

## THE PRINCIPAL'S POSITION

How much sleep does your child need?

You know your child needs less sleep now than he did when he was a baby, but how much less is still enough? Every child is different — some need more sleep and some less — but here are general guidelines for how many hours of sleep a child needs on average each day.

Age	Nighttime sleep	Daytime sleep	Average total sleep
2 years	10.5 to 12.5 hrs	1 to 3 hrs (1 nap)	11.5 to 15.5 hours
3 years	10.5 to 12.5 hrs	1 to 3 hrs (1 nap)	11 to 14 hours
4 years	10 to 12 hrs	0 to 2.5 hrs	10 to 13 hours
5 years	10 to 12 hrs	0 to 2.5 hrs	10 to 12.5 hours
6 years	10 to 11.5 hrs	none	10 to 11.5 hours
7 years	9.5 to 11.5 hrs	none	9.5 to 11.5 hours
8 years	9.5 to 11.5 hrs	none	9.5 to 11.5 hours

\* Note: The two sets of numbers don't always add up because children who take longer naps tend to sleep fewer hours at night, and vice versa.

Keep in mind that most kids need a lot of sleep — usually more than parents allow for. Often, says Parent Center sleep expert Jodi Mindell, author of [Sleeping Through the Night](#), if a child has poor sleep habits or refuses to nap or go to bed before 10 at night, his parents will assume that he just doesn't need much sleep. That's probably not the case — in fact, it's likely that such a child is actually sleep-deprived, hence his hyper, overtired behavior at bedtime. To see whether your child falls into this camp, ask yourself:

- Does my child frequently fall asleep while riding in the car?
- Do I have to wake him almost every morning?
- Does he seem cranky, irritable, or overtired during the day?

If you answered yes to any of these questions, your child may be getting less sleep than his body craves. To change this pattern, you'll need to help him develop good sleep habits, and set an appropriate bedtime and then stick to it. A preschooler or young grade-schooler who's outgrown napping needs a solid 11 to 12 hours of sleep a night, and that amount will gradually decrease as he gets older.

Melissa Walker  
Stewart Principal

## NOTE FROM THE NURSE

We have been very busy at Stewart over that last few weeks. Grant Wood was here on October 2<sup>nd</sup> to check vision for those students in kindergarten. All other students will have their vision checked in the spring. The hearing van was also here in October to check hearing for students in kindergarten, 1st and 2<sup>nd</sup> grades and those students in 3<sup>rd</sup> grade with a known hearing loss. Parents should have received a yellow note, sent home with their child, in regards to the results of this test. Please feel free to call with questions, if you did not get a note and are not sure about the results of these tests.

On October 10<sup>th</sup>, the dental hygienist from Washington County Public Health was here to talk to the 3<sup>rd</sup> grade students about the free dental sealant program they offer. All parents of 3<sup>rd</sup> grade students should have received a consent form for this program. Your child will only be able to partake in this program if their consent form was completed, signed and returned by October the 22<sup>nd</sup>. The dentist will be here on the 22<sup>nd</sup> to do exams and is unable to examine your child without your consent.

I also have 2 nursing students here every Thursday from the University of Iowa. They are required to do 2 projects with the students. For their 1st project, they have decided to do a presentation on Halloween safety with the 2<sup>nd</sup> grade students on the 23<sup>rd</sup> and 30<sup>th</sup> of October. This will be just in time for Halloween night. Ask your 2<sup>nd</sup> grader what they learned about staying safe while trick or treating. HAPPY HAUNTING...

Shelly Hoffman  
School Nurse

## STUDENT ASSISTANT COORDINATOR

### ITBS

The first, second, and third grade students will be taking the Iowa Test of Basic Skills beginning Wednesday, November 5<sup>th</sup> through Friday, November 14<sup>th</sup>. These tests (more commonly known as the Basic Skills Tests) are the first experience your child will have with standardized tests. This is the first year that we will administer the test to the first grade class. Since these tests are very important, we would like to provide suggestions for your students at home during these days:

1. It is important that the students are well rested on the testing days. We would hope that each student get ample sleep on the nights prior.
2. It is important that your student get a good breakfast on the mornings of the test. He/she needs to be at his/her best, and a good breakfast will help his/her preparation.
3. It is important that the students arrive to school on time. The ITBS will be administered during the morning.
4. Your student will need two number 2 pencils to take this test.

The students should be bringing home a Basic Skills Packet that gives you some information on the testing and some sample questions that you can go over with your student. These tests measure an individual student's achievement in various academic areas. The scores are extremely helpful for us at school and for you at home to know how your child is progressing both by himself/herself and compared to other students in their grade level. Test results will be shared with you when scoring has been completed.

If you have any questions or concerns about any of the testing schedules or procedures, please contact me by calling (319) 653-3244. Thank you for your continued support for the total education of your child.

Aaron Six

## MEDIA CENTER MESSAGES

Parents, have you asked your child what book he/she has checked out from his/her school media center? And, have you gotten the answer of... "I don't remember"? Or have you wondered if there is an item in the school media center that your child could use to finish a report that is due by the end of the week? Now there is an easy way for you to find out!

You can check to see what is available in our media center or find out what your child has checked out through the Internet!

Here's the address for Stewart Elementary's media center InfoCentre catalog:  
<http://media.washington.k12.ia.us/InfoCentre/Library.do?library=ses>.

You can do a simple search, advanced search, or a visual search. You may choose to browse any or all of the media centers by using the "Other Libraries" option. If you choose items to put on "My List" from several searches, you can then print the list to send to school the next day with your child.

And, if you need to know what your child has checked out, use the "My Library Info" tab. A Stewart student will need to know his/her patron I.D. numbers (from their orange and white I.D. cards), student's last name and teacher's last name. You will be able to see the item's barcode number, title, and due date of each item your child has checked out.

If you have any questions about how to use our InfoCentre catalog, please contact me.

Ms. Kishel  
Stewart's Media Specialist

## PAYSCHOOLS

### Pay Lunch Fees and School Registration Online

Paying your child's lunch fees and school registration is easy with PaySchools. PaySchools is a secure, online payment processing system that lets you pay by electronic check or credit card. PaySchools allows parents to have easy and convenient online access to purchase and pay for items and fees 24 hours a day, 7 days a week.

Using PaySchools is easy - just visit the school district's web site, <http://www.washington.k12.ia.us> and click the PaySchools link. Any deposits that are made by 10:00 a.m. will go into your child's account that school day. If you make a deposit after that time, it will be deposited into your family's lunch account the next school day. If you have any questions, please contact Stewart Office at 653-3244.

## IOWA SCHOOL ALERTS

Iowa School Alerts allows you to sign up and receive notifications when a school or school district closes, has a delayed start or an early dismissal. There are two ways to receive notifications: e-mail alerts or cell phone text messaging. Receive e-mail/text message notices when a school or school district delays starting or closes early. With Iowa School Alerts, you can have notifications sent to as many e-mail addresses or e-mail enabled device addresses as you would like.

The district will still make sure that local media outlets are notified, so notices will still be made on the television (Channel 9) and radio (KCII 1380 AM or 106.1 FM). We hope that you will take advantage of this opportunity to be directly notified. Go to our district website at: <http://www.washington.k12.ia.us> and scroll to the bottom of the home page. Click on the Iowa School Alerts link to sign up.

# Stewart Shuttle

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