

### 617-635-8672 35 Harvest Street Dorchester

Dear Roger Clap Families,

SET AN **EARLIER** 

**BEDTIME** 

PLAN AN

**EARLIER** 

DINNER

TIME

FOLLOW A

**BEDTIME** 

ROUTINE

We know that transitioning back to school can mean getting back into a new sleep and bedtime routine. Take a look at these resources to help

**EVERYONE IN** 

THE FAMILY

STAY

CONSISTENT,

EVEN ON THE

**WEEKENDS** 

ENCOURAGE

**EXERCISE** AFTER

SCHOOL

**AVOID SCREEN TIME** 

AND OVER-STIMULATING

**ACTIVITIES BEFORE BED** 

you and your family ensure your learner is rested and ready to learn each day. **NEW SCHEDULE** sleep tips Age Sleep Each Day Students Ages 3-5 MAKE BEDTIME A HABIT FOR GRADUALLY

Recommended Hours of 10-13 hours (including naps) Students Ages 6-12 9-12 hours

Please see below for a number of important updates for our community.



ST Math: This week we are launching our school wide participation in ST Math! ST Math is a visual instructional program that uses puzzles to teach math and develop problem-solving skills while having fun. As a part of our math



curriculum, your student has been given an ST Math account. You can read more information about ST Math and our adventures with Jiji, the penguin, in the attached letter. You can also try the program by using this QR Code

Student Birthdays: Celebrating birthdays with classmates is something we enjoy. To create a joyful and healthy classroom community, which prioritizes time spent teaching and learning, our school implements the following policies for classroom birthday celebrations. On the specific day of the learner's birthday, classroom teachers will honor the student during morning meeting and/or closing circle. The Birthday Celebration Day will typically be on the last Friday of each month where treats, activities, and/or special read alouds are enjoyed.



### Dates for Birthday Celebration Days are:

- September 29 (August & September birthdays)
- October 27
- November 17

- December 15
- January 26
- February 16
- March 22

- April 26
- May 31
- June 14 (June & July birthdays))

# Roger Clap Family Newsletter Tuesday, September 19, 2023



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### School Wide Updates:

- Your VOICE: Help us build a strong family-school partnership through our <u>Parent/Family Council</u>
   <u>& School Site Council</u>! No prior experience is required!!
  - o Do you want to support the growth of our school?
  - Do you have ideas about how best to ensure our school is successful for students, families, and staff?
  - Learn about a family leadership position by completing the form attached.
- <u>Back to School Night</u> Thursday, September 28, 2022 from 5:30-7pm: This is an opportunity to
  meet your child's teachers, share your hopes and dreams for your child(ren), and learn about the
  curriculum, expectations, and opportunities for the school year. Your presence really matters.
  Please mark your calendar and save the date. Please complete the RSVP form.
- Clap Parent Mentoring Program in partnership with St. Stephen's Youth Program: Clap Parent Mentors will receive a stipend of \$17-\$17.50/hour for the 12+ hours a week they are in person. Parents as mentors at the Clap work one on one and in small groups with students in a consistent classroom. No other previous experience is required, and all parents will be provided the training necessary (in English, Spanish, Cape Verdean Creole, and/or Vietnamese). Please complete the attached form if you are interested!

In partnership, Emma Fialka-Feldman, Principal