

Edgar
Elementary
School

Wildcat News

Volume 22, Issue 4

December 1, 2023

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DECEMBER NEWS FROM MRS. WITT!

Edgar Families,

I hope that all of our families were able to enjoy their Thanksgiving with family. There are many things to be thankful for this time of the year and family and good health are at the top of my list! It is hard to believe that December is here! With December comes our Christmas concerts! Please mark Thursday, December 7th on your calendar for the K-5 elementary concerts: grades K-2 will sing at 12:45 and grades 3-5 will sing at 1:45. The 4K Concert is set for Friday, December 15 at 2:00. If you'd like to take your child home after the concert please walk to your child's classroom and check your child out with their teacher after the concert is over.

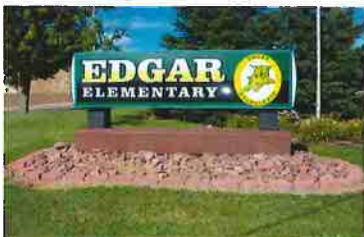
We are offering the **BUTTON AND MAGNET** sale again this year. The order form is in this newsletter and was sent home earlier this week with students. All proceeds from the sale will benefit the elementary school with the family fun nights, assemblies and playground fund. The buttons will be ready before the students go home for the holiday break.

The December Family Fun Night is set for Thursday, December 14th in the cafeteria. Back by popular demand is our Holiday Bingo! Come and enjoy a night of holiday bingo and some holiday snacks! Flyers to RSVP will be coming home next week.

Just a friendly reminder that as the Wisconsin weather sets in that all students in the elementary will need to wear a winter coat, snow pants, boots, hat and gloves/mittens to school for not only their recesses, but for going outside for PE classes, too. Students have PE daily at Edgar and they partake in many outdoor activities. If you need assistance with any of these items, please contact your child's teacher or the elementary office and we can surely help you out!

I am looking forward to a wonderful month of December! Please check out the newsletter with some of the December happenings!

Mrs. Witt : -)



The logo features the word "UP" in large, bold, green letters, with a green arrow pointing upwards through the letter "P". To the right of "UP" is the word "coming" in a smaller, green, lowercase font. Below "UPcoming" is the word "EVENTS" in large, blue, uppercase letters. The entire logo is framed by a blue outline. There are three pink stars above the "UP" part of the logo.

UPcoming EVENTS

- DECEMBER 1-8.....COIN DRIVE
- DECEMBER 1-19.....FOOD DRIVE
- DECEMBER 1.....POPCORN SALE/HELPING HANDS
- DECEMBER 7.....ELEMENTARY CONCERTS
GRADES K-2 @ 12:45 P.M.
GRADES 3-5 @ 1:45 P.M.
- DECEMBER 8.....POPCORN SALE/HELPING HANDS
- DECEMBER 14.....FAMILY FUN NIGHT
HOLIDAY BINGO @ 6:00 P.M.
- DECEMBER 15.....4K CONCERT @2:00 P.M.
POPCORN SALE /HELPING HANDS
- DECEMBER 20.....SCHOOL BOARD MEETING
@ 6:00 P.M.
- DECEMBER 20-21.....5TH GRADE FIELDTRIP
WAUSAU SCHOOL FOREST
- DECEMBER 21.....CELEBRATION ASSEMBLY
@2:00 P.M.
- DECEMBER 22.....NO SCHOOL
TEACHER INSERVICE
- DECEMBER 25-JAN. 1.....NO SCHOOL - VACATION



