



# The Wildcat Weekly



Winside Elementary School

APRIL 3, 2018

## WINSIDE PUBLIC SCHOOL MISSION

Winside Public School provides all students high levels of learning to be college and career ready in the 21st Century.

**NSCAS Testing ...** NSCAS (Nebraska Student-Centered Assessment System) testing is here! Students in grades 3 through 6 will be taking the NSCAS tests starting this week. Please note the days your child is testing if you are needing to schedule appointments. Testing will take place in the morning. Make sure your child gets a good night's sleep and eats a healthy breakfast.

- Thursday, April 5th ..... 5th Grade Science
- Friday, April 6th ... 3rd and 4th Grade ELA
- Tuesday, April 10th ... 5th and 6th Grade ELA
- Thursday, April 12th ... 3rd and 4th Grade Mathematics
- Friday, April 13th ... 5th and 6th Grades Mathematics



zzzz

### **Recommended Sleep:**

Preschoolers - 3-5 years: need 10 -13 hours (including naps)

School age - 6-12 years: need 9-12 hours

Teens - 13-18 years: need 8-10 hours

### **Good Sleep Habits:**

- Make getting enough sleep a family priority.
- Keep to a regular routine as much as possible.
- Being active through the day helps them to relax and sleep at night.
- Monitor screen time: TV, computers, laptops, tablets, & phones.
- Avoid over scheduling.
- Keep bedtime with in 1-2 hours when going from the weekday to the weekend.
- Recognize sleep problems: Troubles falling asleep, waking up during the night, snoring, sleep apnea, and loud heavy breathing.
- Discuss sleep problems or concerns with your child's doctor.

**Mark Your Calendars ...** Students will be dismissed from school at 1:30 pm on Friday, April 13th due to a teacher in-service. Please plan accordingly.

$$\begin{array}{r} 8+5 \\ 1-2 \\ 3 \times \\ = \end{array}$$

Math  
@Home

**Calculating Coupons**  
Involve the family in making a shopping list. Mark checks or tallies next to each item to indicate the number needed. This helps children learn to collect data. Choose coupons that match the items on the grocery list. Discuss how much money will be saved on various items by using those coupons.

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