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MESSAGE FROM ADMINISTRATION

The first couple of months have flown by, and we are already embarking on our holiday season. We would like to wish all Riverton Elementary families a happy Thanksgiving and a wonderful start to the holiday season. This year we are very thankful for our amazing students, families, and educators. Thank you for your support of Riverton Elementary. Please don't hesitate to contact us with any questions.

A few reminders:

- With the onset of cooler weather, please make sure your student is dressed appropriately. Hats, scarves, and gloves are necessary already in this very cold November!
- In order to ensure your students do not lose anything, please make sure all clothing articles are labeled with your student's name. If you provide a name, we will make sure to get clothing back to your student if they accidentally leave it behind.
- If you are missing an item, encourage your student to look for it in the lost and found rack located in the cafeteria.

"Life starts all over again when it gets crisp in the fall." ~ F. Scott Fitzgerald

UPCOMING EVENTS

11/5 Picture Make-Up Day

11/6 PTA Board Meeting (8:45 am)

11/6-7 Parent-Teacher Conferences

11/8 No School

11/27-29 Thanksgiving Break

YOUNG AND SLEEP DEPRIVED

Elementary school-age kids need between 9-10 hours of sleep a night. According to a study conducted in Cornell University, 85% of students attending K-4th grades are not meeting their nightly sleep requirements. Children react to inadequate sleep differently than adults do. Unlike adults, sleep-deprived children usually become more active in the morning and are able to concentrate less later in the day. As they become increasingly more 'wired' as the day progresses, sleep-deprived children often have more trouble going to sleep at night. Parents may not realize that their children are not getting enough sleep.

Bedtime problems can start at this age for a variety of reasons. Homework, sports, after-school activities, computers, TVs, mobile devices, and hectic family schedule can all contribute to kids not getting the sleep they need. Sleep-deprived kids can become hyper or irritable and may have a hard time paying attention in school. It's important to have a consistent bedtime, especially on school nights. Leave enough technology-free time before bed to allow your child to unwind before lights-out. Switch off electronics at least an hour before bed and keep TVs, computers, and mobile devices out of kids' bedrooms. Sleep affects the health and well-being of children, plays a key role in preventing disease and injury, and enhances stability of mood and the ability to learn.

Good sleep habits are just as important to overall health as diet and exercise. Chronic lack of adequate sleep can exacerbate a tendency towards diabetes and being overweight. Sleep is essential and is not a luxury. Let's teach our kids to value sleep!

References:

<https://kidshealth.org/en/parents/sleep>

https://www.educationworld.com/a_admin/admin/admin271.shtml

