

February 2012

Citizens' Memorial School

(401) 767-4850

Principal: Mr. Diaz

Secretary: Ms. Gatta

breakfast: 8:25am

instruction begins: 8:45am

dismissal: 2:45pm



PTO

The Citizens' School PTO will meet on Tuesday February 14th at 9:00am to continue planning for the International Dinner.

Valentine for a Loved One

Students and parents can purchase a rose for 50¢ to give to a loved one.

The rose will have a tag attached so that you can write a special message to your loved one!



February Events

- 1 College Crusade Meeting
for all 5th graders and their parents
4:00-5:00pm
- 3 Assembly - School-wide Expectations
(families invited to attend)
grade 3: 9:15am
grade 4: 1:00pm
grade 5: 10:05am
- 9 SIT Meeting 3:00-4:00pm
- 10 Breakfast with a Loved One 8:25am
- 10 Coffee Hour 9:00-10:00am
- 14 PTO Meeting 9:00-10:00am
- 14 Valentine for a Loved One (50¢ each)
- 17 Assembly - NECAP
(families invited to attend)
grade 3: 9:15am
grade 4: 1:00pm
grade 5: 10:05am

20-24 Winter Vacation - NO SCHOOL

Tips To Help Your Child Get A Good Night's Sleep



Do:

- sleep 10 to 11 hours (ages 5-12) every night.
- go to bed at the same time every night.
- follow a bedtime routine by doing the same relaxing activities every night before bed (like reading or listening to quiet music).
- exercise during the day.
- have a light snack or warm milk before bed, if you are hungry.
- keep your bedroom cool, dark, and quiet.

Do NOT:

- stay up late.
- go to bed at different times each night.
- watch TV or play video games because they disturb your sleep.
- exercise too close to bedtime (3 hours or sooner).
- drink soda or eat chocolate because they both contain caffeine, which can make it hard to sleep.
- have TV's, computers, video games, loud noises or bright lights in your bedroom. They can bother you while you sleep.