



# HOODIE-HOO!!!!

## Enough sleep?

Many 10- to 15-year-olds find it hard to get to sleep at night. Research isn't definitive yet as to why, but it seems to have a lot to do with the changing hormones in a young adolescent's body. It isn't that they aren't tired; it's just that they can't shut down their minds. They lie awake and worry, review unpleasant conversations, imagine "I'll show them" scenarios, listen to songs over and over in their heads, and toss and turn.

Some kids this age like to sleep with the radio on, with their earphones on, or in a room with something that makes "white noise" like a fan or humidifier or air conditioning unit. They use these devices to help shut out the noise in their heads so that they can get to sleep. Others simply stay up. They read, watch TV, play games on their computers and—parents and guardians beware—talk on the phone, e-mail their friends, or surf the Internet. While understanding that it takes a while to get sleepy, a good rule is no phone or computer after 9:30 or 10:00pm.

Communicating with friends or searching the Internet does not make kids drowsy or help them get to sleep. Instead, they stimulate the already-overloaded mind and make sleep even harder to come by.

No matter what time a child falls asleep, each must answer the morning wake up call for school. This is particularly painful after a short night. If your child has trouble falling asleep at night, let them know that this is normal for the age, so they don't add sleeplessness to their list of worries. Work with your child to find out what actually makes them sleepy (Hot shower? Soft music?), and try to accommodate.

Like other traits of this age, this "insomnia" will pass and kids will survive. You can be sympathetic with their plight, but be careful not to make unnecessary allowances (going late to school or late-night chats with friends). Sleep gets easier as young people age; then parents and guardians might also manage a bit of rest.

## "I forgot ... "

"I forgot" is one of the phrases constantly uttered by a young adolescent—and it's generally the truth! One reason young adolescents forget things is that they have a lot on their minds—friends, schoolwork, their looks, how to get even with someone. Their minds are filled with constant chatter; it's just part of the age, so it isn't wrong of you to help them remember things when possible.

Use sticky notes liberally—one by the door to remind them about homework or a permission slip; one in their assignment notebook to remind them about a dental

appointment after school; one on their bedroom door to remind them about the day's chores. Make sure they have a pad of sticky notes they can use at school to remind them of the book they need to take to class or to remind them to turn in the permission slip.

You may want to help your child reorganize his/her backpack each weekend, making sure there are pens, pencils, and paper for the next week. This is also a good opportunity to look at returned assignments or find "lost" items. You can avoid frustration for everyone with a gentle reminder.

**Easter Vacation**  
April 2 — April 6

**The General Mills "Boxtops for Education" contest, sponsored by the Academic Boosters, will end May 7, 2010. The homeroom in each grade that has turned in the most "Boxtops" will be treated to a pizza party sometime in May. The student who turns in the most "Boxtops" will win a \$100 Wal-Mart gift card.**

### IMPORTANT DATES

- 3/19 Remediation Day #3
- 3/24 Steroids/Diet Pills Assembly
- 4/7-16 6-8th Grade PSSA Reading & Math
- 4/15-16 Parent Conferences
- 4/19-23 8th Grade PSSA Writing
- 4/26-30 8th Grade PSSA Science