Dear Parents and Guardians,

As we begin this 2010 year of learning, we can “stack the deck” so that our children will nourish to flourish, and experience success in school each and every day. Following are some guidelines based on the latest research.

SLEEP

- Adequate sleep is vital to the memory process of young children.
- Structure your child’s day to include 9-11 hour of sleep each night.

FOOD

- Learners need a balanced diet to maintain energy throughout the day.
- Breakfast is an excellent way to jump-start our brain.
- Introduce a wide variety of foods and serve balance meals.

WATER

- Sufficient hydration prevents restlessness and lethargy.
- Discuss the importance of staying hydrated and provide your child with a water bottle to bring to school.

PHYSICAL ACTIVITY

- Movement is important to cognitive learning.
- Encourage running, spinning, walking, biking, dancing, and exploring.

EMOTIONAL SECURITY

- Kids learn best when no emotional issues are going on.
- Role model empathy, set clear rules and be consistent.

MUSIC AND THE ARTS

- Learning the arts enhances cognitive growth and provides a high quality of human experience.
- Encourage signing, playing instruments, listening to music, drawing, and coloring.

By applying this information both at home and at school, we can work together for a positive and successful school year. Students who are rested, hydrated, properly nourished, and feel secure will experience the joy of learning and will nourish to flourish.