child will be successful in math throughout his or her school career hinges on whether he or she memorized multiplication facts with automaticity by the end of third grade. Knowing math facts "fast as a snap" is a strong predictor of success in math, even through high school. When students get bogged down with recalling math facts, they are unable to access the higher level thinking they need for complex math problems.

Another way parents can help their primary grade children is to read to them every evening and ask questions about the story. Upper grade students can read while an adult is making dinner or doing chores. All students should be reading every evening (or being read to) for at least 20 minutes. Furthermore, your child has access to ALEKs and Jiji at home which should be part of their daily work beyond the school day.

Sincerely,

Jacki Teschke
King Principal

Mark Your Calendar!

Walk to School Day

Wednesday, October 2

Picture Makeup Day

Friday, October 4

No School for Students Staff Development Day

Monday, October 7

PTA Board Meeting

Thursday, October 10, 5:30 p.m.

Red Ribbon Week

October 21-25

King Carnival

Friday, October 25, 5:00-8:00
p.m.

Have Questions?

Principal

✉ [Jacki Teschke](mailto:Jacki.Teschke@clara.king.k12.ca.us)

(714) 220-6980 x2151

Administrative Assistant

✉ [Vickie Ohlman](mailto:Vickie.Ohlman@clara.king.k12.ca.us)

(714) 220-6980 x2153

Clara J. King Elementary School

8710 Moody Street
Cypress, CA 90630

[Website](http://www.clara.king.k12.ca.us)

Cypress School District

9470 Moody Street
Cypress CA 90630
(714) 220-6900

[Website](http://www.cypress.k12.ca.us)



Student Cell Phone Use

With the increase in access to cell phone technology at much younger ages, it is important to ensure that the use of these devices is put in perspective, especially within the educational environment. Of course, the effective and efficient use of technology is a critical 21st century skill.

However, cell phones at school pose a dilemma. Cell phones connected to a network allows for immediate access to incoming and outgoing distractions, as well as a potential infringement on other students' privacy. Just as important, they can potentially disrupt teaching and learning for all.

On July 1, 2019, Assembly Bill (AB) 272 was passed adding Education Code 48901.7 allowing districts to have a policy limiting or prohibiting the use of cell phones by students on campus. While there are a few exceptions to this Bill, such as in the case of an emergency, cell phone use on campus is prohibited.

The district's cell phone policy, which is outlined in our Family Handbook is as follows:

“The personal use of cell phones or other electronic devices by students while on campus or a school bus is prohibited. Such devices must be turned off, except when being used for a valid instructional or other school-related purpose as determined by the teacher or other district employee...Any device with a camera, video, or voice recording function shall not be used in a manner that infringes on the privacy rights of any other person.”



Sleep and School-aged Children

The National Sleep Foundation, a non-profit agency whose mission is to improve the health and well-being through sleep education and advocacy, has developed information and guidelines to support healthy sleep habits for school-aged children. Research is clear that getting enough sleep has a positive impact on our quality of life, and for students, this includes time at school.

Children aged 6 to 13 need 9-11 hours of sleep. At the same time, there is an increasing demand on their time from school (e.g., homework), sports and other extracurricular and social activities. In addition, school-aged children become more interested in TV, computers, the media and Internet, all of which can lead to difficulty falling asleep, nightmares and disruptions to their sleep. In particular, watching TV close to bedtime has been associated with bedtime resistance, difficulty falling asleep, anxiety around sleep and sleeping fewer hours.

Sleep problems and disorders are prevalent at this age. Poor or inadequate sleep can lead to mood swings, behavioral and cognitive problems that may have an impact on your child's ability to learn in school.

Sleep Tips for School-aged Children

- Teach your child about healthy sleep habits.
- Continue to emphasize the need for a regular and consistent sleep schedule and bedtime routine.
- Make your child's bedroom conducive to sleep – dark, cool and quiet.
- Keep TV and computers out of the bedroom.
- Avoid caffeine.



Join us for an evening of good food, family friendly games, and our famous Haunted House!

Wear a Costume!



October 25, 4:00-8:00 p.m.