



December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 <i>Canteen</i>	2
3	4 <i>Family Library Time 3:15-4:15</i>	5	6 <i>Clan Shirt Day</i> <i>Good Food Box Delivery to Riverside</i> <i>Jigging 3:10-4:15</i>	7 <i>Student Christmas Dinner</i>	8 <i>Canteen</i>	9
10	11 <i>Family Library Time 3:15-4:15</i>	12 <i>Good Food Box Payment Due</i>	13 <i>Clan Shirt Day</i> <i>Jigging 3:10-4:15</i>	14	15 <i>Canteen</i>	16
17	18 <i>Wacky Hair Day (holiday accessories/ decorations)</i> <i>Family Library Time 3:15-4:15</i>	19 <i>Red, White & Green Day</i> <i>Family Fun Night 5:30-7:00</i>	20 <i>Clan Shirt Day</i> <i>Holiday Head Accessories Day (headband, antlers, etc.)</i> <i>Good Food Box Delivery to Riverside</i>	21 <i>Holiday Sweater Day</i>	22 <i>Pajama Day</i> <i>No Canteen</i>	23
24	25	26	27	28	29	30
31	<div style="border: 2px solid black; border-radius: 15px; padding: 10px; margin: 0 auto; width: 80%;"> <p>Holiday Break December 23rd - January 7th First day back is Monday, January 8th!</p> </div>					

School Hours

8:40 – 11:55
12:40 – 3:10

Attendance

If your child will not be attending or will be late please contact the school any time @ 306-763-6495 or report on your Edsby app

RIVERSIDE PUBLIC SCHOOL

DECEMBER 2023



Family Fun Night

We are so excited to be having our **Winter Family Fun Night** at Riverside Tuesday, December 19th from 5:30-7:00pm! We do hope you can join us for a great time. We will have many stations of fun including:

- A fire outside
- A hot chocolate station
- Caroling
- Winter crafts
- Picture Bingo & other games
- Face painting
- Winter stories
- A photo booth



Please remember this is a family event; Riverside students **must** attend with their families.

At the end of the evening there will be a draw for a prize hamper (which will be delivered to your home before Christmas) – please remember to complete your Family Fun Night passport and put it in the draw bin before you leave for the night.

Student Christmas Dinner – Formal Day

Our annual Christmas dinner for students will be on Thursday, December 7th. We will also be having our formal day as well so dress up in your best attire!

Spirit Week

December 18th - Wacky Hair Day with Holiday Accessories/Decorations

December 19th - Red, White and Green Day

December 20th - Clan Shirt Day with Holiday Head Accessories (ie. Holiday headband, reindeer antlers, etc.)

December 21st - Holiday Sweater Day

December 22nd - Pajama Day

Save the Date!

Family Literacy Night

Thursday February 8th 5 – 6:30 PM

What Sleep Is and Why All Kids Need It

Why Do I Need Sleep?

Sleep is more important than you may think. The average kid has a busy day. There's school, taking care of your pets, running around with friends, going to sports practice or other activities, and doing your homework. By the end of the day, your body needs a break. Sleep lets your body get rest for the next day.

Everything that's alive needs sleep to survive. Even your dog or cat curls up for naps. Animals sleep for the same reason you do — to give your body a tiny vacation.

Your Brain Needs Zzzzzs

Your body and your brain need sleep. During sleep, the brain sorts through and stores information, replaces chemicals, and even solves problems while you snooze.

Most kids don't get enough sleep. Kids 5 to 12 years old need 9 to 12 hours each night. Not every kid is the same and some kids need more sleep than others.

Can you think of a time when you didn't get enough sleep? That heavy, groggy feeling is awful and, when you feel that way, you're not at your best. Without enough sleep, kids can feel moody, tired, or cranky. It might be hard to pay attention or follow directions. School work that's normally easy may feel impossible, or you may feel clumsy playing your favorite sport or instrument.

One more reason to get enough sleep: If you don't, you may not grow as well. That's right, too little sleep can affect growth and your germ-fighting immune system, which keeps you from getting sick.

How Can I Sleep Better?

For most kids, sleeping comes pretty naturally. Here are some tips to help you catch all the ZZZs you need:

- Try to go to bed and wake up at the same time every day, even on weekends. This helps your body get into a routine.
- Turn off the TV, computer, and other devices, including cellphones, at least 1 hour before it's time to sleep.
- Follow a bedtime routine that is calming, such as taking a warm bath or reading.
- Don't have drinks with caffeine in them, especially in the late afternoon and evening. Coffee, tea, energy drinks, and some sodas have caffeine.
- Don't watch scary TV shows or movies close to bedtime because these can sometimes make it hard to fall asleep.
- Don't exercise just before going to bed. Do exercise earlier in the day — it helps a person sleep better.

- Use your bed just for sleeping — not doing homework, reading, playing games, or talking on the phone. That way, you'll train your body to connect your bed with sleep.

If you have a hard time falling asleep for more than one or two nights or have worries that are keeping you from sleeping, tell your mom or dad. They can help you solve your sleep problems. In fact, just talking about it with them could help you relax just enough (yawn) that you'll be ready to sleep.

Medically reviewed by: Mary L. Gavin, MD

Date reviewed: June 2020

Note: All information on KidsHealth® is for educational purposes only. For specific medical advice, diagnoses, and treatment, consult your doctor.

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