



## BECOME YOUR CHILD'S BIGGEST CHEERLEADER

Want to motivate your youngster to try her/his best? Remember to support them even when they fall short! If they study hard for a math quiz, for example, but only bring home a so-so grade, give them a hug anyway. "I know you wanted a higher grade, but I'm so proud of how hard you tried." Your encouraging words may inspire them to buckle down just as much next time.

## TRY A CHANGE OF PACE RIGHT AFTER SCHOOL

Your child spends most of his day sitting quietly at his desk. So he will need a change of pace when he arrives home. Encourage your child to try an activity. He might:

- *Take a bike ride.*
- *Work on a hobby or a craft project.*
- *Cook something with your supervision.*
- *Play catch with a friend.*

Make a list of some activities your child can do right after school.

## SLEEP MATTERS

If your child seems cranky and unfocused, take a look at his sleep habits. Kids six to nine years of age need roughly 10 hours of sleep per night. If your child is not getting enough sleep, he may:

- *Become irritable.*
- *Have trouble focusing in class.*
- *Become over-active.*

To avoid these problems and ensure that your child goes to school alert and ready to learn:

- *Enforce a reasonable bedtime.*
- *Establish a calm "winding down" routine before bed.*
- *Try playing soft, soothing music.*



## NEW TEACHER AIDE

We are blessed to have the services of Becky Grim, a longtime Lutheran school teacher at Zion, to work on Fridays in our school (enrichment and remedial activities). In order to engage her, we need to acknowledge her service through gifts. Thus we seek your generous spirit! Gift cards and certificates (example: Walmart, North Shore Grocery, McDonald's Food, Ziel's Zoom Zone, Citgo in HB) in the amount of \$25 ea. will serve nicely, or you can donate cash in any amount. We will pool weekly into \$25 gifts. All donations should be given at the school office or Paula Ceplecha.

## SCRIP CARDS

The message from Candy and Melody is WOW! and THANKS! The response to our first week of SCRIP Card purchases was out of this world. Thanks to the families that participated we will collect about \$900 profit for the Student Activity Fund at school. Our school is truly blessed to have so many supportive families. Thank You!

**Future SCRIP Card ordering dates...** We will order SCRIP Cards on **Monday, November 16, Monday, November 30 and Monday, December 14.** All orders must be received by the school office by 9:00 am on these order days. The anticipated delivery date for the cards would be the Friday following the order. Order forms will be available in the Church Narthex two Sundays before the order date or anytime from the school office. Plan now for your Christmas shopping. Use SCRIP Cards to make your purchases or use as gifts. If you have any questions contact Candy Strozeski or Melody Burton.

**SCRIP On Hand** – The school office will have a few SCRIP Cards on hand for those last minute shopping sprees. We will have the following gift cards... Walmart-\$25, Dunham's-\$25, Burger King-\$10, KFC-\$5, Kmart-\$25, Pizza Hut-\$10, and McDonald Food and Family-\$25. We would suggest you call ahead to be sure we have the cards you need; these will be on a first pay first get basis.