STUDENT OF THE MONTH
EDGAR ELEMENTARY SCHOOL
NOVEMBER 2023

4K – Mrs. Bornbach.....Jordy Heidmann, Nasirah Sabir

Kindergarten –

Mrs. Berg, Mrs. Cychosz,

**Mrs. Schilling.....Lainie Johnson, Mollie King,
Brodhi Radke**

Gr. 1 – Mrs. Eberhardt, Mrs. Thorson,

**Miss Neider.....Dae Frahm, Adalae Hamann,
Abigail Rettinger**

Gr. 2 – Mr. Gauger, Mrs. Kornack,

**Mrs. Ertel.....Vivianne Hargraves, Beauden Hornung,
Eli Lukasko, William Robers**

Gr. 3 – Mrs. Ristow, Ms. Morzewski.....Leo Punke, Reece Savka,

Ellie Schilling

Gr. 4 – Mrs. Bemke, Mrs. Hornung,.....Lilyan Szymanski, Delaney Weiland

Gr. 5 – Mr. Hanson, Mr. Holtz.....Cashten Beran, Samuel Olmsted,

Alex Williams



December Greetings from our 4 Year-Old Kindergarten Classroom!

~ Mrs. K. Bornbach ~

We hope this message finds everyone doing well as we head into the month of December. December brings many, new and exciting things. The excitement in the change of weather and maybe our first big snowfall. And, the anticipation of holidays are all so exciting. Holiday activities in our classroom and our 4K concert are just a few things we look forward to.

In December, 4 Year-Old Kindergarten students, we will be learning many new things. Our new unit of study will be "Foods." We will continue learning alphabet letters as well as important math concepts. We will have fun new holiday projects to complete, as well as daily activities including our journals, morning meetings and learning centers. The month of December means special projects and also extra fun things around our school and classroom as we anticipate the holidays.

December 15, 2023 will be our 4K Christmas Concert, "Twas the Night Before Christmas." It will be at 2pm in the auditorium. Everyone is invited to attend and there is no admission fee. Our concert is sure to put you in the holiday spirit! We will retell the story in our own words, then sing and dance as well! It will be a great concert. You won't want to miss it!

We wish everyone a joyful month of December! We wish you a little bit of snow, some yummy, frosted cookies and listening to your favorite holiday songs. "Santa Claus is coming to town! Santa Claus is coming to town!" Enjoy the season! Best wishes in this new month!

Happy December!

Happy Holidays!



KINDERGARTEN NEWS

In math this month we are learning how to identify, describe, analyze, compare and compose two-dimensional shapes.

In reading we will practice reading and spelling words with the short vowels a, i and o.

We are starting our first author study. We will be reading many stories by Jan Brett. Her stories will quickly become a classroom favorite.

We will read many different versions of the classic tale, the Gingerbread Man. Thank you to our parents for donating cookies and supplies for our special gingerbread day.



Towards the end of the month we will make a Christmas gift for the birds, as we read the wonderful story Night Tree by Eve Bunting.



Wishing you time to read this holiday season,

Mrs. Berg, Mrs. Cychosz, and Mrs. Schilling

1st Grade December News

Mrs. Eberhardt, Mrs. Thorson, & Miss Neider



In social studies, we have began learning about holidays around the world. We are having fun learning about different countries, cultures, and traditions.

In math, we have been and will continue to work on different addition and subtraction strategies and how we can apply these strategies to many different types of problems. In December, we will continue to add and subtract within 20 and look at how addition and subtraction are related. Please continue to work with your child on their basic math facts.

In reading, we will be finishing our second unit. We have been learning our digraphs (sh, th, ch, ph, wh) and consonant blends. Our focus is on realistic fiction and non-fiction books. While writing about a focus text, we are practicing staying on topic. We want our learners to keep reading every day. Please encourage your child to read at home and help them fill out the monthly reading goals sheet!

WE WISH ALL OF YOU A VERY HAPPY HOLIDAY SEASON!



Jolly News in Second Grade!

