



Bronx Lighthouse Charter School

Lower Academy Principal's Newsletter

December 7, 2011

Dear Families,

One of the most important steps that parents can take to help your child be successful in school is to make sure that they are getting the required amount of sleep for their age. See the following page for the recommended amounts of sleep for scholars in kindergarten through 5th grade.

Putting scholars to bed as close to these recommendations as possible directly affects their overall performance and mood in school each day. Scholars that get the proper amounts of sleep are less likely to get easily frustrated both academically and behaviorally.

Please read below for important announcements:

- Save the Date! - The next Parent Night is Wednesday, December 14th at 6:30 p.m. We will be discussing how to help your child with reading and writing at home.
- Has your child lost glasses? We have numerous pairs of glasses that have been turned in to lost and found. . Please see Ms. Arias in the main office
- Winter Break will take place from December 23rd through January 2nd. We will start back to school on January 3rd. Please plan for your scholar to be here in the days before and after the break. Our attendance goal is 95%, so let's make it happen!

Shine On!

Meghan Kimpton
Lower Academy Principal

How Much Sleep Do I Need?

Sleep guidelines from the National Sleep Foundation below have noted that the need for sleep changes as we age (*including naps):

NEWBORNS	
(0–2 months)	12–18 hours
INFANTS	
(3–11 months)	14–15 hours
TODDLERS	
(1–3 years)	12–14 hours
PRESCHOOLERS	
(3–5 years)	11–13 hours
SCHOOL-AGE CHILDREN	
(5–10 years)	10–11 hours
TEENS	
(10–17)	8.5–9.25 hours
ADULTS	
	7–9 hours