

# Escuela SMART Academy March Newsletter

Escuela Families,

All of our students in grades Kindergarten through 6th grade will be taking the iReady Diagnostic beginning March 3rd through March 17th. The students in grades 3 through 6th grade will be taking the Ohio State Test beginning March 14th through April 30th. Your child's teacher will be letting you know when the class will be testing for both tests. Please make sure your child has a good night's rest and a good breakfast on the morning of their tests.



Beginning on March 14th and with the weather permitting, students will be going outside for recess. Please make sure your child is prepared for the cold weather and has appropriate clothing as well as a coat, hat, and gloves if needed.



## A Note from the Nurse

Hello Escuela Families,

This is a great article by the Cleveland Clinic on the importance of sleep to keep your child healthy, please take the time to read it. If you have any questions don't hesitate to contact me at 419-671-5550 or email me at [mohashi@tps.org](mailto:mohashi@tps.org).

Thank you, Nurse Martha

### Is Lack of sleep keeping your child from doing their best in school?

**To determine if your child gets enough sleep, ask yourself these questions:**



1. Does my child need to be awakened three to four times before actually getting out of bed?
2. Does my child complain of being tired throughout the day?
3. Does my child take an afternoon nap?
4. Does my child fall asleep in class?
5. Does my child need to catch-up on weekends?

***If you answered yes to any of those questions, then your child is not getting enough sleep. If a child gets enough sleep, it can help improve a child's behavior and mood and can help with better performance in school as well.***

Age Group	Recommended Amount of Sleep
3 to 5 years	10 to 13 hours per 24 hours, including naps
6 to 12 years	9 to 12 hours per 24 hours
13 to 18 years	8 to 10 hours per 24 hours

## **8 Tips for Better Sleep for Your Child**

1. Choose a bedtime that allows your child to get **10-11 hours** of sleep. If your child is not getting to bed early enough, make bedtime earlier by 15 to 20 minutes every 3 days.
2. It is very important to keep a regular schedule. It should not vary by more than 45 minutes between weeknight and weekend
3. Create a consistent bedtime routine ( yes, even for older children) that is **calming and sets the mind for sleep**
4. **Turn off** electronic screens at least 60 minutes before bedtime.
5. Avoid caffeine and sugary drinks, particularly in the second half of the day.
6. Help your child get ready for sleep.
7. Is your child getting enough physical activity throughout the day? Aim for at least one full hour of physical activity a day. Outdoor play or school sports.
8. As with many habits, it is important to be a good example by making sleep a priority for yourself.

## **When to see your Pediatrician or Family Doctor**

Here are some reasons to take your child to the doctor to discuss sleep concerns:

1. Your child seems to have excessive fears of anxiety around going to sleep
2. Snoring that is loud or disruptive
3. Frequent unexplained nighttime awakenings
4. Nighttime bedwetting that persist past the age of 7
5. Excessive daytime sleepiness, in spite of adequate hours of sleep.

*Information in this post is created by using information in several articles in U.S. News & World Report in association with the medical experts at Cleveland Clinic.*

## Basketball Schedule March 2022

<b>Escuela SMART Academy Alebrijes Basketball 2022</b>					
<b>Week 5: 2/19/22</b>				<b>Location</b>	<b>Time</b>
Kinder	Escuela	v	Grove Patterson	Grove Patterson	9:00 AM
1st/2nd grade	Grove Patterson 3	v	Escuela	Grove Patterson	9:45 AM
3rd/4th Boys	Escuela	v	Longfellow	DeVeaux	10:00 AM
3rd/4th Girls	Escuela	v	Grove Patterson	Leverette	12:00 PM
5th/6th Boys	Escuela	v	Pickett	Escuela	11:30 AM
5th/6th Girls	Escuela	v	Grove Patterson	Escuela	12:15 PM
<b>Week 6: 2/26/22</b>				<b>Location</b>	<b>Time</b>
Kinder	Escuela	v	BYE WEEK	-	-
1st/2nd grade	Longfellow	v	Escuela	Grove Patterson	1:45 PM
3rd/4th Boys	Hawkins	v	Escuela	DeVeaux	10:00 AM
3rd/4th Girls	Escuela	v	Harvard	Leverette	12:00 PM
5th/6th Boys	BYE WEEK	v	Escuela	-	-
5th/6th Girls	Ella P Stewart	v	Escuela	Escuela	12:15 PM
<b>Week 7: 3/5/22</b>				<b>Location</b>	<b>Time</b>
Kinder	Old Orchard	v	Escuela	Grove Patterson	9:00 AM
1st/2nd grade	Marshall	v	Escuela	Grove Patterson	1:45 PM
3rd/4th Boys	Old Orchard	v	Escuela	DeVeaux	10:00 AM
3rd/4th Girls	Escuela	v	Ottawa River	Leverette	12:00 PM
5th/6th Boys	Grove Patterson	v	Escuela	Escuela	11:30 AM
5th/6th Girls	Longfellow	v	Escuela	Escuela	12:15 PM
<b>Week 8: 3/12/22</b>				<b>Location</b>	<b>Time</b>
Kinder	Escuela	v	Beverly	Grove Patterson	9:00 AM
1st/2nd grade	Grove Patterson 1	v	Escuela	Grove Patterson	9:45 AM
3rd/4th Boys	Elmhurst	v	Escuela	DeVeaux	10:00 AM
3rd/4th Girls	Grove Patterson	v	Escuela	Leverette	1:00 PM
5th/6th Boys	Harvard	v	Escuela	Escuela	11:30 AM
5th/6th Girls	BYE WEEK	v	Escuela	-	-

