

# Fairhaven Elementary

Karen Sandors -Principal

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## HAPPY HOLIDAYS

Greetings to our Fairhaven Families,

It is such a special time of the year and as we reflect on the many blessings we have, please take a moment to celebrate with us: Our partnership with caring and supportive parents; students who come each and every day ready to learn; our PTA who provide wonderful support; Volunteers who are giving and caring to our school, students, teachers, and parents; and the most outstanding faculty and staff. Our teachers join the administration, parents, and students in providing an exceptional instructional program to create a culture of deliberate excellence.

Please enjoy your boys and girls during this joyous holiday season. Spend time reading to them and having them read to you. It is also so much fun to play board games and take short walks. My children always enjoyed helping me decorate holiday cookies with different colored sprinkles, wrapping gifts, and sending cards. These are times they will cherish. Whatever the activity, you will be giving your children the GREATEST GIFT, the gift of TIME. On behalf of the students and staff of Fairhaven Elementary, I wish you and yours a safe, relaxing, and enjoyable season.

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## LCAP SURVEY

Your participation in the survey is requested to help us determine how effective OUSD is in achieving its Local Control and Accountability Plan (LCAP) goals. This survey should take less than 15 minutes to complete. All information you provide is anonymous and individual responses will be kept confidential. It will only be viewed by authorized staff for use in the evaluation of the District's progress in achieving our LCAP goals. We hope you will answer every question honestly, but you may skip any question you do not wish to answer. There is a link on the district website or you can come to school and use our computer lab. THANK YOU!!!

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## Upcoming Events

**December 13**

PTA Meeting 8:15

**December 14**

Winter Festival 3:00

**December 15**

Literacy Night-Pajama Night

**December 16**

Crazy Shirt Day

**December 19**

Winter Break through 1-9-17

**January 16**

Martin Luther King Day

**January 19**

School Site Council- 2:30

**January 27**

Sports Jersey Day

VAPA showcases

**Please see the monthly calendar for more information and specific times.**

We hope to see everyone on Wednesday, December 14<sup>th</sup> at 3:00 for our Winter Program. Also, don't forget to put on your favorite pajamas and join us for Family Literacy Night at 5:00 on Thursday, December 15<sup>th</sup>.



## How To Be Your Best At School and Home

Ever had one of those days when you feeling a bit tired? Or don't have all the energy you wish you had prior to a test or school project? Chances are, what you did or didn't do at home may be having an effect on how you feel. If you want to always feel your best, be sure to follow a healthy routine and lifestyle. A good example to live by is **9-5-2-1-0**. This simple acronym can help you to always feel your best.

- 9 stands for the number of hours of sleep you should receive each night. To feel fully recharged, you need a good night's sleep. To help achieve this goal, maintain a regular bed time and wake up time. This will help your body to get on a regular sleep cycle. It also helps to avoid caffeinated beverages and keep bedrooms free of electronics.
- Fill half of your plate (.5) at each meal with fruits and vegetables. This will help you to maintain your daily advised intake of different vitamins, minerals, and fiber. A healthy diet is important for overall health and a feeling of wellbeing.
- The number 2 tells you the maximum number of hours in each day that should be spent in front of a screen. This includes computers, TV's, tablets, and other electronic devices. In general, when partaking in these activities, your body is sedentary. Limiting screen time to 2 hours will help to ensure that the day is also filled with other activities.
- At least 1 hour of every day should be used to have physical and active play. This can be a game with friends, hiking with family, or playing with pets. Exercise has many health benefits including heart and lung health and maintaining an ideal weight.
- When consuming beverages, try to make water and low fat/fat free milk number one choices. It's best to drink 0 sugary beverages.

## School Spirit Song

Ask your child to sing the Fairhaven School Spirit Song to you.

*(To the Tune of, You're a Grand Old Flag)*

We're a Blue Ribbon school,

We are Gold Ribbon too.

We work hard and we aim for the best!

The teachers are great,

Our PTA's top rate,

We soar with our Team Falcon pride!

We are safe, on time,

Always ready to learn,

Respect is the name of our game!

With all we do,

We love our school,

Keep your eye on that Fairhaven pride!

S (clap, clap, clap)

O (clap, clap, clap)

A (clap, clap, clap)

R (clap, clap, clap)

S, O, A, R, GO Fairhaven !