



West Ottawa Public Schools **Sheldon Woods**

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West Olive, Michigan 49460
Phone: 616.786.1700
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DATES TO REMEMBER: January 6, 2012

- Jan. 16 **Noon** (new date!) - PTO Mtg. in library.
Our special guest will be W.O. Superintendent Tom Martin.
- Jan. 19 KINDERGARTEN Enrollment Night**
for 2012/2013 school year, 6 p.m. at Sheldon Woods.
- Jan. 24 "Back up Date" for KG enrollment night in case of bad weather on the 19th.
- Jan. 26 1/2 Day of School. Dismissal at 12:07 pm
- Jan. 27 No School
- Feb. 3 "The Bridge" Family Event. 8:15-8:45 a.m.
Please R.S.V.P. for this event to 786-1700

Sheldon Woods Mission Statement

Sheldon Woods, in partnership with the community and families, will provide a safe and positive learning environment that meets the needs of students and upholds high academic standards. Through the process of inquiry, students will develop into caring, knowledgeable, and reflective young people who positively impact both the local and global community.

Dear Families,

Parents often ask how they can help their children do well in school. One easy way is to make sure your children get enough sleep. According to the latest research, sleep deprived students tend to be more restless, irritable, and impulsive than other students. They may also exhibit more emotional disorders such as depression or anxiety. Another consequence of lack of sleep is lower academic achievement. Tired students are less motivated, have trouble concentrating, paying attention and reasoning. Sleep deprivation also decreases memory, self-control, and increases mistakes.

How much sleep do children need? A good rule of thumb is "10 for 10"—10 hours of sleep for 10-year olds. Children younger than 10 years old need more than 10 hours of sleep each night.

Parents can help increase their children's academic success and socio-emotional health by providing a consistent bedtime, even on weekends. Also making sure that children avoid large meals, exercise, TV viewing, computer use, and caffeinated drinks in the hour before bedtime can prevent sleep problems and help your children develop healthy sleep habits.

Have a great weekend!

Karen Abraham

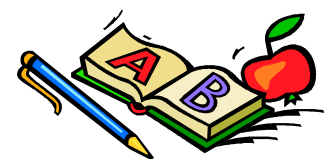
KINDERGARTEN ROUND UP 2012-2013 SCHOOL YEAR

THURSDAY, JANUARY 19 AT 6:00 P.M.

If you have a child who will be 5 years old by or on December 1, 2012, you are invited to bring your child to Sheldon Woods School to register for kindergarten for the 2012-2013 school year. West Ottawa is excited to be offering **ALL DAY/EVERY DAY** Kindergarten in the fall of 2012. 1/2 Day Kindergarten will also be offered.

Please bring the following items with you to the round-up:

- Certified copy of your child's birth certificate
- Immunization records
- 2 forms of proof of residency (i.e. driver's license, utility bill, tax statement)



A Childcare Program Representative will be here to answer any questions.

In case of bad weather, on that evening, the snow date will be January 24.

Please call the Sheldon Woods office at 786-1700 if you have any questions. We are looking forward to seeing you!

A MILLION MINUTES OF READING, Oh My!!!

1,000,000

Students and staff at Sheldon Woods have a set a goal of reading a million minutes!
Please keep track of the minutes your child reads at home and let their teacher know on a weekly basis. Let's try and reach this goal together! As of this printing, we have read a total of **386,184 minutes!**

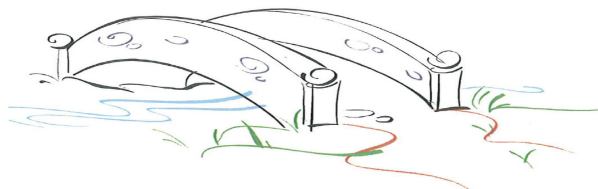
RECESS...

Children need the daily physical activity that recess provides. All students are expected to go outside and enjoy recess. A reasonable, illness-related written request for your child to stay in for one day will be honored. If additional time is needed, please provide a written doctor's explanation of the circumstances to the school secretary.



FIFTH GRADE REQUEST!

As part of our central idea "Decisions we make have impacts for ourselves and others," we want to raise money for our school by collecting empty juice pouches. We went on the internet and found out through Terra Cycle that for every pouch collected, we get 0.02 cents. Once we collect 500 pouches, we get \$10. All pouches are accepted, but not juice boxes, so please donate juice pouches only, of any brand. We will be doing this for the rest of the school year.
Thank you!



The Bridge:

Bringing Schools and Families Together

Healthy Kids, Healthy Learners
Please join us to learn about healthy eating,
sleeping, and exercising habits that help
children come to school ready to learn.

Who: Parents/guardians and Sheldon Woods students

When: Friday, February 3—8:15-8:45 a.m.

Where: Sheldon Woods Elementary School

Students who attend with a parent/guardian will leave with a West Ottawa Panthers reusable water bottle to keep...along with... information to use at home to help the whole family eat healthier!!

