



Prairie Central CUSD #8
 Meadowbrook Elementary School
 450 N. Bach
 Forrest, IL 61741
 815-657-8141

December 2015 & January 2016

Dear Meadowbrook Families,

As we move from 2015 to 2016, many people make New Year's resolutions. This year, I want to encourage you to make a family resolution to do something that supports your child's health and education. Here are a few suggestions:

Ensure your child gets enough sleep. Most 5 to 10 year olds need 10 – 12 hours of sleep per night. Children who get enough sleep are more alert in school, less irritable, and better behaved than those who are tired. Develop a nightly bedtime routine with your child that includes a consistent bedtime, even on the weekends.

Ensure your child reads 15 – 30 minutes every day, including over the weekends. Reading time should be a mixture of your child reading to you and you reading to your child. To become a better reader, children need to practice. The more printed words children are exposed to, the better their vocabulary. Children understand books that are higher than their reading level and listening to an adult read improves a child's vocabulary, improving their mental capacity.

Have meals as a family and talk to your child about their day and share your day with them. Having conversations with children improves vocabulary and communication skills. These are important for success in school and success in life.

Play board games and card games with your child. Games help improve memory, concentration and social skills. Plus, they are fun for all ages!

Making changes is a challenge for busy families, but well worth the effort because your children will be healthier and smarter!

Have an enjoyable Winter Break.

Trish Paulson, Principal

DATE	ACTIVITY
Dec 15	K, 2 nd , 3 rd to 5 th Gr Play at UE
Dec 22	End of 2 nd Quarter
Dec 22	Early Dismissal 2:06
Dec 23 – Jan 1	No School – Winter Break
Jan 4	School Resumes
Jan 8	Report Cards Home
Jan 8	AR Reward – Popcorn & Movie
Jan 14	Safety Talks with Erin Broerman (K, 2 nd , 4 th)
Jan 15	No School – Teacher's Institute
Jan 18	No School – MLK Day
Jan 21	Safety Talks with Erin Broerman (K, 2 nd , 4 th)
Jan 27	Safety Talks with Erin Broerman (K, 2 nd , 4 th)
Jan 28 & Jan 29	Preschool Screening – Chenoa

Preschool Screenings will be Jan 28 & 29 in Chenoa. Please call Chenoa Elementary to schedule an appointment 815-945-2971.



Reminders:

- The Meadowbrook office needs to be notified by 8:30 a.m. when your child will be absent.
- Parents are always welcome to eat with their child. Please call the office by 8:30 a.m. to be included in the lunch count. Adult lunch is \$4.70.
- Send snow boots, snow pants, hat & gloves daily. We will be going out unless the temperature is below 15 degrees!
- Doctor's appointment – Except under extenuating circumstances, doctor appointments (i.e. orthodontist, dentist, eye and medical) will be considered as ½ day excused, not a full day. (See page 4 of the Student Handbook)

Have your kids outgrown their sweatpants or jeans?

Please consider donating gently used clothing to the school. We need all sizes for children from K - 4th grade. Students often need a change of clothing for all sorts of situations, from lunch spills to bathroom accidents to playground puddles. Items may be sent to the school office.



Preschool Screening for 2016-2017 School Year

Please be sure to schedule an appointment for your child. These screenings are used to create the eligibility list for Prairie Central's Preschool program for the next school year.

January 28 & 29	Chenoa Elementary	815-945-2971
February 11	Chatsworth Elementary	815-635-3555
March 2 & 3	Westview Elementary	815-692-2623



Screenings are FREE and open to any child in Livingston County from birth to age 6 years. Other screening dates are available in other school districts in the area. Help us spread this information by telling neighbors and friends who may not receive this notice.