



SFCS Weekly Bulletin

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PARENT/TEACHER CONFERENCES THIS WEEK

Parent/teacher conferences are this week. If you haven't done so already, please contact the office by calling 209-742-6222 to schedule your conference appointment. All conferences will be held via Zoom or phone call with the teacher. Report cards have been mailed home. If you prefer to have the report card emailed to you, please call the office to request a digital copy.

MINIMUM DAYS DURING CONFERENCE WEEK

All Hybrid Learners will be dismissed at 12:30PM on Monday - Thursday this week due to Parent/Teacher Conferences. The minimum day bus schedule for approved riders can be found [HERE](#).

GOODBYE AND THANK YOU TO MRS. SHELTON

Margaret Shelton, our beloved grade TK/K classroom aide, will be resigning her position at SFCS as of December 4th. Mrs. Shelton and her family are moving to Texas next month. We are so grateful for the tremendous contribution she has made to SFCS and we will miss her greatly. Ms. Clara Baena will take over as the TK/K classroom aide. Ms. Baena had previously taught Spanish to our grade TK-4 students, and we are certain she will be a welcome addition in Mrs. Kamins' class.

NO SCHOOL - THANKSGIVING BREAK

There is no school next week. Happy Thanksgiving!

OFFICE HOURS

Please note that the SFCS office will be closed for Thanksgiving Break and Winter Break. For urgent matters, please email Ms. Bolar at principal@sierrafoothillcharterschool.org.

ENRICHMENT CLASSES ON FRIDAYS

Students may tune in via Zoom to optional online enrichment classes or recesses each Friday after their required Zoom sessions with teachers. The Friday schedule of offerings can be found using the following link:

<http://bit.ly/FridayEnrichmentSFCS>.

GROWING READERS

Reading to and with your child is a great way to encourage independent reading, build literacy skills, and strengthen your relationship. Here are a few tips to consider:

- Set aside regular reading time.
- Provide a cozy, well-lit reading area.
- Allow your child to choose books of interest.
- Model reading with expression.
- Stop occasionally to ask questions, summarize, or share predictions.
- If the text is too difficult, choral read or take turns reading sections.
- Give lots of encouragement.
- When done, ask about a favorite part, character, or illustration.
- Re-read books if requested by your child.
- Take regular trips to the library.
- Give books as gifts or rewards.
- Make it fun.
- Let your child see you reading for pleasure.

IS YOUR CHILD GETTING ENOUGH SLEEP?

Sleep is essential for optimal health. According to the American Academy of Sleep Medicine, children need the following amount of sleep each night:

- Ages 3 to 5: 10 - 13 hours (including naps)
- Ages 6 to 12: 9 - 12 hours
- Ages 13 to 18: 8 - 10 hours

Research shows that children who get a healthy amount of sleep on a regular basis display better attention, behavior, learning, memory, and emotional regulation. It is helpful to have a consistent bedtime and a calming bedtime routine that might include taking a bath, putting on pajamas, brushing teeth, and reading a story.

DATES TO REMEMBER

- Nov. 16-20 - Conference Week, 12:30PM dismissal on M-Th for all Hybrid Learners
- Nov. 23-27 - Thanksgiving Holiday, NO SCHOOL
- Dec. 3 at 4:30PM - Governance Committee Meeting via Zoom
- Dec. 7 at 4PM - Board Meeting via Zoom