

Liberty Elementary Newsletter



PTO Information:

Our first PTO meeting had a great turn out! We hope to see you on September 12 @ 3:30 in the library for the next meeting. Come share your ideas and hear what the PTO is doing for the school!

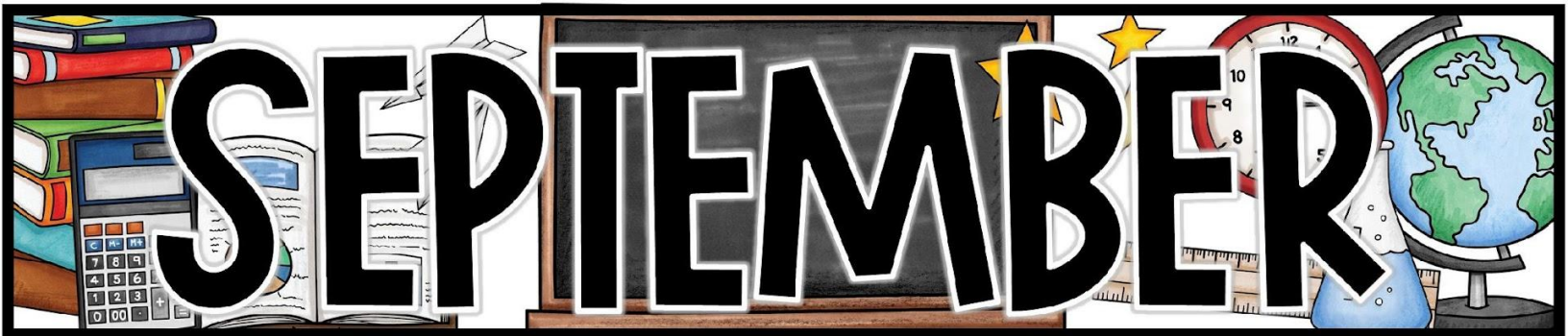
Upcoming Events

- September 5: No School, Labor Day
- Title 1 parent meeting: September 14
- First grade field trip to Whitewater State Park: September 16
- Homecoming Parade and Game: September 23
- Eco Guardians presented by Duke Energy: September 29

Nightly Reading

Attached you will find a September reading sheet. Your child needs to read for at least 20 minutes each evening. Mark the days that this goal is accomplished on the calendar. If they read for 20 days and fill in all the spaces on the sheet, they can turn it in for a small prize!





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Positive Office Referrals

<i>Lee Skinner</i>	<i>Devyn Sparks</i>
<i>Bridgette Niehues</i>	<i>Wesley Schuck</i>
<i>Maci English</i>	<i>Waylon Brown</i>
<i>Knox Brattain</i>	<i>Gatlin Miller</i>
<i>Lucas Moore</i>	<i>Aerolyn Sandlin</i>
<i>Jeremiah Strain</i>	<i>Evan Harrison</i>
<i>Troy Schoneld</i>	<i>Addie Asbury</i>

Bedtime routines and consistency are a MUST!

Sleep is an essential part of everyone's routine and an indispensable part of a healthy lifestyle. Studies have shown that kids who regularly get an adequate amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health. Not getting enough sleep can lead to high blood pressure, obesity and even depression.

Recommended amount of sleep:

- Children 3-5 years old: 10-13 hours
- Children 6-12 years old: 9-12 hours

Monthly LifeSkills

Perseverance

At school, learners may practice tough math facts or sound out difficult words. Perseverance is all about doing things that may not come easy right away. This includes **riding a bike, practicing sports skills, and trying a musical instrument.**

Integrity

Integrity is doing the right thing, even when no one is looking. **"...a child's foundation should be built so strongly that he can continue to function with honor and with love even when those around him do not."** Trevor Eissler

