

Eagle Update

**SOARING
HIGH WITH
EAGLE PRIDE!**

Family Resource Center
Hours of Operation:
7:30-4:00 Monday-Friday
Appointments made upon
request.
Contact: Danielle Haley
428-0800
Danielle.haley@grant.kyschools.us

The 2014 School year
is off to a great start!
Our School
Attendance challenge
has started! Make sure
your child is here On
Time EveryDay!!
Great Prizes are to be
won this year!!

UPCOMING EVENTS

September 8 Ned Show at CMZ
September 12..... Volunteer Orientation
September 17..... Picture Day
September 18..... Grandparents Night
October 3rd..... All Pro Dad

Upcoming Programs for Students:

2nd Grade is performing at
PTT?FRC night September
18th

Bedtime Routine:
Check out the Attached PDF
explaining the importance of
a bedtime routine for your
children!

Math Tip:
Use everyday situations to
help your children improve
their math skills.
EX:
“We have 4 people in our
family, each person needs a
knife and a fork for dinner.
How many pieces of silver-
ware will we need on the
table?”

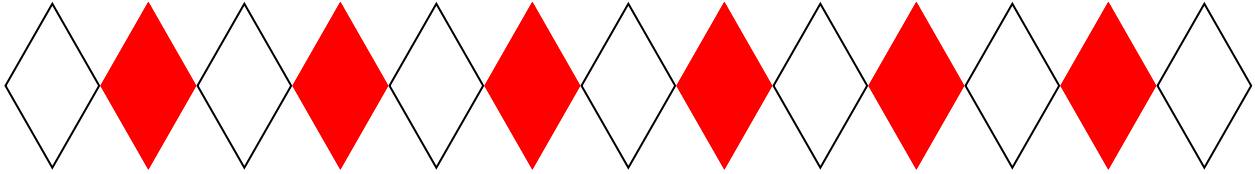
Congratulations
Mrs. Livingood For
being named
CMZ’s newest
Principal!



Healthy Snacks

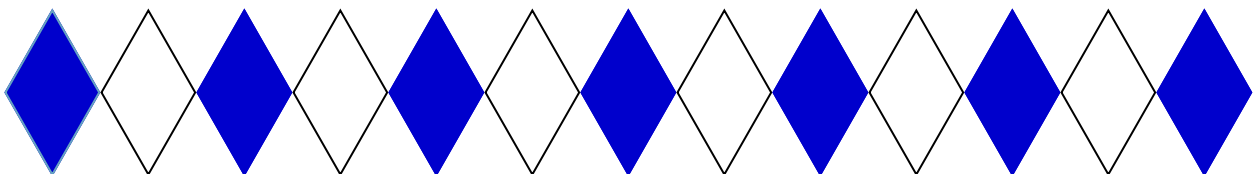
Cheesy Chex Mix Toss 3 cups Chex cereal, 2 cups mini pretzels and 1 cup
cheese crackers with 3/4 cup grated Parmesan, 1/2 stick melted butter and a
pinch of garlic powder. Spread on a baking sheet and bake 15 minutes at 325
degrees F, stirring.

I Believe!



September 2014 CMZ Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labor Day No School	2	3	4	5 All Pro Dad	6
7 Reading 20 minutes a day makes great readers!	8	9	10 Read out loud to your child	11	12 Volunteer Orientation	13
14	15	16 Take a family Walk or let your kids ride their bikes around the neighborhood	17 Picture Day!	18 Grandparents Night	19	20
21	22	23	24 Eat dinner at the table with your family!	25	26	27 Read with your child 20 minutes tonight!
28	29 Enjoy a Family Date Night	30				



**INTERESTED IN GOING ON A FIELD TRIP, OR
VOLUNTEERING AT CRITTENDEN MT. ZION
THIS SCHOOL YEAR?**

New Board Policies state that ALL Volunteers must complete the volunteer handbook orientation.

CMZ is having a Volunteer Orientation September 12th at 8:30am. The orientation will last about an Hour. Once the orientation is completed you will be clear to volunteer as much or as little as you choose this school year. You will also be clear to attend any field Trip if you have your background check. Failure to sign the Handbook will result in not being able to attend the field trip or volunteer at a CMZ function. If you can attend please call the FRC to register by Wednesday September 10th. Breakfast will be served!

Hey dads & kids...

Join us for the

Crittenden Mt. Zion Elementary



ALL PRO DAD
Dad's Day

October 3rd, 2014

6:45 am

CMZ Cafeteria

Team up with other

Crittenden Mt. Zion

dads and kids for a quick, before-school breakfast and a 45-minute program of fatherhood and family topics. You'll take away some great tips and resources to help you be the best Dad you can be, and you'll strengthen your relationship with your kids at the same time.

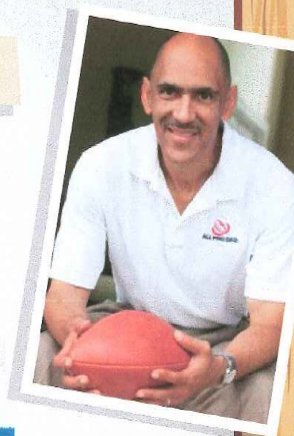
It's fun, and it's FREE! See you there...

