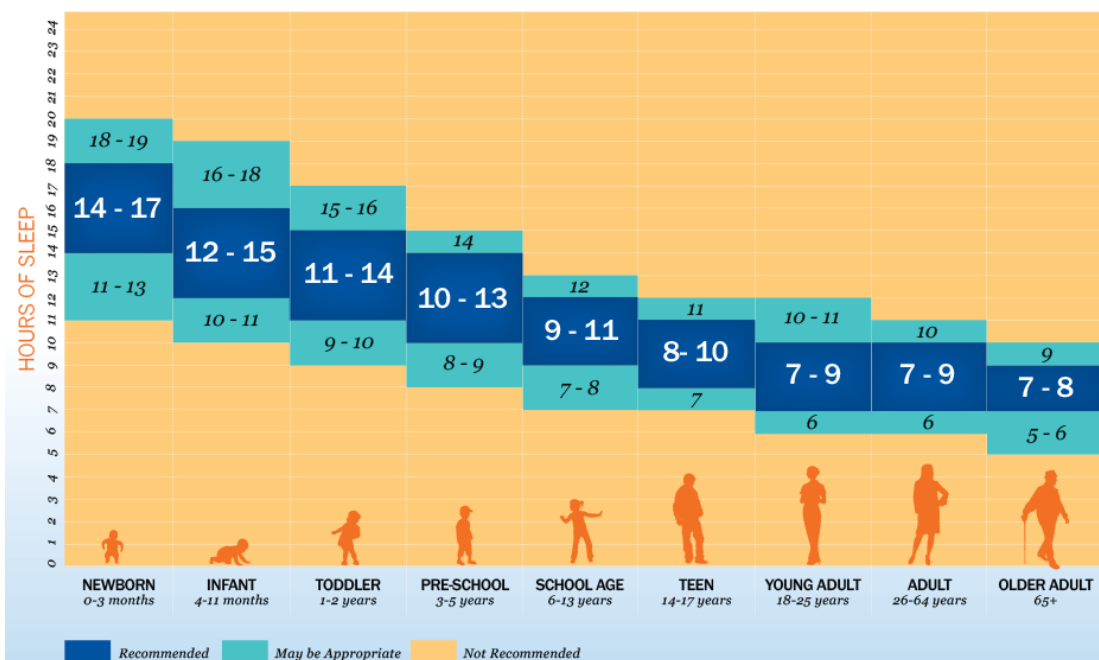


SLEEP DURATION RECOMMENDATIONS



SLEEPFOUNDATION.ORG | SLEEP.ORG

Hirshkowitz M, The National Sleep Foundation's sleep time duration recommendations: methodology and results summary, Sleep Health (2015), <http://dx.doi.org/10.1016/j.sleh.2014.12.010>

Dental Health Parent Resource Night

Monday, February 11 6:00-7:00p.m.

@ Coffeen Elementary School

Presented by Dental Hygienist & PreK Parent, Renee Laughlin

Join us for a short presentation about dental health, & then participate in some fun activities with your child, including a healthy snack station. Every child in attendance will receive a special bag to take home!

Please RSVP by Feb. 7

Lack of sleep can lead to:

cranky kids
weight gain
inability to concentrate
slower response time
weakened immune system
lack of growth
and of course ... being tired



A loss of one hour of sleep is equivalent to [the loss of] two years of cognitive maturation and development.

— Dr. Avi Sadeh

“Because children’s brains are a **WORK-IN-PROGRESS** until the age of 21, and because much of that work is done while **A CHILD IS ASLEEP**, this lost hour appears to have an **EXPONENTIAL IMPACT ON CHILDREN** that it simply doesn’t have on adults.”

— Po Bronson, NY Mag

DON'T WAIT!

Call to schedule a Pre-K Screening for your your child turning 3 by Sept. 1 now!

Available Screening Dates:

★March 11

★April 8

★May 13

Call Miss Sarah in the PreK Office to schedule an appointment!

217-534-2314 or svanmiddendorp@hillsboroschools.net