



# Warwick School District

2017/2018

## Elementary Back to School Newsletter

Dear Parents, Guardians and Elementary Students:

Welcome back to school! We hope you have had a fun-filled summer with your family. Warwick School District's administration and support staff have worked throughout the summer to prepare for another exceptional educational experience for each child. As the school year approaches, our teachers are returning to the buildings to work their magic and create engaging learning environments. All we need now is our students!

**Our school year starts on September 6th for students in grades 1-12.  
Kindergarten students begin on September 7th.**

As the school-year approaches, we wanted to share a few items that may assist you in preparing for the year. We encourage you to review the resources in this newsletter to learn more about our school hours, food service programs, communication tools, reading programs and recommendations from medical organizations on sleep hours for children.

We look forward to another school year full of learning and adventure!

Melanie M. Calender, Ed.D.  
Assistant Superintendent



### WHEN IS LUNCH?

One of the most common questions asked by students at the start of the year is, "When is lunch?". Below you will find the start times for lunch for each grade level:

**Kindergarten: 11:25 or 11:30**

**1st Grade: 10:50 or 10:55**

**2nd Grade: 11:55 or 12:00**

**3rd Grade: 10:35 or 10:40**

**4th Grade: 11:40 or 11:45**

**5th Grade: 11:05 or 11:10**

**6th Grade: 12:10 or 12:15**

### Communication & Information

Our teachers do an excellent job of communicating information regarding our programs. Here is where you can stay informed proactively:

- Teacher, School and District Websites
- Warwick Facebook
- Building Twitter Accounts
- Newsletters, Information and Flyers

A phone call or an email is an efficient way to communicate with your child's teacher. Please remember that our teachers are with students throughout the day and will return the call/email as soon as they are able. At times, this may be the next school day.

## BREAKFAST

Breakfast is served at school every day in each school's cafeteria!

A nutritious breakfast energizes students so they are more alert and can learn in class. Breakfast offers servings of fruit, whole grains, and milk and provides the recommended calories needed for lasting energy to help students succeed in school. Eating breakfast at school can also help families with busy early morning routines provide a shorter time period between breakfast and lunch.

Breakfast at school is affordable. **Students may purchase breakfast for \$1.50 to ensure a healthy start to their day!** If you qualify for free and reduced price meals, you also qualify for free breakfast, with no additional paperwork. We look forward to seeing your child at breakfast!

## Back To School Night

Back To School Night is quickly approaching. Take time to meet your child's teacher and learn about the exciting school year ahead:

**John Beck Elementary: 9/19 at 6pm**

**Kissel Hill Elementary: 9/12 at 6pm**

**Lititz Elementary: 9/14 at 6pm**

**John R. Bonfield Elementary: 9/28 at 6pm**

**See you there!**

## AAP SLEEP RECOMMENDATIONS

Summer schedules can be quite different than throughout the school term. Many of our students tend to shift their bedtimes back a few hours during these relaxing months. Sleep is very important to each child's health and education. The American Academy of Pediatrics (AAP, 2016) issued a Statement of Endorsement supporting the American Academy of Sleep Medicine (AASM) guidelines outlining recommended sleep duration for children from infants to teens. The group recommends the following:

- **Children 3 to 5** years of age should sleep **10 to 13 hours** per 24 hours on a regular basis to promote optimal health.
- **Children 6 to 12** years of age should sleep **9 to 12 hours** per 24 hours on a regular basis to promote optimal health.

The group found that adequate sleep duration for age on a regular basis leads to improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health. Not getting enough sleep each night is also associated with an increase in other medical concerns.

In addition to these recommendations, the AAP suggests that all screens be turned off 30 minutes before bedtime and that TV, computers and other screens not be allowed in children's bedrooms. For young children, establishing a bedtime routine is important to ensuring children get adequate sleep each night.

This is a summary of the statement from AAP, you can find the entire article here: <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Supports-Childhood-Sleep-Guidelines.aspx>

We encourage you to consider these guidelines as you begin shifting bedtime back into the school routine. Together we can partner to ensure all students are well-rested and ready to learn!

## SUMMER READING

We hope you have been able to enjoy the summer reading activities encouraged by our Reading Specialist Team. This is a friendly reminder to complete the school tracking form and return it the first week of school to your child's teacher. Please have your child write their name and their teacher's name on the top. The form looks like this:

I'm a Super Reader!									
Color in a superhero when you read for 15 minutes!									

It is never too late to begin a reading routine with your child. Make this time with your child a daily priority!

Looking for books? Visit the Lititz Public Library! <https://lititzlibrary.org/> The Lititz Library offers many great programs for all ages!

Scholastic offers parent resources that may be helpful:

<http://www.scholastic.com/parents/resources/article/more-reading-resources/reading-tips-parents>

**OUR SCHOOLS ARE CLEAN BECAUSE SUMMER IS THROUGH,  
DESKS ARE READY, THEY'RE WAITING FOR YOU!  
SEPTEMBER 6TH IS OUR BIG DAY,  
NO WORRIES, TEACHERS WILL HELP SHOW YOU THE WAY.  
TIME TO SING, TIME TO MOVE, TIME TO LEARN,  
EVERYONE IS COMING TO SCHOOL, NOW IT IS YOUR TURN.  
WELCOME TO THE NEW SCHOOL YEAR,  
WE CAN'T WAIT TO SEE YOU HERE!**

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## Warwick School District

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