



Keheley Elementary Highlights

February 3, 2023



Reminders

- Feb. 8 – Donut Day \$1
- Feb. 10 – Progress reports sent home
- Feb. 13-17 – Random Acts of Kindness Week & Healthy Heart Week
- Feb. 14 – Valentine's Day
- Feb. 15 – 16 – Keheley Heart Challenge
- Feb. 20-24 – Winter Break

Did you Know...

Elementary aged children need more sleep than teens & adults?

Thanks right, the American Academy of Sleep Medicine has recommended that children aged 6–12 years should regularly sleep 9–12 hours per 24 hours. See more information on the following page.

Science Fair

Does your child love science? The Science Fair is a great opportunity to encourage that exploration! Please see the attachment for details. Your child can return it to school, or you can email it to Brandy.Medlin@cobbk12.org to get more information!

Keheley Writing Fair

Congratulations to our Writing Fair Winners! Their authored pieces have been submitted to the District's Writing Fair. We wish them each the best of luck!

Savannah Williams

Vanessa Moran

Romina Camacho Sanchez

Ruby Milberger

Phoebe Hrach

Anthony Mojica

Looking Forward

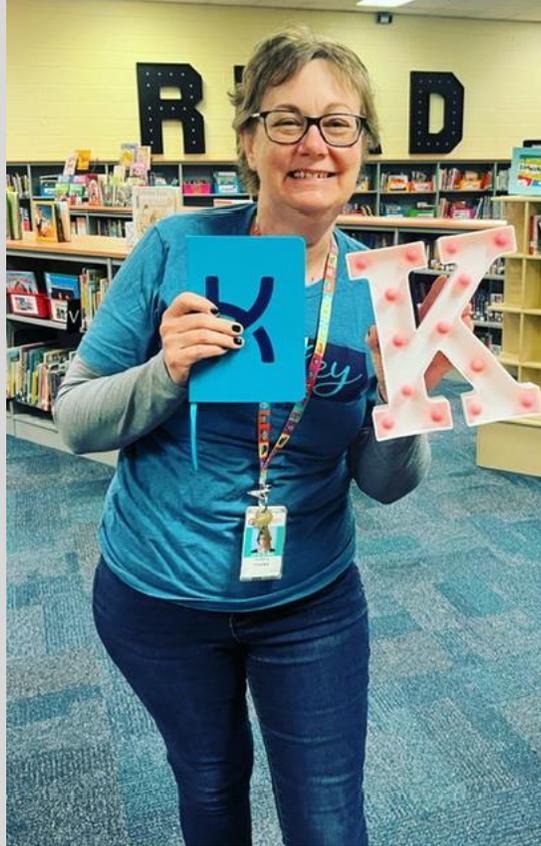
March 6 is our Annual Career Day! Last year, we had a great turn out with a variety of careers and experiences to share. We look forward to offering our students a fun day to learn about the amazing work you all do!

Next week, look for an email to sign up to share your career journey with our students. Feel free to share the information to community members that might want to discuss future endeavors with our students.

Feel Good Friday

Each week, we will feature an inspiring, deserving Keheley staff member. The goal of this effort is simple: to recognize the hard work and dedication of our amazing staff! How are staff members selected? The past week's recipient nominates and recognizes the new week's recipient by writing them a special note in our Keheley journal and passing the marquee K along!

Mrs. Pam Verma, Student Support Teacher



Strategies for Struggling Sleepers

- Establish a set bedtime and try to stick with it (easier said than done).
- Create a relaxing bedtime routine: 4 B's bathing, brushing, books, bedtime.
 - No screens at least an hour before bedtime.
 - Just quiet, calming voices and movements to help relax.
 - Give yourself and your child grace – progress over perfection.

https://www.healthychildren.org/English/healthy-living/sleep/Pages/healthy-sleep-habits-how-many-hours-does-your-child-need.aspx?_ga=2.202948561.1137463310.1675447930-343796812.1675447930&_gl=1*1km5ju*_ga*MzQzNzk2ODEyLjE2NzU0NDc5MzA.*_ga_FD9D3XZVQQ*MTY3NTQ0NzkzMC4xLjE1MTY3NTQ0Nzk1Ny4wLjAuMA..

<https://www.healthychildren.org/English/healthy-living/sleep/Pages/The-4-Bs-of-Bedtime.aspx>

<https://www.goodhousekeeping.com/life/parenting/a34333/viral-bedtime-chart/>

<https://raisingchildren.net.au/pre-teens/healthy-lifestyle/sleep/school-age-sleep>