



Claude Watson School for the Arts

Weekly Update - Friday February 8, 2019

Upcoming Events

February 9

- Auditions "Session A"

February 12

- Sweater Day
- Term 1 Reports Go Home

February 14

- Evening Parent Teacher Interviews

February 15

- Parent Teacher Interviews AM
- PA Day – No Classes

February 18

- Family Day - No Classes

February 20

- Gr 7/8 Stage Band to York University

February 21

- Pizza Lunch!

February 23

- Auditions "Session B"

February 26

- Grade 4s & 5s TSO

February 27

- Pink Shirt Day

March 1

- 6.1 Gardiner Museum Trip

March 2

- Auditions "Session C"

Sleep On it!

This week I asked CWSA students to reflect on how much sleep they get each night. Sleep specialist have determined that children need 9 to 11 hours sleep each night ([sleep guidelines for children](#)). With all the things we need to get done in a day – school, lessons, dinner, homework, practice – we often find ourselves staying up late at night. This week I've had my own share of late nights. Sleep experts would say it is more productive to maintain regular sleep habits. Why is sleep so important?



Sleep experts maintain that sleep is actually when the brain is busy at work repairing and restoring the bodies tissues and systems. The brain is also sorting through all the information it has taken in during the day and filing and storing that information into your long term memory ([See TEDEd](#)). So we know sleep is important and necessary to our brain and body but sometimes your children may complain that it's hard to fall asleep. If your child is having trouble sleeping, here are some suggestions from the web:

- 1) develop a nightly routine before you go to bed - doing the same things each night signals your body and brain that it's time to wind down and go to bed;
- 2) keep the lights off and avoid using your phone before bed;
- 3) if you take a nap during the day, make sure it's 45 minutes or less and not in the late afternoon or evening to avoid disruptions to your sleep;
- 4) reading before bed may help relax some children and take their minds off things that maybe worrying them;
- 5) meditation and deep breathing are also strategies to promote relaxation and sleep.

So for tonight and the rest of this week-end take the sleep challenge in your home and try to get at least 9 hours of sleep each night - chances are your children will feel and perform better as they awake revived and refreshed for the new day ahead.

Ms. Jones

How much sleep did you get last night!



Energy Conservation Month

February is Energy Conservation Month at Claude Watson. As a Platinum Eco School we are always looking at ways to make our school more energy efficient and to encourage students to be energy savers at home. During the month, we will be having a number of activities that will encourage student to look for ways to save energy and reduce the need to burn fossil fuels. **Each Friday, will be Power Down Friday.** The lights in the halls and classrooms will be dimmed and we are asking the students and staff do their part in reducing the energy they use. The **Junior Green Team** will be creating **Energy slogans** for the classroom doors and the **Senior Green Team** will be conducting an **energy audit** of the school and graphing their results. Each week, there will be an **energy riddle** that will be read on the PA system and homerooms can submit their answer for points towards the **Green Footprint Award**. Each class will be monitoring their light use in their homeroom classrooms and on **Tuesday, February 12**, CWSA will be having their annual **Sweater Day**. Students are encouraged to wear their favourite sweater to recognize that turning down the heat at home by just a few degrees can make a big difference in the energy that each household uses. And yes, once again, hot chocolate will be on sale in the lunchroom.

Jazzfest 2019 – York University

Grade 7 and 8 Stage Band is off to York University to play in Jazzfest '19. Student will perform at 3:30 pm followed by a workshop at 4pm. We wish Mr. Brown and the Stage Band all the best.

TSO Trip - “Play it By Ear” Concert

Grade 4s and 5s are off to the Roy Thomson Hall to see the Toronto Symphony Orchestra on February 26th for a special concert.

Traffic Safety – In the Loop

We kindly ask all members of our community to:

- Please notice the STOP sign at this intersection
- Please drive with extreme caution around our school
- Please keep traffic moving
- Please do not keep your car idling for long periods of time

Cold Weather

As the temperature drops please remember that CWSA operates in all types of weather. Students should come prepared in appropriate clothing. Recess and lunch breaks will still occur when it gets cold. During extreme cold (when the temperature/windchill factor is between -20C and -28C recess might be shortened.

CWSA Hours

School Entry time is 8:30 am. Please **call** 416-395-3180 before 8:25 am to report a student absence. Please note entry doors open for extra-curricular at 7:15 – 7:45 am. Doors will remain locked until 8:20 for regular entry.