



Redoubt Elementary News

Issue 5 Sept. 21, 2018

School Hours
8:45—3:18

Is Your Child Getting Enough Sleep?

School-age kids need 10 to 11 hours of sleep a night. Bedtime problems can start at this age for a variety of reasons. Homework, sports, after-school activities, computers, TVs, mobile devices, and hectic family schedules all can contribute to kids not getting the sleep they need.

Sleep-deprived kids can become hyper or irritable, and may have a hard time paying attention in school.

It's still important to have a **consistent bedtime**, especially on school nights. Leave enough technology-free time before bed to allow your child to unwind before lights-out. A good rule of thumb is switching off the electronics at least an hour before bed and keeping TVs, computers, and mobile devices out of kids' bedrooms.



Mark Your Calendars!

Our First FUN FEST is fast approaching!

When: Friday, October 12th

Time: 3:30-5pm

Cost: \$4 per student

Look for forms coming home the first week of October.



INTRAMURALS



All students meet after school Monday through Thursday for intramurals. Please make sure you pick your child up on time. Intramurals end at 4pm. Intramurals do not take place on early release days.

October 5th

Siblings 11:30-12:15

Retakes November 8th

School Pictures



WHEN:

Tuesday, Sept. 25th
@ 8am

WHERE:

Meet at Catholic Church in Soldotna

WHY:

Learn about safety issues as students walk to school and to promote physical activity.



WHO:

All Redoubt, Soldotna Elementary and Montessori staff, students and families.

SNACKS will be served after arrival at each respective school.

ALL STUDENTS MUST BE ACCOMPANIED BY AN ADULT.

Rain or shine! Please dress accordingly.
We hope you join us!

QUIET ZONE

Our school hours are from 8:45-3:18.



Please remember that students are still learning when you come to pick your child up after school or before 3:18. If you come in and sit down to wait for your child, please respect our students and teachers by keeping your conversations to a whisper.

Thank you for your understanding.

6th Grade Annual Fun Run Fundraiser



Mark your calendars
Saturday, October 13th
Registration will be from 9am-9:45

All proceeds go to benefit the 6th grade Peterson Bay Field Trip

This is a family fun run-2K/5K Run or Walk
Please no dogs or bikes

Strollers welcome
No dogs please



Fall weather is quickly turning into winter weather.
Our mornings are starting to become colder and darker.

If your child walks to school please make sure they are dressed warm and have reflective gear or stickers so they are seen.



Redoubt students are required to come to school dressed for the weather. They will always go outside in the mornings before school and at lunch recess unless the weather is too harsh.

It's time to start looking for those winter hats, gloves, pants, boots and coats.

A MESSAGE FROM THE SCHOOL NURSE



Our Nurse has been very busy and would like to remind everyone that washing hands is very important.

You can never wash your hands too much. Help keep those germs away.

Thank you, Nurse Laura- 260-4300

Redoubt's annual fund raiser will end October 4th when all packets and money need to be returned to the school.



Our school specials (PE, Music, Library) have been increased from 30 to 40 minutes for all K-6 students. This will begin Monday, September 21st. We are hoping this will allow for more instruction during these class times.

School District Volunteers

If you are interested in volunteering in our schools you will be required to complete a screening process. To complete the screening process, visit the District's Web page at www.kpbsd.k12.ak.us and click on Employment, then click on Volunteer, then on Volunteer All Vacancies, and find the location where you wish to volunteer. Click the Apply button that corresponds to that location, then follow the instructions. Please contact the Human Resources department at 907-714-8888 if you have questions.