



Conners Communicator

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The Eagle Way, We Put Learning First

Administration Corner

Dear Parents,

It's hard to believe that we will soon be embarking on a new year. I hope that you will be able to take some time to remember the year we are leaving and treasure the memories.

At this time of year, I think of a book that was shared with me, The Precious Present by Spencer Johnson. Johnson states "Yesterday is the past, tomorrow is the future, but today is a gift, that's why they call it the present." As we all take a two-week break from school, I hope all of you enjoy the gift of time with your families and the precious gifts that are your children.

I love this season. Many of us celebrate the holidays in different ways with different customs and traditions, but the message seems to be a universal one of peace and hope for a meaningful future for our children. May your holidays be full of joy and special family memories!

Our Eileen Conners Family wishes you and your family a very HAPPY HOLIDAY. May the New Year bring your family health, happiness, good memories, prosperity, and peace!

Sincerely,

Steve Piccininni, Principal



Hallway Heroes

Do you know about Hallway Heroes? Staff members have the opportunity to recognize classes modeling the EAGLE Way in the hallway by submitting the teacher's name to our Hallway Heroes box. Each week a name is drawn from the box for the winning class. The winning class is announced on Friday mornings. Students earn a 15 minute recess as their reward. Stop by the hallway outside the nurses office to see the past winners of Hallway Heroes!

School Organizational Team (SOT) Meeting

Our next SOT meeting is scheduled for Tuesday, January 14, at 3:30pm in the school library. All are welcome to attend, we hope to see you there.

Upcoming Dates:

December 23- January 3 Winter Break
January 6 Classes Resume
January 14 SOT Meeting (3:30PM in the library)
January 20 MLK Day, No School

What is the recommended amount of sleep?

Root STEM Math Competition

Congratulations to our fourth and fifth grade students who participated in the Root STEM Math Competition held at UNLV. Mrs. Japczyk worked with the team to prepare. We are thrilled that one of our fifth grade groups earned Silver in a group round! Thank you to Mrs. Japczyk and the students for their hard work and for representing Eileen Connors Elementary School.



The Importance of Sleep

Johns Hopkins Children's Hospital has recently conducted research on the importance of a good night of sleep for children.

Why is a good night's rest important for kids?

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.

It varies based on age. The American Academy of Pediatrics recommends:

- Infants under 1 year: 12-16 hours
- Children 1-2 years old: 11-14 hours
- Children 3-5 years old: 10-13 hours
- Children 6-12 years old: 9-12 hours
- Teenagers 13-18 years old: 8-10 hours

Establishing a consistent bedtime routine is important. The routine should ideally start at the same time every night. As soon as the sun goes down, start to "wind down" the household.

- Dim the lights
- Stop use of electronics/screens at least an hour before bed
- Limit caffeine
- Take a warm bath
- Do a quiet family activity such as reading a short book
- If your child wakes up during the night, walk them back to their room with as little commotion as possible
- Set a wake up time for when the child is allowed to leave his or her room. The child can play quietly until that time if desired

