

November 29, 2018

Bancroft Buzz

The bimonthly newsletter of Bancroft Elementary School



Dear Bancroft Families,

Did you know... a child will spend nearly 40% of their childhood asleep? **Sleep is especially important for children as it directly impacts their mental and physical development.** A number of recent studies have found that children who aren't getting the recommended amount of sleep have more difficulties with focused attention, reasoning, problem-solving skills, and emotional control. They were also found to be more irritable and easily frustrated.

While we know that each child is an individual and their needs vary, here are some guidelines to consider to help your child get the sleep he or she needs to grow, learn, and play.

- School-aged children should get a minimum of 10 hours of sleep.
- Children need regular and consistent sleep schedules and bedtime routines. Even on weekends!
- Make your child's bedroom conducive to sleep – dark, cool and quiet.
- Try to keep TVs and computers out of the bedroom. (Turn off screens at least 1 hour before bed time.)
- Help your child avoid caffeinated beverages.
- Be active during the day!

Think about **routines**, think about **consistency**, and think about **timing**.

Respectfully,
Diego De Paz
Principal

FAM = Family Activity Menu



This year at Bancroft we have have taken a different approach to **homework**. The **Family Activity Menu (FAM)** is sent home at the beginning of each month.

- The FAM is a mix of traditional homework and social, emotional and experiential learning opportunities, including activities for the whole family!
- The top row of the menu has *grade-specific* literacy, math and IB activities. Feel free to repeat those!
- The primary goal is to **read at least 20 minutes each day**, whether it's independently or with others.

- For additional resources, check with your child's teacher.
- The FAM is available to download (PDF) from the Bancroft website, under "Parent Resources" and each grade's website.

Look for the December Family Activity Menu in backpacks this week!

Mark Your Calendar

Thu, Nov 29 - Report Cards TODAY!

Wed-Thu, Dec 5-6 - Vision Screening
Grades K, 1, 3 and 5 - See flyer for info

Fri, Dec 7 - Coffee, Tea & IB 8:40am

Mon-Fri, Dec 10-14 - 5th Grade
STARBASE

Thu, Dec 13 - Family Arts Night 5-7pm

ARTS NIGHT

Thursday, December 13 - 5:00-7:00pm

*Join us for a light dinner, performance,
art projects, music, movement,
and all sorts of CREATIVITY!*

Read-a-thon winners!

Congratulations to our students who read the most minutes, raised the most funds - or both!

- **Hi-5:** Anders, Heyab, Senay, William
- **K:** Kaleigh, Roxy, Imran, Henri, Avae, Imogen, Annabelle, Henry C.
- **1st:** Keila, Sven, Ladiya, Felix, Ruby
- **2nd:** Roy, Leah, Jemimah, Brandon, Henry
- **3rd:** Ruby, Colleen, Justin, Aaliyah, William, Zakaria
- **4th:** Hazel, Beckham, Sean, Philomena
- **5th:** Abigail, Jaiana, Abdourazak



Thank you, everyone!
Students read thousands of minutes, and raised more than \$4,000, which will directly benefit Bancroft kids.

IB Update, photos, and more!

Thank you, PTO!

The Bancroft Parent/Teacher Organization does so much for our school!

The PTO supports student learning by helping ensure excellent school experiences for everyone:

- field trip fees or buses to places like: STARBASE, Camp St. Croix Children's Museum
- Recess equipment cart
- Soccer goals
- Coolers for field trip lunches
- Drummers for Native Family Day
- Turkey BINGO (sponsor)
- and more! - **THANK YOU, PTO!**



New soccer goals and field trip coolers!



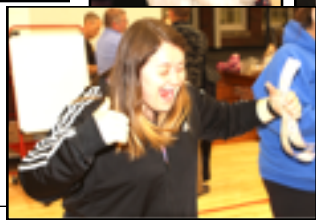
IB Update: 3rd Unit of Inquiry

We are already on our 3rd Unit of Inquiry out of six that form the framework of the International Baccalaureate-Primary Years Program (IB-PYP). *Below is what each grade will be learning during the next 6 weeks!*

Talk with your child about the connections they can make with the **CENTRAL IDEA and **LINES of INQUIRY** of their unit!**

Grade	Theme	Central Idea & Lines of Inquiry
High 5	How We Express Ourselves	Favorite stories help us use our imagination. *How stories can be told in different ways *The appreciation of stories. *Myself as a storyteller
Kinder-garten	How the World Works	Scientists investigate the world around us. *Types of science *Tools scientists use *Asking and answering questions
1st Grade	Sharing the Planet	People use and share the earth's limited resources. *Properties of earth materials *How earth materials are used and shared *Responsible use of earth materials
2nd Grade	How the World Works	What we know about solids, liquids, and gases helps us build useful things. *Properties of matter *How matter changes *Reasons we choose the materials we use
3rd Grade	How We Express Ourselves	People tell stories in order to understand themselves and the world. *Stories that encourage values *or explain the world *How authors make stories more interesting
4th Grade	How We Organize Ourselves	Decisions made by the government affect people. *Elected and appointed leaders *Tribal government *How citizens affect change in the government
5th Grade	How We Organize Ourselves	The need for order causes people to create systems. *Structure of government. *Function of government *Governing documents

WE LOVE OUR BANCROFT FAMILIES!



Big laughs, big smiles, and big fun at Turkey Bingo!