Mr. Gauger, Mrs. Kornack, and Mrs. Ertel

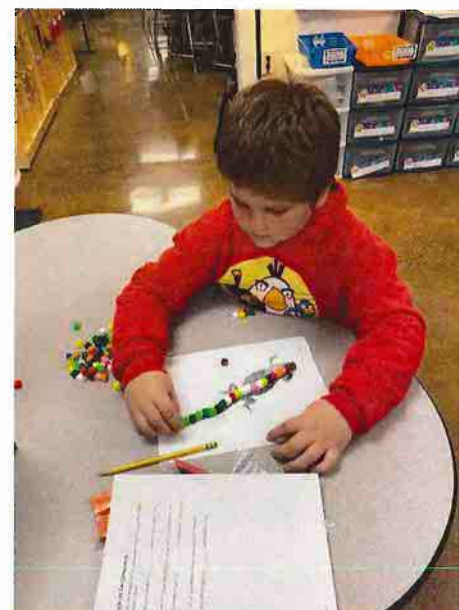
Second graders have been making nice progress in reading. The students are really enjoying our new reading program called HD Word. It is strong in phonics and follows best practices of the science of reading. It teaches the relationship between sounds and written letters. This plays a pivotal role in reading instruction. By understanding how letters correspond to specific sounds, learners can decode words more effectively. This foundation sets the stage for improved reading fluency and comprehension.



Math is another area where we have seen great progress. Students have been working well with their math partners to determine which operation to use in story problems involving length. We are so impressed with how well the students worked with story problems. Currently, the learners are using place value to represent numbers in different ways. We are also learning how to add and subtract 2-digit numbers.

Just a friendly reminder, we encourage you to have your child read daily, fill out the "Reading Log" sheet stapled in their planner, and return them to school. Your support from home is much appreciated and will provide your child with lifelong benefits. You make a positive difference in your child's education!

Wishing you and your families a very happy and safe holiday season!





Happy December from Third Grade!

Ms. Morzewski & Mrs. Ristow

The students enjoyed their field trip to the Little Red Schoolhouse in November learning about what schools used to be like!

We are starting unit 3 in Math. We will be covering addition, rounding, and

subtraction within 1,000. We are going to be working on two-step word problems as well. Hopefully your child is practicing their multiplication and division facts at home each night. If you would like more resources or copies of the ones we sent home, please let us know! Again this should be done for 5-10 min. each night. There are digital resources on our third grade website in the symbaloo in the google classroom for math.

We are starting unit 3 for reading and students will continue to work on finding text evidence for different genres of text. Your child should keep reading 20 minutes each day.

Be on the lookout for a slip with the name of another student for our Secret Santa Christmas gift exchange. **Please limit your total cost to \$5.** Students can begin bringing in their gifts starting December 14th and are due by December 18th. Our party will be on Thursday, December 21st. Gifts should be wrapped and addressed to who they are FOR, **not** who they are FROM. It adds to the surprise and excitement of the party! We will send home reminders for those of you that are on to bring snacks for our party when the date gets closer.

For Social Studies we will be covering our slavery unit, and we will be reading The Drinking Gourd. We will be singing a song and working to try and understand different points of view.

In Science we will continue to work on our life cycles and adaptations unit. Our next unit will be weather.

Please remember to purchase buttons or magnets to support the expenses at Edgar Elementary. Pictures will be taken on concert day when the kids are all dressed up! They make great Christmas gifts! Thank you in advance.

Have a Merry Christmas and best wishes for the New Year!

December News

by Mrs. Bemke and Mrs. Hornung

The fourth grade learners will be reading The Best Christmas Pageant Ever, by Barbara Robinson. Learners will develop the ability to come to discussions prepared, ready to demonstrate knowledge of information they have read about. Learners will make comments that contribute to the discussions and link it to the remarks of others. We are continuing to work on our writing skills, developing the ability to write fluently. We will focus on writing with complete sentences, varied in length and adding compound or complex sentences in our writings. As we go through the writing process, we will look closely at our choice of words, aiming to make our writings more interesting for the readers. Our young writers are working on writing an expository essay about how plants, animals, and humans depend on each other to survive in their environment. Students are learning how to read and analyze informational text to learn and build background knowledge of how all living things are dependent upon each other for survival.



In Math our focus will be to continue working with fractions. We will learn to add and subtract fractions with like denominators, as well as to multiply unit fractions with a whole number. Learners will continue to develop greater number sense through our daily number talks and sharing strategies in group discussions. Practicing the basic multiplication facts on a daily basis will help learners be successful in math.

