

IMPORTANT DATES:



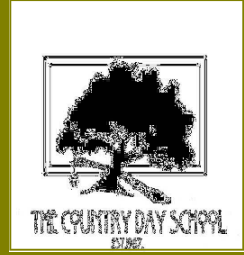
- **Tuesday Sept. 16th-**
Fall picture Day
- **Tuesday Sept. 23rd-**
make up picture day
- **Monday Oct. 13th-**
NO SCHOOL-
Parent/teacher conferences Tk-8th grades; Preschool new parent conferences
- **Monday Oct. 13th-**
Scholastic Book Fair begins

Reminder: Tuesday Sept. 16th is Picture day starting at 8:30AM

Please be sure to turn creek permission slips into the front office. We are ready to do some fall hiking.



Friday News



SEPTEMBER 12, 2008

Bed Time Blues

"Go to bed and stay there!" "Ah, mom, please can I stay up a little longer tonight, I'm not tired." "Are you out of bed again, you had a drink, you've gone to the bathroom, I've kissed you good-night, now just go in and go to sleep, you are going to be exhausted tomorrow." If these phrases are familiar to you, you are not alone. Every night, around the world parents end their evenings with similar words. Bedtime is one of the most frustrating times for parents.

If bedtime is difficult in your house perhaps the following six suggestions can be of help. Remember that your children need your help during this major transition of their day. Remain calm, sensitive and loving. Remain in charge. Follow through. Be positive.

1. Establish a definite bedtime. With younger children inform them of your decision and stick to it. According to a recent article in Parenting Magazine, setting a timer each night before bed is a great way to help. When the timer goes off it is time for bed. One of the mom's in the Preschool community has been doing this for two weeks now and she said she no longer has to struggle with her

3 year old daughter at bed time. Children feel empowered if given a choice from which they can choose. "You can choose either 7:15pm or 7:30pm as your bedtime or when the timer goes off it is time for bed." With older kids, give them the opportunity to stay up later on Fridays and Saturdays. Also it is important that children recognize that adults need time alone together. Teens, for example, may set their own time to go to sleep, but they need to go to their rooms to read or study after 9:00pm in order for parents to have some "adult-time." 2. Develop a consistent routine. Children who have a set of bedtime activities adapt better. From getting bedclothes on, to washing face and teeth, to having water by the bed, to that all-important bedtime story. Try to set up a routine that you and the kids follow every night. 3. Prepare for bedtime by giving notice. "It's 7 o'clock, bed time is in an hour." By announcing in advance their bedtime, children begin to mentally prepare for the change and are more receptive to shifting their focus from other activities.

4. Younger children often feel having a doll, stuffed animal or special blanket helps them to transition to sleep time more securely. Such an object for the child symbolically reminds them of their parents and helps that time alone to feel safer and more secure. Don't force kids to go to sleep. It is better to help children to listen to their own internal clock, to recognize their own feelings of fatigue. Rather, define bedtime as the time of night you go to your room and prepare for sleep with a story or reading to yourself. Some children relax if there is a radio playing soothing music. After a full day, most children will fall asleep naturally as soon as they slow things down. 6. Finally, plan your time around the children's bedtime. Don't count on watching your favorite TV program during the bedtime routine. The kid's bedtime is not the time to do the dishes or work on that unfinished project. Focus on the children, help them to get ready and give them a few minutes of quality time. Bedtime can be one of the few times in the day when a parent can really connect emotionally with their child and a child can feel close to the parents.



Annie's Homegrown

This week information went home about the Annie Homegrown project that we will be participating in. Our goal is to collect 500 box tops from Annie's Homegrown products by October 31st to win a free organic garden starter set. All of Annie's products can be found in the dietary and natural food section of your local grocery store. Some of the stores that carry the

products are Publix, Winn Dixie and Southern Family Market. If you don't see the specific product you like, you can ask the store manager to carry it for you. Most stores are more than happy to oblige to customer requests. For more information on Annie's Homegrown products visit their website at: annies.com.



Back to School Family Field Trip



Falls Mills
 Established 1873
 Ph# (931) 469-7161

Mark your calendars now!

On Sunday October 5th from 1PM-3PM at Falls Mills in Belvidere, TN. The Country Day School will be having a back to School Family Field trip. It is an event for all of our friends, family and staff to become better acquainted with one another.

Falls Mills is located in a green cove along the banks of Factory creek. The mill was built in 1873 as a cotton and woolen factory and later converted for use as a cotton gin then as a wood-working shop. Today the water wheel powers mill-

stones that grind cornmeal, flour and grits which can be purchased at The Country Store.

Families will be able to go on self guided tours of the grounds and buildings full of antique machinery or just sit, relax and visit in their lawn chairs by the cascading waterfalls. Be sure to bring you cooler full of refreshments.

We are encouraging all families to carpool which can help save on gas and help form new friendships. Find a family in your child's class to carpool with

by looking in the family directory which we will be sending home next week.

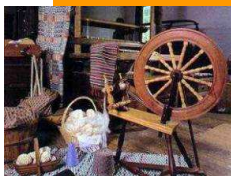
Admission to the mill will be \$4.00 for adults/ \$3.00 for senior citizens/\$2.00 for children under 14.

Visit their web site at: <http://www.fallsmill.com>

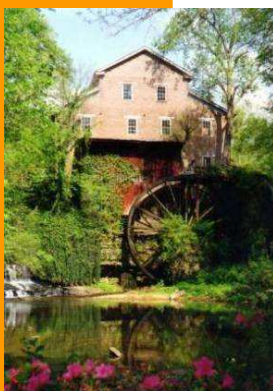
We hope everyone can make it! It should be a fun adventure.



