

TFS Bulletin

March 6th, 2009

Kathy Suprin
Director



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Assistant Director

Dear Parents,

This week we celebrated Read Across America Week in honor of Dr. Seuss, author of 44 books during his lifetime. A Read Across America Committee of teachers, led by Mrs. Potoff, our literacy specialist, planned several days of activities for the children in order to promote reading. Readers from the community, many parents and several published authors visited classrooms to read books. Also, every child received a new book to keep from the Reading Is Fundamental (RIF) program. Many classes made special hats to celebrate the occasion and to wear during the week and during the pre-k assembly where the Cat in the Hat made a brief appearance before walking around the school to visit everyone. As is tradition now, I also dressed up in my Cat in the Hat costume at the end of the day. It's always fun to dress up for the children and to pretend with them. If you come to the school any time soon you will see a new bulletin board in the foyer that all classes will contribute to, adding a hand cut-out for every book they read. Classroom doors are also decorated with images from favorite books. Also this week, the kindergarten teachers hosted a Literacy Night for children and their parents, which was a great success. Pre-k parents will have their opportunity to attend a Literacy Night later in the month.

So, this has been a big reading week. In keeping with the theme (and the Cutter Contest), I encourage you to continue reading books at home every day. Reading to the children is one of the most important things we can do to support success in school and in life, as that's how most adults continue to learn once they've completed formal schooling.

Enjoy your weekend! Spring is just around the corner.

Kathy



Remember to change your clocks one hour ahead before you go to bed this Saturday night.

This coming weekend daylight savings time begins. Children may really show their missed hour of sleep. Here are some tips to help spring your child forward:

Start on Saturday morning, not sleeping in as late as you might other Saturdays. Just $\frac{1}{2}$ hour earlier can make a difference. Saturday night, try putting your child to bed 15- 30 minutes earlier than other Saturdays. Sunday morning rise a little earlier than other Sundays.

On both days, especially Sunday, try to get your children outside for at least 1 hour, and make them move, run, ride a bike, or just a long walk. Some suggestions are your closest park, Harkness Park, the beach, or the closest base ball field.

By Sunday night, try to get them to bed early. If they have been active over the weekend, children should fall off to sleep fairly quickly, and be able to rise on Monday morning, rested and ready for school.

Also, if anyone knows of one or more umbrella strollers that have gone into retirement, TFS could use a donation of this item. It would be helpful for transporting students from the playground, or other far areas in the building, to the nurse's office. Presently, if students are very ill, or have a recess injury involving one or both legs, they are carried to the nurse, sometimes a great distance. More than one stroller would be a great asset to strategically place at the nurse, at the playground entrance, etc.

Nurse Lori



The Friendship School Family Organization:



The Deadline for Meadow Farms pies and cookie dough orders is Monday, March 9th. Stock up on cookie dough and pies for Spring Celebrations! Orders will be in before Easter.

Please join us for our next FFO meeting on Thursday, March 19th at 6:30 pm. Free Childcare is provided.