In Social Studies learners are continuing to focus on the regions of Wisconsin and what land features make these regions unique. In Science learners will continue to look at the many fascinating features of the Earth's landforms. Learners will learn about how and where volcanoes develop, as well as why some volcanoes explode. Students will learn what causes different types of rocks to form and discover the effects of weathering and erosion on our Earth's surface.



Fifth Grade News

Mr. Hanson & Mr. Holtz

What an awesome month in the 5th grade! Super proud of everyone! Great kids and great learning atmosphere! Please review the informational packet about the Wausau School Forest trip coming up! Feel free to contact us with any questions or concerns. We are hoping for more snow the next couple of weeks! Fingers crossed!

Math: We have been working with Fractions and the kids have been doing a great job! We have been working on learning a variety of new centers within our curriculum. We will be working with multiplying fractions and two digit by two digit multiplication strategies before we go to the Wausau School Forest. Please continue to work on math facts at home, as it will help greatly with this unit! Thanks!

ELA: We have been moving along in our *Wonders* reading series! The kids have done a great job working with the vocabulary and skills for each story throughout the week! We are proud of their success! This month we have a "Hockey" themed reading challenge. It has been fun so far! Please continue to work at home with their reading fluency and AR books. The more they read, the better they will be for middle school and any higher levels of reading. We are excited to start "Snow Treasures", a new novel during our snack time! Always a 5th grade favorite!

Science: The Crazy Creature unit was a blast! We also enjoyed our work with food webs using our Mystery Science curriculum! We look forward to completing some labs along with wonderful stories about those who are doing the same (using the Scientific Process, coming up with Test Questions and a Hypothesis, identifying the variable, and collecting data)! They are doing a great job and putting in a lot of effort!

Social Studies: We have been working hard on our Early Settlers unit! We have learned about the history of indigenous tribes of Wisconsin and the United States and important people who helped form our nation. We will finish the year by learning about Westward Expansion and Lewis and Clark.

November is a time to be "thankful" and we are very thankful for this group, their leadership, their hard work, the effort they give each day, and the support you all give at home! Take care! Hope Thanksgiving break was great with your family and cheers for a wonderful holiday season!

Please make sure all forms are filled out and returned for the Wausau School Forest trip as soon as you can!

Take care! Mr. Holtz, and Mr. Hanson

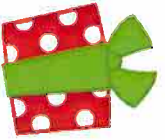


This month's activity we are going to focus on the BLUE ZONE. Students who are in the BLUE ZONE feel sad, sick, tired, withdrawn, or bored. These students are running low on energy, happiness, and motivation. As parents or those working with kids, we can help them RECHARGE and get to the GREEN ZONE (calm/happy/positive/proud/focused) by building up their confidence, resiliency, and positivity. We all want to feel important and loved, and these quick saying help do just that! Try saying a different phrase everyday to our child or those we work with throughout the month of December. Watch the impact a few positive words can have on our kids!

- ♥ You are important to me.
- ♥ I love spending time with you.
- ♥ You make me smile.
- ♥ I love you no matter what.
- ♥ I feel so lucky to be your mom/dad.
- ♥ I'm proud of the person you are.
- ♥ I love you from your toes to your nose to where your hair grows!
- ♥ You are beautiful to me, inside and out.
- ♥ I thought of you today when...
- ♥ I like you.
- ♥ Sometimes if I'm feeling sad, just thinking of you makes me feel better.
- ♥ You can always talk to me, even if it's about something that makes you nervous or scared or sad.
- ♥ I love to watch you... [play soccer, make art, and so on]
- ♥ You make my heart feel full.
- ♥ I appreciate when you...
- ♥ You're one of a kind.
- ♥ I care about you more than you can imagine.
- ♥ I'm grateful that you're in my life.
- ♥ I love your insides and your outsides!
- ♥ I'm here for you, no matter what happens.
- ♥ I'd love to hear what you think about...
- ♥ My world is better with you in it.
- ♥ I noticed you working hard on...
- ♥ I believe in you.
- ♥ I saw when you... [did something helpful or kind]
- ♥ I love hearing your ideas.
- ♥ You make a difference in my life.
- ♥ I love seeing the world through your eyes.
- ♥ Seeing you happy makes me happy.
- ♥ You matter to me.
- ♥ I hope you have an awesome day today.
- ♥ Anytime you need help, I'm here for you.
- ♥ I love you just the way you are.
- ♥ You are a precious treasure to me.
- ♥ I respect you and your opinions.
- ♥ We're a team, you and me.
- ♥ I love being your mom/dad.
- ♥ Sometimes I look at you and think back to when you were younger, and...
- ♥ There's only one you in the world.
- ♥ I love your laugh/smile.
- ♥ Nothing would ever make me stop loving you.
- ♥ It's you I like. Every part of you.
- ♥ You're an important part of this family.
- ♥ It's exciting to watch you grow up.
- ♥ I'm so grateful you're my daughter/son.
- ♥ You can always come to me, no matter what.
- ♥ I love you more than... [all the stars in the sky, all the fish in the sea, more than cupcakes love sprinkles, and so on]
- ♥ I will always be there for you.
- ♥ Being your parent is my favorite part of life.
- ♥ You are special to me.
- ♥ Thank you so much for doing...
- ♥ You make life fun.
- ♥ I love being around you, no matter what we're doing.

