

# LCDS Lower School January 2020

## NEWS and FUN FACTS



Third grade is selected to receive a 2019 Hess Toy Truck STEM Kit with 12 Hess Tow Truck Rescue Team toys to be used with the STEM curriculum.



**City Love** visited Lower School for January assembly sharing their message of peace, love and belonging.



Spring enrichment activity sign ups will be out after spring break. Some of our students will be participating in Celebration of Cultures Night, K'NEX STEM, Reading Olympics and Chess Tournament this spring,



**Get some sleep:** The American Academy of Sleep Medicine recommends the following amounts of sleep:

- 3 to 5 years -- 10 to 13 hours
- 6 to 12 years -- 9 to 12 hours
- 13 to 18 years -- 8 to 10 hours



Dress for the weather. Students must have a hat and coat if they want to go outside in the cold weather!



**Reduce screen time:** The American Academy of Pediatrics recommends the following amounts of quality screen time:

- 3 to 5 years -- 1 hour or less
- 6 to 12 years -- Limit media and device type and ensure that media doesn't interfere with sleep and physical activity

**Save the Date:** March 5th is the K-2 Spring Musical. See you there!