

DEAR PARENTS AND GUARDIANS,

AS WE BEGIN THIS 2010 YEAR OF LEARNING, WE CAN “STACK THE DECK” SO THAT OUR CHILDREN WILL **NOURISH TO FLOURISH**, AND EXPERIENCE SUCCESS IN SCHOOL EACH AND EVERY DAY. FOLLOWING ARE SOME GUIDELINES BASED ON THE LATEST RESEARCH

## SLEEP



- Adequate sleep is vital to the memory process of young children.
- Structure your child's day to include 9-11 hour of sleep each night.

## FOOD



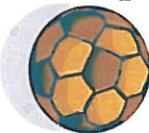
- Learners need a balanced diet to maintain energy throughout the day.
- Breakfast is an excellent way to Jump-Start our brain.
- Introduce a wide variety of foods and serve balance meals.

## WATER



- Sufficient hydration prevents restlessness and lethargy.
- Discuss the importance of staying hydrated and provide your child with a water bottle to bring to school.

## PHYSICAL ACTIVITY



- Movement is important to cognitive learning.
- Encourage running, spinning, walking, biking, dancing, and exploring.

## EMOTIONAL SECURITY



- Kids learn best when no emotional issues are going on.
- Role model empathy, set clear rules and be consistent.

## MUSIC AND THE ARTS



- Learning the arts enhances cognitive growth and provides a high quality of human experience.
- Encourage signing, playing instruments, listening to music, drawing, and coloring.

By applying this information both at home and at school, we can work together for a positive and successful school year. Students who are rested, hydrated, properly nourished, and feel secure will experience the joy of learning and will **NOURISH TO FLOURISH**.