Please sign up by Wednesday, February 1 if you plan to attend.

We want to be sure to provide enough food and supplies!

Student's Name(s) _____

Teacher (s) _____

Number of Children Attending _____ Number of Adults Attending _____



January 2012



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3 School Resumes	4	5	6 School Sledding Party 6:30-8 p.m. at Pigeon Creek Park	7
8	9	10	11	12	13	14
15	16 Martin Luther King Day	17	18 July 1/2 Birthdays Table	19 Kindergarten Enrollment for 2012/13. 6-8 p.m. (Jan. 24, back-up date if weather delays.)	20	21
22	23	24 KG enrollment back-up date if delayed on Jan. 19	25	26 1/2 Day of School dismissal at 12:07 pm	27 NO SCHOOL	28
29	30	31 January Birthday Table				



Stop Defiance, Sibling Fights & Video Games

Featuring America's Calm Coach, Kirk Martin,
and his son, Casey.

It's like nothing you've ever experienced!

Watch the video at

www.CelebrateCalm.com

Create a stress-free home and classroom. Kirk will show you how to:

- Develop motivated, responsible children.
- Relieve anxiety, sensory issues and sibling fights.
- Improve focus, attention, and behavior in school.
- Eliminate defiance, disrespect, and power struggles.
- Create stress-free mornings, homework time and bedtime.

Tuesday, January 17, 2012

7:00 pm - 9:00 pm

Midtown Center

96 West 15th Street / Holland, MI 49423

The workshops are graciously sponsored by the Fellowship Reformed Church.

For more information, contact us at 888-506-1871 or Brett@CelebrateCalm.com

Who should attend the workshop?

- Moms, Dads, and grandparents.
- Guidance Counselors, Special Ed teachers and all educators.
- Childcare providers and professionals.

Take 45 seconds to change your kids and community:

- Bring lots of friends to this FREE Event. There is no need to register.
- Promote the workshop via email, Facebook and Listserv.
- Invite your school, PTA/PTO and community organizations to attend.

MAKING THE CALL WHEN BAD WEATHER STRIKES

The decision to delay or close school or to send students home early is weighed heavily. Your child's safety is our primary concern. Several factors are considered including current road and weather conditions as well as the weather forecast.

Thank you for your cooperation. Please be prepared when severe weather threatens and keep in mind:

Announcements are made by 6:00 a.m., whenever possible, regarding a decision to close school or delay the start of school.

Parents and students may find out about school closings, delays and starting times and cancellations by:

Calling the Information Hotline (786-1100)

Press 5510 for school closing information

Press 5511 for district cancellations

Checking the Internet

District Website: www.westottawa.net

Online Calendar: www.dynacal.com/westottawa

Tuning in to a cable television access channel

Charter Communications (Channel 21)

T2 Communications (Channel 2)

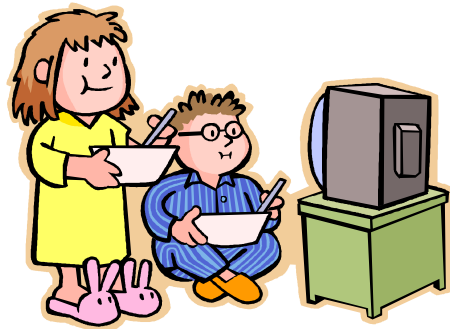
Watching the following television stations:

WWMT (Channel 3)

WOTV (Channel 4)

WOOD (Channel 8)

WZZM (Channel 13)



Cancellation Board Policy

The Athletic event cancellation policy states that if school is cancelled due to weather conditions, all grade K-8 after-school activities will automatically be cancelled. A decision to conduct or cancel grade 9-12 events/activities will normally be made after 12 noon and announced on the Hotline, television stations, and WHTC radio station.

Student Illness Guidelines

Please follow these important guidelines. We want to keep everyone as healthy as possible with our Sheldon Woods family!

In the early morning before school, it is often difficult to determine whether or not to send your child to school. Most illnesses children have are contagious, meaning other children can catch them, for that reason, we have guidelines for school attendance so children do not infect or endanger the health of other children, for example, if your child has these symptoms, please keep him/her home from school:

FEVER: a person's "normal" body temperature can vary from person to person. Generally speaking, any temperature over a person's "normal" temperature (usually 98.6) can be considered a fever. Your child's temperature should be "normal" for 24 hours before sending him/her back to school.

BAD COUGH: (Defined as persistent and interfering with schoolwork.) Children often do not remember to cover their mouths. Coughing can easily spread germs.

DIARRHEA, VOMITING, OR SEVERE STOMACHACHES: These symptoms should be gone for 24 hours before sending your child back to school.

RED EYES: (with yellow drainage) your child may wake up in the morning with his/he eye stuck shut. This may indicate "pink eye" which is extremely contagious. Please check with your physician.