



COUNTRY DAY

CONNECTED

CountryDay.net/go/ConnectED

Hirsch Note—Week #7 Country Day ConnectED

Summer is on the way, and the temperature is rising after a chilly start to the week. If you haven't watched week # 7 video—[Click here to enjoy](#). Thank you to all the great Country Day moms!

Locker Pick Up—Saturday, May 16 (Check out attachment!)

We have cleaned out the lockers and collected 5th/6th grade swimsuits. Locker contents for 5th, 6th, and 7th graders may be picked up Saturday morning (8:00 a.m.-12:00 p.m.). Families should stay in their cars while CCDS MS teachers hand off the bags. Please refer to attachment for books that must be returned to Country Day.

Field Day—Friday, May 22

Everyone needs a little fun! Join the 4th, 5th, and 6th grade families for a virtual field day. Check out the attachment for instructions.

ERB Results are In

In the next few days, you will receive your child's ERB CPT 5 results in the mail. The reports have a new look this year making them a bit easier to read. It is important to remember these assessments are a snapshot in time of your child's progress. Julia Joyce (joycej@countryday.net) is available to answer questions or walk you through the results. Please make your appointments via email. She would be glad to help guide you.

6th Grade Spotlight: End of the Year Summary

As part of their social studies class, sixth graders are journaling daily about their experiences during the Covid-19 pandemic and researching associated statistics and responses around the world. This will become a part of the 6th grade memory books they compile as part of their GRIT class. In science, the students are continuing their home inspections, moving from the inside to the outside, and finishing the year with a movie that explains how roof runoff drains away from their homes. In English, students will finishing reading *Endless Steppe* and projects relating to the memoir including cooking and producing a newspaper. In math, they are finishing their unit on solving multi-step equations and preparing for their final project graphing Covid-19 trends.

Alexis Nordrum Newsletter #7: Importance of Good Sleep Habits

May is Mental Health Awareness Month. One of the most important protective factors for your mental health involves good sleeping habits. Did you know your middle schooler needs around 10 hours of sleep every night? Sleep is important for both physical and mental health. It can also improve productivity and overall quality of life! Many different habits can affect sleep:

- What and when we eat and drink
- When we exercise
- Bedroom temperature
- Noises
- What we do in bed (playing on phone, watching TV)

Below are some guidelines to help your child develop healthy sleep habits.

- Have a regular bedtime and time to awaken.

- Keep the same sleep-wake scheduled, even on the weekend.
- Have a consistent bedtime routine each evening.
 - Make the last 30 minutes before bedtime a regular routine.
 - Include calming activities such as reading.
- Children should NOT be working or playing in bed.
 - The bed should be only for sleeping.
- Children should NOT engage in vigorous activity or drink caffeinated beverages before bedtime.
- Noise, lights, and temperature could affect sleep.
 - Keep the household relatively quiet, minimize lights, and keep the temperature comfortable!

For more resources on good sleep habits you can check out these resources:

<https://www.sleepfoundation.org/articles/sleep-hygiene>

https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html

Whose Faculty Yard #6? (This will be coming from Kaki)

Important Dates:

- May 16 5th/6th/7th grade Locker Pick-up 8:00-12:00 p.m.
 - 5th Grade: Front of LS
 - 6th Grade: Front of Main Building
 - 7th Grade: LAC Circle
- May 22 4th/5th/6th Grade Virtual Field Day. See attachment.
- May 29 Last day of school and Virtual MS Awards Day.
- May 29 8th Grade Recognition Day—Celebrate the Class of 2024. 8th Grade parents received a sign-up link on Tuesday.

Make it a great day—Go Country Day!

Hirsch

Thought of the Week:

“I can’t change the direction of the wind,
but I can adjust my sails to always
reach my destination.”

— Jimmy Dean

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