



# October 2009 Newsletter

## Sleep Tips for Your Child

### Upcoming events:

- \* 11.05 ~ Fundraiser delivered
- \* 11.10 ~ PTO Meeting
- \* 11.13 ~ Popcorn Sale~4th gr.
- \* 11.20 ~ Adult Craft Night
- \* 12.07-09 ~ Holiday Shopping

### Fall Fundraiser

Thank you to all who participated in the Fall fundraiser. It will be delivered Thursday, November 5th. Please make sure you make arrangements to pick up your child's fundraiser that day!

### Box Tops for Education

We collect and send in Box Tops for Education labels. These are found on many products used in homes every day. Please make sure you are clipping them and sending them to school with your son or daughter. Each one is worth 10 cents and all the money we receive goes to our teachers for supplies. This is an easy and unconscious way to raise funds. Send them in today!



Preschoolers typically sleep 11-13 hours each night. Here are some sleep tips for preschoolers:

- Maintain a regular and consistent sleep schedule.
- Have a relaxing bedtime routine that ends in the room where the child sleeps.
- Read your child a story before bedtime.
- Try to keep family activities calm and quiet on school nights.

Children five to 12 need 10-11 hours of sleep each night. Here are some sleep tips for school aged children:

- Teach your child about healthy sleep habits.
- Continue to emphasize a need for a regular and consistent schedule.
- Keep TV's and computers out of the bedroom.
- Avoid caffeine and sweets before bed.
- Allow your child to read quietly in bed

before falling asleep.

- Make your child's bedroom conducive to sleep—dark, cool and quiet.
- Sit down with your child just before bedtime and talk about the day and what the family activities will be for the next day so your child knows what to expect.

*Children who consistently get enough sleep do better in school and remain alert during the school day!*

### Room Parents Needed!

Being a PTO Room Parent is an easy job for parents who want to be involved with the PTO but do not want to make a major time commitment. The PTO Room Parents' Responsibilities include:

1. Assisting with phone calls to the families in your child's classroom as necessary.

2. Attending the PTO meetings once a month. These are informal meetings...no stress.

3. Serving as the contact person for your classroom. If anyone from your class has a question, concern or comment regarding the PTO or upcoming events, you can bring those to the meeting.

### Mark Your Calendars!

On Friday, November 20th we will be having a craft night for grown-ups in the Ross Park Cafeteria. If you need a night to catch up on your hobby or craft, please stop by and bring your craft and a friend. Babysitting will be available, if needed.

We are looking for parents of Ross Park students with home based businesses that would be interested in setting up a table. There is no fee. For more information about this event, please contact [president@rossparkpto.org](mailto:president@rossparkpto.org).

***We are no longer collecting Nestle Pure Life bottled water labels. Thank you for your participation!***

## Meet the PTO Board

**Hospitality Coordinator:** Barb Miller

*hospitality@rossparkpto.org*

My family consists of my husband, Stan, and my daughter Stephanie (preschool/ECSE). I enjoy spending time with family and friends, reading and playing with our new puppy. It's my hope that more parents get involved by attending meetings and volunteering. As

As Hospitality Coordinator, I ensure that the PTO recognizes major events in the lives of Ross Park teachers and staff -- births, deaths, marriages, serious illnesses or injuries -- with cards, gifts, or flowers as appropriate.

## Mona Shores Education Foundation

The Mona Shores Education Foundation is looking for new members. If you are interested in finding out more about this organization, please attend the new members drive on Wednesday, November 4 at 4:00 p.m. in the MSHS Media Center.

## Ross Park Directory Update

We are in the midst of updating our student directory. If you have not turned in your family information, please do so by Friday, Nov 6th so you can be included in the directory. Questions? Contact Sue Davis at *secretary@rossparkpto.org*.

## New PTO Website

Special thanks to Stan Miller who has been instrumental in creating a new website for the PTO to better serve our parents and teachers. Please take time to visit the website. Contact information, upcoming events and other valuable information can be found on the site:

[www.rossparkpto.org](http://www.rossparkpto.org)

## Meet our Teachers

---

We're excited to announce a new section to our monthly newsletter—Meet Our Teachers. Each month you will be introduced to teachers/staff from our great school!

---

**Name:** Mrs. Nikole Leenhouts

**Grade:** 1st grade

**Family:** Husband Nate, Sons Tyler in Kindergarten, Kyle in Preschool and Daughter Chelsea who is 2.

**Teaching experience:** I have taught for 5 years at Lincoln Park Elementary, 2 years teaching art, Spanish, PE and music and 3 years teaching 2<sup>nd</sup> grade.

**Hobbies/Spare Time activities:** I love spending time with my family camping and going to the beach. I love watching my kids play soccer and baseball and taking dance lessons with Chelsea. I also enjoy shopping, scrapbooking and having a monthly moms night out!

**Favorite Food:** seafood

**Favorite thing about Ross Park:** There are many things about Ross Park that I like; the big building, the great staff, supportive parents, seeing the principal dress up for spirit week, and the outstanding kids. I especially love the way the entire staff has made me feel at home since the first day I stepped foot into Ross Park in early August. Already I have made great friendships and love how everyone is so supportive. My favorite thing about Ross Park is the students. The students at Ross Park are phenomenal. They have great manners, are kind to one another and they have inquisitive minds that come to school wanting to learn. I go home every night glad to be teaching such wonderful kids!

**Name:** Mrs. Christy Dreese

**Grade:** DK

**Family:** Husband-Mike, daughter Morgan age 8. Daughter Alison age 5 and son Luke age 1

**Teaching experience:** I did my student teaching with Mona Shores at Campbell Elementary under Nate Smith (now principal) and worked as a substitute for three years before this fall when I was hired as a part-time DK Teacher.

**Hobbies/Spare Time activities:** I love spending time with family. We spend a lot of time outside especially in warm weather. When it gets a little colder I like to read by the fire!

**Favorite Food:** Hard to pick-Pizza would have to be at the top of the list though!

**Favorite thing about Ross Park:** The great families and an amazing staff!

---

**Name:** Mrs. Melisa Overway

**Grade:** 4th grade

**Family:** Husband-Abram, daughter Maya 10 months.

**Teaching experience:** This is my 5th year teaching in the Mona Shores School District. I spent 4 years teaching at Lincoln Park. This is my 1st year teaching at Ross Park

**Hobbies/Spare Time activities:** I love spending time with family. We enjoy camping trips in the summer and trail walks.

**Favorite Food:** Pizza!

**Favorite thing about Ross Park:** I have really enjoyed the students! They're wonderful and the kindness of the staff is so warm and welcoming!