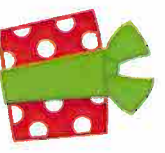
As always, please contact me with any questions, concerns, or if you are looking for additional resources at ipritzl@gapps.edgar.k12.wi.us or (715) 352-2727 ext. 125.


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DECEMBER 2023

25 Gifts of Reading & Writing



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	=				1 Write a letter to Santa	2 Read a book about giving
3 Read a book about Santa, reindeer, or elves	4 Make Christmas cards for someone special	5 Read and tell Christmas jokes	6 Read a winter themed book	7 Make a family video Christmas greeting for others	8 Read about how other countries celebrate Christmas	9 Share a favorite holiday book with a friend
10 Follow directions to make a Christmas craft together	11 Read a book in your Christmas pajamas	12 Write a story about an elf	13 Read and sing Christmas carols	14 Write a poem about Christmas	15 Read in the snow. Have a snowball fight.	16 Read a holiday book to a pet or a stuffed animal
17 Make a list of 10 things you and your family are most grateful for	18 Read and follow a recipe together to make Christmas cookies	19 Read a Christmas Classic (ideas: The Night Before Christmas, The Polar Express, How the Grinch Stole Christmas)	20 Watch the movie of the Christmas Classic book that you read & compare the stories	21 Call family members & ask them to share their favorite family Christmas traditions	22 Snuggle up with hot chocolate & read your favorite Christmas book	23 Read a special book to a family member over the phone or virtually
24 Read under the Christmas tree lights	25 Tell your family members what you love about them					

Article submitted by: Mrs. Smith-Title One Reading

Elementary Art Newsletter

December 2023

Art to Remember Update:

Art to Remember forms are being sent home Tuesday November 28th. Order online and have your items shipped right to your home for the holidays!



Winter is approaching fast!

Winter is a busy time in the art room! As the holiday spirit starts to grace our hallways, I would like to let you know my approach to the celebration of the seasons. Because we are all so uniquely different and celebrate the holidays in many different ways, I want students to know that I try to make everyone feel included in the art room. I feel that I can successfully improve art skills and still include a holiday project within the month of December. With ingenuity, many of the basic elements of art can be introduced to the students and they can also have fun while they learn these concepts. If there is anything that I can do to alter projects to meet the needs of your child or family beliefs, please do not hesitate to contact me.

[Amanda Albrecht Elementary Visual Art- 715.352.2727 ext 159- aalbrecht@gapps.edgar.k12.wi.us](mailto:aalbrecht@gapps.edgar.k12.wi.us)

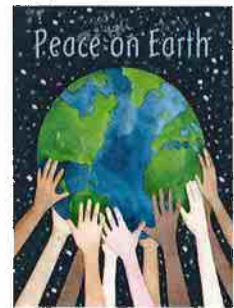
Music Notes and News
December 2023
Mrs. Kristine Hafferman

Music can spark many happy memories and is usually an important part of treasured family traditions, especially around the holiday. Singing while you decorate the tree, at a holiday party, caroling at the nursing homes can help form memories and bonds with family and friends that will be recalled for many years to come. Whether it's hearing a holiday song in a grocery store and being transported to one's childhood or attending an inspiring holiday concert. This years Elementary Concerts will feature some of our favorite holiday songs and songs about peace. We have thoroughly enjoyed preparing the music for the concert and are excited to share them with you!