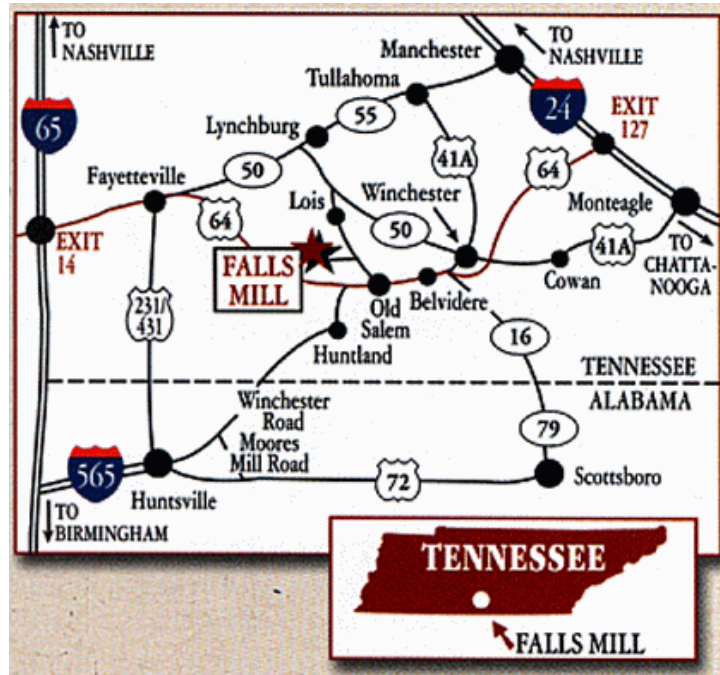
The beautiful falls where families can sit and relax.....



Visit the spinning wheels and rare collection of 19th century power looms and wool carding machines..



The Falls Mill



Falls Mills is located in South Central Tennessee, 10 miles west of Winchester, 1 mile north of us 64 at Old Salem: 35 miles northeast of Huntsville, AL

Primary Library Time



Primary students begin their 'Friday Specials' today and Library is one of those. Each student received a book bag that

should help keep track of the books they borrow from the school library. Please return the book bag each time with the borrowed books.

- Library books may be kept for two weeks, but most students return their book each week for a new one. No fines are charged for 'late books' but Primary students may only borrow one book at a time.
- Students are encouraged to look for books that are new and different from what they have at

home. As the year goes along, they will be challenged to find something they can read to themselves! Parent volunteers are needed to help on Friday in the library from 11:30-2:30. Please contact Mrs. Malcolm if you are interested. Read daily with your child!

Robert a Malcolm, CDS Librarian



Flower Power

As a part of our "Outdoor Project", next week we will be starting our Flower Power passive fundraiser which will continue through October 10th. Families and friends will be able to select from an array of flower bulb collections and colors. Each child will receive a full color brochure/order form and an envelope to conveniently keep all their collected money in.

We are very excited about this project because not only will we be getting bulbs for the children to plant here on campus but we will receive 50% of the proceeds as well to put towards our "Outdoor Project"

There will be a prize for the class and the individual who sells the most bulbs!



Huntsville Hospital Autumn Chase

Thursday September 18th Huntsville Hospital will be holding their 2008 Autumn Chase run. Children in Preschool-8th grade can participate. Registration for the race begins at 3pm and continues through race time. All finishers will receive a t-shirt and 1st-3rd place a trophy.

New this year for the first time, dinner can be purchased at the run. Enjoy grilled hot dogs, chicken sandwiches and more.

Registration forms for the race were sent home and more are available at the front office.



Strange Matter

Sci-Quest is holding a community open house this weekend with free admission Saturday from 10AM-6PM and Sunday from 1PM-5PM. The science center features its fall exhibit "Strange Matter" and the Hi-Def Cinema in the Immersive Theatre. The theater is located on the Calhoun Community College's Huntsville campus at 102 -D Wynn Drive. For more information on this event visit www.sci-quest.org or call 837-0606



Teachers Quote: I saw the future marching by on little children's feet. And in their former faces read their prophecy complete. I saw the future smile at me from little children's eyes and thought how very carefully I'd teach if I were wise.





Friday News

September 12, 2008

The Aviators have had a great week. We have been reviewing capitalizing proper nouns as well as writing with a lot of description.

In math, group A has been adding double digit numbers with renaming (carrying). I am impressed with how quickly they caught on!! Group B is continuing to master multiplication tables 0-3, with different games and activities.

In science, we have begun our unit on Simple Machines, beginning with a lever. Ask your child how they can use a lever to pick up something heavy, but be careful; they may try lifting objects around your house!

Group A Spelling

Fix, still, sit, win, tin, fit, hit, will, hill, bill

• September

I chose short /i/ words because I am seeing students mistaking /e/ for /i/ when sounding out words

Group B Spelling/Vocabulary

fact, held, gift, flock, crust, print, raft, yell, brick, trust, log, west

How tests are given this year:

Since spelling words *are* vocabulary words this year, to test for both at the same time, I am going to read a definition, and they have to write the word. For example, I would say "a combined breakfast and lunch" and they have to write "brunch" spelled correctly. I will be using the exact definitions that they wrote on their vocab cards since we are doing them to-



This week in French class we reviewed how to say hello, introduce ourselves, ask how someone is doing and answer, and say goodbye in French. We practiced this with a song, "Bonjour, Bonjour, Comment Ça Va?" We also practiced some French commands.

In art class we began a series of 6-12 separate watercolor paintings that next week we will begin critiquing to tell a story.