Please RSVP here

allprodad.com/captain/team-captain-homepage/

For more information email

danielle.haley@grant.kyschools.us



Tony Dungy is the national spokesman for All Pro Dad

Can't make it?
Join us next time
on
Nov. 7th

All Pro Dad is the fatherhood program of **FAMILY FIRST**

AllProDad.com



Monthly
message

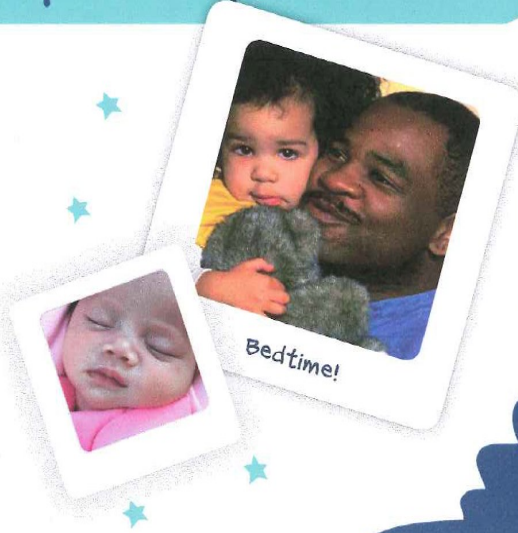
sleep is important!

sleep is an essential part of your child's health and growth.

We often focus on what activities you can do with your children during the day to improve development, but what happens during the night plays a big role in your child's ability to focus and learn as well. Sleep is an essential part of your child's health and growth. Children who get enough sleep are more likely to function better and less likely to experience behavioral problems. Helping your child develop a bedtime routine can lead to a better night's sleep and a happier, more productive day.

Despite all of the benefits of sleep, getting a child into bed and to sleep for the night can be a challenge. Setting up a regular schedule can greatly impact a child's ability to get sound sleep. A 2009 article in the journal *Sleep* found that a consistent nighttime routine improved sleep in children who had mild to moderate sleep problems. The structure of bedtime routines also associates the bedroom with good feelings and provides a sense of security and control. Good sleep habits can help take the stress out of bedtime.

There is no right way or wrong way for you and your children when it comes to setting up a bedtime routine. In general, your routine should include all the things that your child needs to do before going to sleep, including brushing teeth, washing up, putting on PJ's, and quality family time. Your child may want to be read to, talk about the day, or be told a story. Whatever you choose to do, keep the routine short (30 minutes or less, not including a bath) and be firm about ending it when it's time to sleep.



While each child is different, the following chart shows the recommended hours of sleep (including naps) for children.

Age	Hours Of Sleep
0 - 2 months	10.5 - 18
2 - 12 months	14 - 15
1 - 3 years	12 - 14
3 - 5 years	11 - 13
5 - 12 years	10 - 11

Important Reminder!

*Babies should be put to sleep on their backs. According to the "Back to Sleep" program, this lowers the risk of dying from Sudden Infant Death Syndrome (SIDS). The American Academy of Pediatrics does **not** recommend placing young children to sleep on a water bed, sofa, pillow, soft mattress or other soft surfaces.*

Tips for all ages to develop a better bedtime

Sleep and Newborns (1-2 months)

- Observe baby's sleep patterns and identify signs of sleepiness.
- Put baby in the crib when drowsy, not asleep.
- Place baby to sleep on his/her back with face and head clear of blankets and other soft items.
- Encourage nighttime sleep.

Sleep and Infants (3-11 months)

- Develop regular daytime and bedtime schedules.
- Create a consistent and enjoyable bedtime routine.
- Establish a regular "sleep friendly" environment.
- Encourage baby to fall asleep independently.

Sleep and Toddlers (1-3 years)

- Maintain a daily sleep schedule and consistent bedtime routine.
- Make the bedroom environment the same every night and throughout the night.
- Set limits that are consistent, communicated and enforced. Encourage use of a security object such as a blanket or stuffed animal.

Sleep and Preschoolers (3-5 years)

- Maintain a regular and consistent sleep schedule.
- Have a relaxing bedtime routine that ends in the room where the child sleeps.
- Child should sleep in the same sleeping environment every night, in a room that is cool, quiet and dark – and without a TV.



Sleep and School-aged Children (5-12 years)

- Teach school-aged children about healthy sleep habits.
- Continue to emphasize need for 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.

The sooner you establish a bedtime routine, the better. You can start a routine as young as 6 or 8 weeks old. A bedtime routine is good for parents, too. You can look forward to that time every day where you can talk, read, cuddle and smile with each other.

Looking for a bedtime story? Check out babycenter.com for a book or lullaby list.



monthly message



Bedtime Routine Chart

	Bath time	Put on P.J's	Brush your teeth	Go to the potty	Read, talk or sing with family	Lights out and time to sleep!
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						