



Noble Elementary School


Support Staff Newsletter


November/December 2018





DEVELOPING GOOD HOMEWORK AND STUDY HABITS

Developing good homework and study habits from the start will help your child become more independent with work completion as they grow older.


 Create an environment that is conducive to doing homework starting at a young age. Children need a consistent work space in the home that is quiet and without distractions.


 Set a house rule that the TV and other electronic devices stay off during homework time.


 Try to set a consistent time for homework each night. Set a time that works for your schedule and your child's. Some kids work best right after they get home, some work better after dinner.

 Hold off desired tasks (i.e. sport, TV, games) until homework is complete.

 Supervise computer and Internet use.

 Be available to answer questions and offer assistance, but never do a child's homework for him/her.

 Some children need extra help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems.

 If your child is struggling with a particular subject, speak with your child's teacher about how you can help your child at home. You should also talk to the teacher if you have concerns about the assignments your child is receiving.



THE IMPORTANCE OF SLEEP

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health, quality of life, and safety.

😓 During sleep, your body is working to support healthy brain function and maintain your physical health. In children and teens, sleep also helps support growth and development.

😓 Not getting enough sleep can affect how well you think, react, work, learn, and get along with others.

😓 Sleep helps your brain work properly. While you're sleeping, your brain is preparing for the next day. It's forming new pathways to help you learn and remember information.

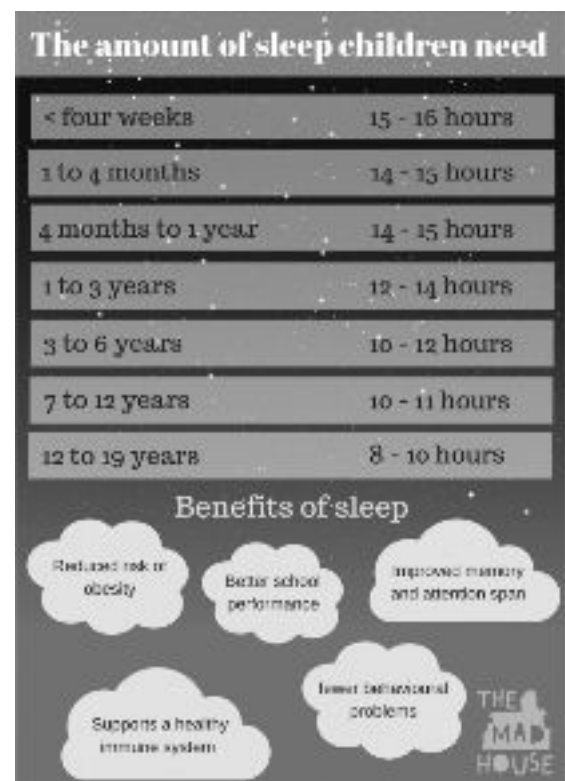
😓 Studies show that a good night's sleep improves learning; sleep helps enhance your learning and problem-solving skills. Sleep also helps you pay attention, make decisions, and be creative.

😓 Studies also show that sleep deficiency alters activity in some parts of the brain. If you're sleep deficient, you may have trouble making decisions, solving problems, controlling your emotions and behavior, and coping with change. Sleep deficiency also has been linked to depression, suicide, and risk-taking behavior.

★ Children and teens who are sleep deficient may have problems getting along with others. They may feel angry and impulsive, have mood swings, feel sad or depressed, or lack motivation. They also may have problems paying attention, and they may get lower grades and feel stressed.

Supporting Good Sleep Habits

- Be clear about how much time your kids can spend on their computers and phones - a limit of no more than one to two hours a day is ideal.
- The light from LED screens delays the release of melatonin and makes it difficult for the brain to wind down. Enforce a no screen policy one hour before bedtime if your children are fighting sleep.
- Take their phones out of their rooms when it comes to bedtime, or turn the setting to 'Airplane Mode' to disconnect it for the night.
- Limit soft drinks, fried food, sweets and caffeine (even caffeinated tea) before bed.
- Regular exercise will help tire their bodies and get them ready for sleep.