Holiday Concerts are on Thursday, December 7th, 2023.

The schedule is as follows:

9:00am	MIDDLE SCHOOL CONCERT
12:45pm	K-2 HOLIDAY CONCERT
1:45pm	3-5 HOLIDAY CONCERT
7:00pm	HIGH SCHOOL HOLIDAY CONCERT



PLEASE ENTER THROUGH THE AUDITORIUM DOORS!

What should I wear to the Holiday Concert? Wear your best clothes.

A few Concert Etiquette Tips for the upcoming performances:

- Do not talk during the performance.
- Silence cell phones.
- Limit movement in and out of your seat during the performance. If you need to move, it should be done at the end of the song.
- Do not shout, whistle or cheer.
- Keep small children with you at all times.

Also, be sure to enjoy the wonderful holiday music during the season.

- Whether you are decorating or baking for the holiday, be sure to put some music on that you can sing and dance to!
- Watch A Christmas Story- The Musical
- Watch some great holiday movies: White Christmas, Elf, A Christmas Story, and How The Grinch Stole Christmas-The Musical.
- Host a sing-a-long!

Peace and joy to you and your family this holiday season. I look forward to seeing you on Thursday, December 7th! I wish you all a Merry Christmas and a Happy New Year.

Physical Education

In the month of November, K-2 PE students worked through a station unit that had us reviewing and practicing many of the skills we have already worked on, as well as skills we will be exploring in the coming weeks! In addition to stations, we explored the concepts of space awareness and body control through a variety of space invasion games where students practiced safe strategies of staying on our feet and controlling our speed when we move. To wrap up the month, we also enjoyed some Thanksgiving themed games leading up to the holiday break!

Students in grade 3-5 also participated in a station unit that helped us practice previously learned skills while also exploring some of the upcoming skills on our PE units. Our favorite space invasion game was 6 pins where we practiced different offensive and defensive team strategies to try and capture the other teams pins! These space invasion games also helped us focus on our body control while being aware of our space when moving. 5th graders worked on an indoor soccer unit in the wrestling room and had fun exploring this small space while playing a team game! We also enjoyed some Thanksgiving games leading up to the holiday break!

As always, please remember your PE shoes as we have physical education EVERY DAY!

Mr. Lukasko, Mr. Handrick, & Mr. Decker



Please consider donating to the 2023 Helping Hands

Coin Drive

Sponsored by the Middle School Student Council/ High School NHS



When: **December 1st through the 8th**

What is it? By bringing in spare cash and coins, this is a chance for the student body to give back to the **Edgar community** by helping families in need during the holiday season.

What we do: All the money raised is used to buy presents for children in Edgar.

- The class that raises the most money will win a spin on the prize wheel for a class prize!
- **Thank you** to all who take part. We have been very successful with this community service project in the past and appreciate your help. We appreciate your donations.

8th Annual Help the Kitchen Feed Families in our Community

Help wanted! The Kitchen staff is asking for your help; everyone from 4K to 12th grade, including staff. What do we need help with you ask?

The kitchen staff would like you to bring in food items to be donated to our local food pantry to help feed families in our town. What is needed? Canned Chicken Breast, Tuna, Hamburger Helper, Knorr Sides, Snacks, Peanut Butter and Jelly...Keeping in mind any and all food will greatly be appreciated and put to good use!

