



# Fourth Grade Newsletter

November 9th - November 13th

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Dear Families,

Our main pushes this week are **#1- use safety precautions** (clean masks & sanitizer), **#2-maintain a good bedtime** (students are coming in very sluggish from staying up very late. One student even reported to being awake until 1:00 a.m. on a school night.) and **#3- completing the weekly homework**. Our teachers have thoughtfully put together practice sheets that reinforce the skills learned in class. All of these will help us grow our brains AND stay healthy :) Thank you for your help!

In partnership, Mrs. Alger & Mrs. Boyle

## Bring to School

- ★ **Wear a coat to school each day!** It's getting cold outside and students will go out for recess. Burrrrrr!
- ★ Please be sure your child wears a **clean mask daily**. Thank you!
- ★ Bring your purple **take home folder** to school each day.

## Reminders

### **Get a Good Night Sleep :)**

Good sleep hygiene is very important for everyone, but especially our kids. When students don't have a regular bedtime routine, their bodies struggle to stay regulated. We are seeing a lot of students coming in extremely tired. They are sluggish and have very cloudy thinking. We have such little time with them. Please help make our time together be the very best it can be.

- Do your best to observe a regular bedtime/routine
- Eat breakfast (either at home or get to school at 7:35 to eat here)

## Did you know???

- ★ We only have 4 more full school days for each team before Thanksgiving break!!!! Get sleep, do your homework, and let's make the most of our 4 days!!!!
- ★ Your child can eat school breakfast and lunch on the days they do not attend school! **Order a lunch** for your child!
  - Email [riveraje@tfsd.org](mailto:riveraje@tfsd.org) or call 1-208-732-7500 ext.5241 in the **morning** to order your breakfast & lunch.
  - **Come pick up** on 2nd Ave door by the flagpole.  
Breakfast between 7:30-7:55a.m.  
Lunch is served Monday (while in ORANGE) 11:00-11:30 am  
all other days from 11:00-12:15 pm