TIPS TO STAY HEALTHY DURING COLD AND FLU SEASON

Cold weather is approaching and so is cold and flu season.

Influenza and colds are caused by various viruses which cause inflammation of the respiratory tract with nasal congestion, cough, watery eyes, headache, muscle aches, and fever. The viruses are spread by contact of the eyes and nose with droplets from an affected person. This may be by breathing the air where someone has sneezed or coughed or by touching a contaminated object (telephone, pencil, doorknob, etc.).

General healthy habits of proper nutrition and rest may help in the prevention of these illnesses.

- ★ Going outside to play in cold weather DOES NOT increase the chance of getting ill. In fact, if dressed properly, going out to get fresh air and exercise is good for you and your child.
- ★ Get vaccinated. The influenza vaccine is safe and effective and the single best way to protect from getting the flu. Since viruses change, it is important to get revaccinated every year.
- ★ Wash your hands frequently especially after coughing, sneezing, and blowing your nose. If soap and water are not available, use hand sanitizer.
- ★ Avoid touching your eyes, nose, or mouth.
- ★ Do the elbow cough. Cough and sneeze into your elbow instead of your hands. Hands are more likely to spread bacteria and viruses through touch.
- ★ Clean and disinfect frequently touched surfaces and objects.
- ★ Don't share food and drink.

Keep your child home during the acute phases of a cold or flu and if there has been a fever over 100° in the past 24 hours or if your child is not feeling well enough to do his/her work and fully participate in class activities.



Winter Coats

Before we know it, winter will be upon us! Thanks to Bethel Church, Noble Road Presbyterian Church, and Airgas we will be able to supply coats to kids whose family is experiencing financial hardship at this time. If you are interested in receiving a coat for your child(ren), please contact Wendy Burkey at 320-5023.



GROWING KIDS - THEY EAT US OUT OF HOUSE AND HOME!



During Thanksgiving Break and Winter Break, the kids are home more, which means higher food bills! Ugh! The following is a list of food pantries in the Cleveland Heights Area.

<p>Forest Hill Presbyterian Church 3031 Monticello Blvd. Cleveland Heights, OH 44118 (216) 321-2660</p>	<p>Food pantry is open every Tuesday afternoon from 1:00 – 3:00 pm (Doors open at 12:00 pm)</p>
<p>Mitzvah Food Pantry 2490 Lee Boulevard, Suite 321 Cleveland Heights, OH 44118 (216) 381-4515</p>	<p>Open the 3rd FULL week of the month: Tuesday through Friday from 10:00 am – 2:00 pm</p> <p>Please call if you are in need of assistance.</p>
<p>Heights Emergency Food Bank Disciples Christian Church 3663 Mayfield Road Cleveland Heights, OH 44121 (216) 382-5344</p>	<p>Mondays 4:00 – 6:00 pm Tuesdays 9:00 – 11:30 am Thursdays 9:00 am – 2:30 pm Fridays 9:00 – 11:30 am</p> <p>All clients with proper documentation are served equally. YOU MUST SHOW CURRENT DOCUMENTED ADDRESS ID AND PICTURE ID AT EACH VISIT. Current address ID can be a utility bill or current mail.</p> <p>YOU MUST SHOW CURRENT INCOME AT EACH VISIT, SUCH AS: MEDICAID Printout, Ohio Directions (EBT) Card, Department of Human Services letter or ID, SS, SSI, pension, disability, VA, Workers Comp. letter, unemployment book, copy of paycheck</p> <p>ALL CHILDREN LIVING IN HOUSEHOLD MUST HAVE ONE OF THE FOLLOWING: SS card, medical card, birth certificate, school records, foster parent letter, child support letter</p>
<p>Salvation Army Food Pantry 1507 Doan Avenue East Cleveland, OH 44112 (216) 249-4334</p>	<p>Open Monday through Thursday, 9:00 am—11:30 am</p> <p>Please bring with you: Photo ID, Mail, Medical Card</p>