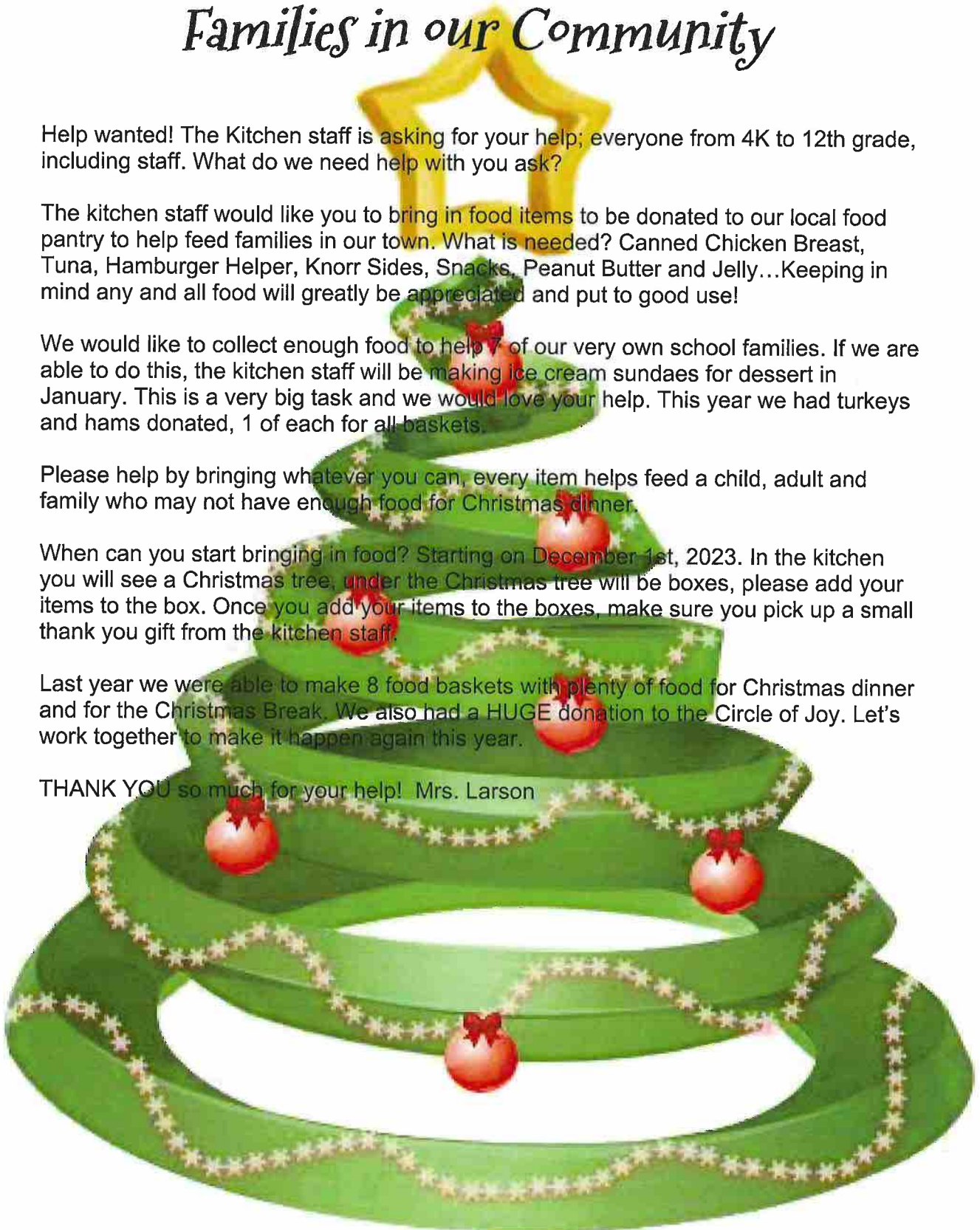
We would like to collect enough food to help 7 of our very own school families. If we are able to do this, the kitchen staff will be making ice cream sundaes for dessert in January. This is a very big task and we would love your help. This year we had turkeys and hams donated, 1 of each for all baskets.

Please help by bringing whatever you can, every item helps feed a child, adult and family who may not have enough food for Christmas dinner.

When can you start bringing in food? Starting on December 1st, 2023. In the kitchen you will see a Christmas tree, under the Christmas tree will be boxes, please add your items to the box. Once you add your items to the boxes, make sure you pick up a small thank you gift from the kitchen staff.

