



**Peter S. Ogden Elementary**  
**Principal Whipple's Weekly Newsletter**  
**March 31<sup>st</sup>, 2017**

**What time should your child go to bed?** Check out this helpful chart to see if your children are getting the recommended amount of sleep nightly. Well-rested brains are ready for learning!

Age	Wake-up time						
	6:00 AM	6:15 AM	6:30 AM	6:45 AM	7:00 AM	7:15 AM	7:30 AM
	Sleeping time						
5	6:45 PM	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM
6	7:00 PM	7:15 PM	7:30 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM
7	7:15 PM	7:15 PM	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM
8	19:30	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM
9	7:30 PM	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM
10	8:00 PM	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM
11	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM
12	8:15 PM	8:30 PM	8:45 PM	9:00 PM	9:15 PM	9:30 PM	9:45 PM

**Track:** The Ogden Elementary Track season will begin on April 11<sup>th</sup>. The After-School program is open to 4th and 5th grade boys and girls. We will be developing skills so that your child may be successful in the running and jumping events of track and field. Practices will be held from 3:00 to 4:15 on NON-Early Release Mondays and Tuesdays. Return permission slips no later than April 10th. We are looking forward to a great track season!

**YMCA Chef Class:** Students in grades K-5 are invited to learn simple, tasty and fun recipes, cooking techniques and healthy eating tips. They will make a recipe book to take home so they can cook for the family. Classes meet on Tuesdays April 18<sup>th</sup>, May 23<sup>rd</sup> from 3:00-4:30. The cost is \$10 for the entire 6-week program. Please register with the YMCA at [ymca.org](http://ymca.org) or call (360)885-9622. Class number #70820. See flyer in Friday Folder or more information.

**Hand Sanitizer:** Hand sanitizer bottles read, "Keep out of reach of children." Ingesting hand sanitizer can lead to alcohol poisoning. This is because the amount of alcohol in hand sanitizer ranges from 40% to 95%. Most hand sanitizer products contain over 60% ethyl alcohol, a stronger alcohol concentration than most hard liquors. Hand sanitizer at school is now kept in the possession of teachers. Students should not bring bottles of hand sanitizer to school. Please help us in enforcing this policy.

**VPS App:** Vancouver Public Schools has an app available. Please consider downloading it to have the lunch menu, school calendar, family access and more, available anytime you need it. Visit iTunes or any other site where you download your apps.

**Caller ID from VPS:** Calls from within our buildings show up as a 4-digit number on caller ids. Please pick up when you see this. If you miss the call, please check your voicemail prior to calling back. We will always leave a message. This will allow our office to direct your call properly.

**Information from PTA:** Start collecting Labels for Education! We are having a contest after Spring Break.

**Upcoming Events:**

April 3-7 – Spring Break – No School	April 11 – 2017-2018 Kindergarten Registration Opens
April 10 – One Hour Early Release	April 13 – Ogden Neighborhood Assoc. Mtg. 6:30 PM
April 11 – Track Practice Begins	April 14 – Popcorn Friday Today!
April 11-14 – Dental Van Visits	April 14 – Coffee with the Principal (English) 8:35