



TIGER TALK

SEPTEMBER 27, 2013

GOBLES ELEMENTARY SCHOOL NEWSLETTER

Great Start to the School Year!

Elementary Events **Calendar**

Tuesday, October 1
Fundraiser Orders Due
Parents' Club Meeting 7PM

Friday, October 4
2:30 Student of the Month
Assembly

Fall 2013 MEAP
Assessments
October 8-25 – Grades 3-5

No School
Friday, October 25
Staff Professional
Development

Thursday, October 31
K-2nd Grade Halloween
Parade
2:00

Wednesday, November 6
Picture Make Up Day

*Parents, thank you for
having your children ready
for the new year and for
supporting our school.
Please spend some time
reading the "7 Tips for a
Healthy School Year" on the
back of this page and make
a home plan for
implementing strategies to
help your children be as
successful as possible at
school.*

To Report an Absence
Call the Attendance
Line at
628-6043
Transportation
628-5614
Elementary School
Hours
8:00 a.m. - 3:15 p.m.

Check us out on the
internet at
www.gobles.org

Entering the Building on School Days.

For the safety and security of
students, the following door schedule
will be used:

Exterior Door at Main Office

Open 7:30 – 12:00
Locked 12:00 – 1:00
Open 1:00 – 4:00

Student Services Office (Center of Building)

Open 7:30 – 8:05
Locked 8:05 – 12:00
Open 12:00 – 1:00
Locked 1:00 – 2:55
Locked 3:25

**When entering the building, please
use these doors and check into the
nearest office.**

Thank you Wal-Mart
for sponsoring Gobles
Elementary. Twenty teachers
received \$50.00 gift cards
and a bag of goodies.



***Reminders:**

Students need a clean pair of tennis
shoes to leave at school for PE ~
let's help protect the gym floor!

When you need to pick-up your
children early from school ~ send a
note to the teacher in the morning.



7 Tips For A Healthy School Year

The beginning of each school year is - a perfect time to set-up healthier school day routines at home. Consider these your “new school year resolutions” for minimizing stress and maximizing well-being.

Here are seven strategies:

1. **Organize the night before.** A mad morning rush gives everyone’s day a stressful start. Skip the drama by taking a few unhurried minutes in the evening to load backpacks, lay out school cloths, sign school forms, and prepare snacks and lunches.
2. **Set a bedtime and stick to it.** School children need 9 to 11 hours of sleep. Kids who don’t wake easily, often seem irritable or lack daytime energy, need more sleep. Sleep is important for many things, from overall growth to learning and concentration at school. Help kids wind down quietly before lights-out.
3. **See that they eat a good breakfast either at school or at home.** If your child hasn’t eaten since dinner the night before, there’s not energy to draw from. Kids learn better with food in their stomachs. Kids who eat breakfast are leaner because they’re not as likely to snack on high calorie, low-nutrient foods later in the day.
4. **Learn what’s up.** Ask open-ended questions, such as: “What were the best and the hardest parts about today?” Children are more apt to open up about problems if you show interest.
5. **Teach safety.** Think through your child’s day from the time they leave for school to the time they get home. How can they stay safe – from wearing a bike helmet, avoiding strangers, and to keeping doors locked at home?
6. **Spell out expectations.** Discuss appropriate classroom behavior, a homework policy, balancing social time and schoolwork, and grade goals. Set the path for them and they’ll know when they’re on track.
7. **Practice relaxation.** It’s important for everybody to have some downtime, even children. As you sign kids up for sports and other activities, ask yourself: “Whose needs are being met – mine or my child’s?”

*Adopted from Living Healthy/Fall 2009

