

Little Bridges News

October 2019



Calendar of Events

Book Fair

9/30 – 10/4

School Age Min. Days

10/7 – 10/11

Pumpkin Patch Field Trips

Ducks: Thurs. 10/3

Giraffes/Jaguars: Thurs. 10/10

Koalas/Pandas: Fri 10/18

Costume Parade

Thurs. 10/31 9:30 AM

Food Drive

11/1 – 11/27

CLOSED – Veteran's Day

Monday 11/11

School Age All Day Camp

Friday 11/1

&

11/25 – 11/27

CLOSED – Thanksgiving

11/28 & 11/29

Enrichment Classes

Soccer Shots (3-5 yrs)

Mondays

Tuff Tumblers (2-4 yrs)

Thursdays

Art & Soul Music (SA)

Wednesday

The Book Fair is Here!

This year we have two separate areas for the book fair. The Little Bridges Office will be set up with Infant/Toddler Board Books, Preschool Picture Books and Adult Books. Easy Readers, Chapter Books and Posters will be set up in the Gathering Hall. The register is located in the office which takes credit cards for easy purchase. Check out both areas – it's not too early to start Christmas shopping!

Every classroom also has a "wishlist" bin filled with books the teachers would like to add to their classroom library. This is a great way to contribute to your child's education here and say "thanks" to our teachers.

Little Bridges Costume Parade

On Thursday, October 31st, all preschool children will parade around in their costumes at 9:30 a.m. We will rope off an area in the parking lot for the parade route.

It is easiest to send your child to school in their costume with a bag of clothes to change into. Please label everything and remember that anything scary or violent (including masks and weapons) are not appropriate for a school setting.

Operation Christmas Child - Oct. 12th

Every fall, Canyon Creek Church participates in Operation Christmas Child - a special project led by Samaritans Purse. We put together shoeboxes filled with toys, stuffed animals, school supplies, and hygiene products and send them around the world to kids in need. These children are impacted by poverty, famine, war, or natural disaster. The gifts bring Christmas joy and introduce the kids to the gospel of Jesus Christ.

Please bring a few items to contribute (we provide the boxes) and join us on Saturday, October 12th from 10am to 12pm for a OCC Packing Party!

Sleep Matters: National Sleep Foundation

AGE	Hours of sleep on a regular basis to promote optimal health
Infants 4 months to 12 months	12-16 (including naps)
Children 1-2 years of age	11-14 (including naps)
Children 3-5 years of age	10-13 (including naps)
Children 6-12 years of age	9-12
Teenagers 13-18 years of age	8-10

Sleep Matters

Years ago, when I had preschoolers at home, the Kirk house was quiet by 7:45 pm, with the boys all sleeping soundly. We sleep-trained our kids early and had a 7pm bed time routine that was non-negotiable: bath, brush, books, prayer, kisses goodnight then lights-out. At times, after a particularly long day without seeing my kids, I would be tempted to break this strict time routine -out of guilt or just out of energy. After all, we had just gotten home, had a rushed dinner and the clock ticked towards 7pm before I could even unwind from the day myself. But we stuck with being consistent. We had our kids on a 7pm to 7am schedule – all 7 days of the week (with of course the occasional exceptions). I knew this was not only good for the boys sake, but our marriage as well.

I believed then that sleep definitely effected my children's mood (and mine too as an exhausted parent), but according to pediatric researcher, Dr. Mindell, sleep is essential to good health. "When kids get the sleep they need, they may have a lower risk of becoming overweight and developing diabetes as well as fewer learning problems and attention issues. Sleep is as important as nutrition and exercise. It's when the body repackages neurotransmitters, chemicals that enable brain cells to communicate. And experts have recently been able to demonstrate that sleep allows brain cells to "take out the trash" each night, flushing out disease-causing toxins."

Getting your child to bed early has more benefits than you may realize. The latest studies are showing that extra ZZZZ's may help children fight obesity, avoid colds and succeed in school.

Below are 7 reasons to get into a good sleep routine with your kids:

1. Sleep promotes growth.

You've probably had mornings where you've sworn your baby got bigger overnight, and you'd be right. Did you know that growth hormones are primarily secreted during deep sleep?

2. Sleep helps the heart.

Experts are learning that sleep protects kids from vascular damage due to circulating stress hormones and damaging cholesterol.

3. Sleep affects weight.

That's key, because the sleep-weight connection seems to snowball. When we've eaten enough to be satisfied, our fat cells create the hormone leptin, which signals us to stop eating. Sleep deprivation seems to impact this hormone, so kids keep right on eating. Worn-out kids also eat differently than those who are well rested. Research has shown that children, like adults, crave higher-fat or higher-carb foods when they're tired.

4. Sleep helps beat germs.

During sleep, children (and adults) also produce proteins known as cytokines, which our body relies on to fight infection, illness, and stress.

5. Sleep reduces injury risk.

Kids are clumsier and more impulsive when they don't get enough sleep, setting them up for accidents. One study of children found those who were short sleepers (fewer than nine hours per night for school-age children) were far more likely to have injuries that demanded medical attention. Ouch!

6. Sleep increases kids' attention span.

Children who consistently sleep fewer than ten hours a night before age 3 are three times more likely to have hyperactivity and impulsivity problems by age 6. "The symptoms of sleep-deprivation and ADHD, including impulsivity and distractibility, mirror each other almost exactly," explains Dr. Owens. Judith Owens, M.D., director of sleep medicine at Children's National Medical Center, in Washington, D.C.

7. Sleep boosts learning.

Sleep aids learning for kids of all ages, and education experts are finding that naps have a particular magic. Neuroscientists at the University of Massachusetts Amherst taught a Memory game to a group of preschoolers. Then the kids took a nap one week and stayed awake the other week. They forgot 15% of what they'd learned when they didn't nap, but when they did, they retained everything. The kids scored better on the game not only after they'd just woken up but the next day too.

Sleep matters! Just as I would encourage you to feed your child healthy food, I urge you to get a bedtime routine going in your home – and stick to it. Your kid's health and success is directly linked to the amount of shuteye they get.