Last year we were able to make 8 food baskets with plenty of food for Christmas dinner and for the Christmas Break. We also had a HUGE donation to the Circle of Joy. Let's work together to make it happen again this year.

THANK YOU so much for your help! Mrs. Larson



BUTTONS AND MAGNETS

Edgar Elementary School will be taking orders for 3" buttons and/or magnets featuring your son or daughter. These buttons and magnets will make great Christmas presents! **COST is \$5 per button or magnet.**

Student's Name _____

Student's Grade _____

I would like to order:

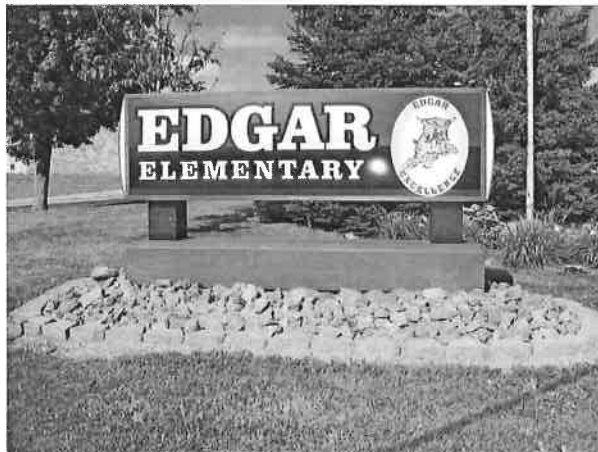
_____ buttons (please list quantity) x \$5 = _____

_____ magnets (please list quantity) x \$5 = _____

TOTAL ORDER: _____ (please include payment with the order). Checks should be made out to the School District of Edgar. Please submit order and payment to your child's teacher by Wednesday, December 6th.

Pictures will be taken on Thursday, December 7th in the morning. Students in 4K will have their picture taken on Friday, December 8th. Mrs. Ristow and photographer assistants will be taking pictures and the backdrop will be a holiday scene. Buttons will be ready in one week and will be sent home with students, unless otherwise noted.

This fundraiser will go towards the many different projects at EDGAR ELEMENTARY SCHOOL including: playground equipment, family fun nights, and assemblies! THANK YOU FOR YOUR SUPPORT!



Notes from the Nurse

ALL ABOUT SLEEP

By Lara Beranek, RN



We sleep for one quarter to one third of our lives. While we sleep, our bodies are doing important work like repairing cells, flushing waste out of cells, and secreting hormones. Good sleep is extremely important to our overall health. Lack of sleep negatively impacts brain function, causing us to be unable to process what we learn and making it very difficult to remember what we learn. There are health risks associated with not sleeping enough, as well. Depression, seizures, headaches/migraines, and high blood pressure are all worsened when people don't sleep enough. Lack of sleep also weakens the immune system, leaving us more susceptible to illness. Finally, sleep is important to our metabolism, and missing out on sleep can lead to weight gain and increased risk for diabetes.

With the importance of sleep to our health and daily functioning, it is easy to see why we need to establish good sleep routines in our kids. Creating a bedtime routine helps prepare your child for sleep. Set a schedule with a regular bedtime and a routine wake time. Try to stay fairly close to those times even on the weekends. Keep technology out of the bedroom. A warm bath or reading are great pieces to a sleep routine, helping your child to relax and prepare for rest. Make the bedroom comfortable, quiet, and dark. Cooler air temperatures also aid in sleep as long as PJs and blankets are warm enough. Some children may sleep better with white noise, such as a fan.

So how much sleep do kids actually need each night? Here's a chart from the Sleep Foundation which gives recommended ranges.

Age	Recommended	May be appropriate(low/high)
1-2 years	11 to 14 hours	9 to 10 hours/15 to 16 hours
3-5 years	10 to 13 hours	8 to 9 hours/ 14 hours
6-13 years	9 to 11 hours	7 to 8 hours/ 12 hours
14-17 years	8 to 10 hours	7 hours/ 11 hours

SLEEP WELL!