# March 2022 Lunch Menu

March 2022

Escuela SMART Academy

Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
<p><i>Condiments:</i></p>	<ul style="list-style-type: none"> <li>• Beef Taco Sticks</li> <li>• Sliced Apples</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<ul style="list-style-type: none"> <li>• Grilled Cheese Sandwich</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• Orange Juice</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Tossed Salad w/Romaine</li> <li>• Celery Sticks with Ranch Dressing</li> <li>• Petite Banana</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<ul style="list-style-type: none"> <li>• Penne with Alfredo</li> <li>• Potato Dinner Roll</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• Mixed Berry Fruit Cup</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>
	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
	<ul style="list-style-type: none"> <li>• Pepperoni and Cheese Calzone</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• Orange Juice</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<ul style="list-style-type: none"> <li>• Beef, Bean, and Cheese Burrito</li> <li>• Chips Doritos Nacho Cheese</li> <li>• Sliced Apples</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Spaghetti with Meat Sauce</li> <li>• Whole Grain White Bread</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• Orange Juice</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<ul style="list-style-type: none"> <li>• Pepperoni Pizza</li> <li>• Tossed Salad w/Romaine</li> <li>• Celery Sticks with Ranch Dressing</li> <li>• Petite Banana</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>
	<b>11</b>			
	<ul style="list-style-type: none"> <li>• Baked Macaroni and Cheese</li> <li>• Whole Grain White Bread</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• Orange Juice</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>			
	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
	<ul style="list-style-type: none"> <li>• Mini Cheeseburgers Sliders</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• Orange Juice</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<ul style="list-style-type: none"> <li>• Beef Taco Sticks</li> <li>• Sliced Apples</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey Ham and Cheese on a Hawaiian Bun</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• Orange Juice</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	
			<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Tossed Salad w/Romaine</li> <li>• Celery Sticks with Ranch Dressing</li> <li>• Petite Banana</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<b>18</b>
				<ul style="list-style-type: none"> <li>• Cheese and Bean Burrito</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• Orange Juice</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>
	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
	<ul style="list-style-type: none"> <li>• Cheesy Garlic Pull Apart Bread</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• Mixed Berry Fruit Cup</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<ul style="list-style-type: none"> <li>• Beef, Bean, and Cheese Burrito</li> <li>• Chips Doritos Nacho Cheese</li> <li>• Sliced Apples</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Burger Mac Bowl Goz</li> <li>• Potato Dinner Roll</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• Mixed Berry Fruit Cup</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<ul style="list-style-type: none"> <li>• Pepperoni Pizza</li> <li>• Tossed Salad w/Romaine</li> <li>• Celery Sticks with Ranch Dressing</li> <li>• Petite Banana</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>
				<b>25</b>
				<ul style="list-style-type: none"> <li>• Baked Macaroni and Cheese</li> <li>• Whole Grain White Bread</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• Orange Juice</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>
	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>
	<ul style="list-style-type: none"> <li>• Pepperoni and Cheese Calzone</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• Orange Juice</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<ul style="list-style-type: none"> <li>• Baked Spaghetti with Meat Sauce</li> <li>• Whole Grain White Bread</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• Orange Juice</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<ul style="list-style-type: none"> <li>• Mini Cheeseburgers Sliders</li> <li>• Mixed Vegetables with Ranch Dressing</li> <li>• Orange Juice</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Tossed Salad w/Romaine</li> <li>• Celery Sticks with Ranch Dressing</li> <li>• Petite Banana</li> <li>• White Milk 1% Chocolate Milk Fat Free Strawberry Milk Fat Free</li> </ul>