

# Nurse Newsletter

March 2025

## **Dress Code Reminder**

Recently there has been an increase in student clothing that does not meet elementary dress code expectations (such as crop tops/bare midriffs, very short shorts, or clothing with profane or inappropriate graphics). As a reminder, the Elementary Handbook states that clothing displaying profanity or inappropriate images, bare midriffs, low-cut tops, or garments with holes or tears in inappropriate places is not acceptable.

Students should come to school dressed in a manner that is neat, in good taste, and appropriate for a learning environment. Thank you for your support in helping maintain a respectful and distraction-free school setting.

## **Water Bottle Filling**

Both elementary schools have water bottle filling stations available for student use throughout the day. Please send your child to school with a reusable water bottle so they can maintain adequate hydration during school hours. Access to water supports student health, focus, and overall well-being. Thank you for helping your child come prepared each day.

## **Healthy Sleep for Growing Students**

**Daylight Saving Time Reminder:** Clocks “spring forward” on Sunday, March 10. Losing an hour of sleep can be challenging for children, so consider shifting bedtime 10–15 minutes earlier in the days leading up to the change to ease the transition.

Spring brings longer days, more activities, and the excitement of spring break—all of which can make bedtime routines harder to maintain. Even during school breaks, elementary-age children still need 9–12 hours of sleep each night to support learning, mood regulation, and immune health. Staying up late and sleeping in can make the return to school more difficult, so keeping bedtimes and wake times close to the usual schedule helps children stay rested and ready to learn. Create a calm bedtime routine by limiting evening screen use and choosing relaxing activities like reading, quiet play, or listening to soft music.

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## What We Learned

This month we explored our solar system by building planetary models and learning what it would be like to grow a garden on Mars. The students were able to create soil in which plants could thrive.

Students also challenged their engineering skills by building bridges with straws and popsicle sticks. We then tested the strength of each bridge and made improvements.

For social studies, we continued our studies on ancient civilizations and mythology. Each student chose a myth to explore and created a collage.

In math, we explored patterns and shapes. We also searched for right angles around the school. The students kept tally and found over 100 right angles.

## Reminders

Field trip to the science center on Wednesday, March 26th.

Please have students return their library books by Friday, March 28th.

## Upcoming Events

- No school: March 7
- Fundraiser: March 10
- Parent and Teacher Conferences: March 14

## Contact Info

Email:

Phone: