

WOLF WATCH

— WEEKLY E-NEWS —

News for the Week of December 31

All School

Next Wolf Wear Sale Is January 12

The next Wolf Wear Sale will be held **Friday, January 12**. Visit us in the Concessions Stand from **7:45-9:45 a.m.**

Questions? E-mail [Eloise Taussig](#) or [Shelley Iglesias](#).

PA Pointers

PA PARENT EDUCATION WINTER EVENT IS JANUARY 24

The birds and the bees ... oh help me, please!!

Presented by Megan Michelson of The Birds & The Bees, this program promises to empower parents and give you the tools you need to have age-appropriate conversations with your children about sex.

The breakfast will be held on **Wednesday, January 24, at 8:30 a.m. in the Wheatcroft Parish Hall** on the Main Campus. Reserve your seat now at the [MySchoolAnywhere store](#).

NOMINATIONS FOR THE 2018-19 PA BOARD NOW OPEN

It's really hard to believe, but it's time to start thinking about the 2018-19 Parents Association Executive Officers!

- If you are interested or know anyone who is interested in serving the St. Francis community on the Parents Association Executive Board, please contact Past-President [Kelly Cabbage](#).
- Using the names you submit, the Nominating Committee will assemble the slate of officers, which will be voted on by the General Board.
- The deadline to submit names is **Friday, January 5**.

Save the Date: Woolrich Luncheon Is February 8

Please mark your calendars for this year's Woolrich Luncheon, where we will be honoring our 2016-17 award recipients. (2017-18 recipients will be announced in March.)

We hope you can join us to hear about these educators' summertime adventures—which were made possible by the Woolrich Fund—and how these unique opportunities are helping to bring classroom learning to life!

Invitations to come in early January.

Primary School

From the Division Head

I don't really like resolutions. I can't even remember what I resolved to do last January, but I have one this year that I hope I can maintain: sleep.

After hearing two podcasts recently, I can't dispute the value of sleep, and the benefits are appealing.

In the *TED Radio Hour* show "[Maslow's Human Needs](#)," psychologists include sleep—along with food, water, and shelter—as foundational in **Maslow's Hierarchy of Needs**. It's described as **what is needed not just to survive, but also to live a meaningful life—to thrive**.

Oxford University circadian neuroscientist Russell Foster explains that sleep is restorative and necessary. It affects the quality of our waking time, including our relationships. Not getting enough sleep can result in irritability, being less alert, an increased appetite, and a compromised immune system.

Sleep serves a real purpose. Foster's research indicates that **some genes are turned on only during sleep**. During this time, the brain processes new

information. Novel solutions to complex problems are enhanced by a full night's sleep, with the additional advantage of enhanced creativity.

Our lives are incredibly busy. We take in huge amounts of information and stimulation each day. It is during sleep that our brains take information “like pieces of a jigsaw puzzle” and put it together so that everything makes sense.

So how much sleep is enough? The American Academy of Pediatrics provides these guidelines for young children:

- “Children 1 to 2 years of age should sleep 11 to 14 hours per 24 hours (including naps) on a regular basis to promote optimal health.
- “Children 3 to 5 years of age should sleep 10 to 13 hours per 24 hours (including naps) on a regular basis to promote optimal health.
- “Children 6 to 12 years of age should sleep 9 to 12 hours per 24 hours on a regular basis to promote optimal health.
- “In addition to these recommendations, the AAP suggests that all screens be turned off 30 minutes before bedtime and that TV, computers, and other screens not be allowed in children's bedrooms. For infants and young children, establishing a bedtime routine is important to ensuring children get adequate sleep each night. The AAP program ‘Brush, Book, Bed’ is available [here](#).”

To hear Dan Gartenberg’s recent TED Residency presentation on “The brain benefits of deep sleep—and how to get more of it,” [click here](#).

Sweet dreams,

Amy Whitley, MA
Head of Primary School

Reminder: Please Send Winter Clothing

It’s that time of year when our weather can change in a matter of minutes! Please be mindful of this and remember to send your child with appropriate outerwear—coats, gloves, rain boots, etc. Weather permitting, our students will go outside for Motor and recess.

Primary School Dining Hall Menu

To view the Primary School Dining Hall menu for January, please click [here](#).

Join Us! Book Study Discussion Is January 10

Please join Amy Whitley and other parents for our Book Study, to be held on **Wednesday, January 10, at 8:15 a.m. in the Primary School Library on the South Campus**. We will discuss the book *A More Beautiful Question* by Warren Berger, and we'll conclude in time for chapel. This is open to anyone who would like to read the book (or just come and listen) and discuss ways to encourage questioning, foster curiosity, and develop problem-solving skills. Good questioners make good listeners!

I also have a suggestion for a way you can journal with your children through thought-provoking questions, perfect for family dinner conversations. This will help you kick off the new year with what I hope will become a family tradition for you.

And, of course, we'll have coffee!

Mark Your Calendar

Wednesday, January 3

- *School Resumes*
-

Tuesday, January 9

- *Chapel: 9:30 a.m.; Primary I and II students wear uniforms*
-

Wednesday, January 10

- *Primary School Book Study: 8:15 a.m. in the Primary School Library on the South Campus*
 - *Chapel: 9:30 a.m.; Primary I and II students wear uniforms*
-

Thursday, January 11

- *Parent Step-Up Visit: 8:30 a.m.; T/Th Pre-Primary parents visit Primary I*
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Friday, January 12

- *Parent Step-Up Visit: 8:30 a.m.; MWF Pre-Primary parents visit Primary I / Primary I parents visit Primary II*

Lower School

From the Division Head

I hope everyone had a festive and blessed Christmas!

We are looking forward to beginning school on Wednesday and having a productive January. Faculty members will return on January 2 and we will spend part of the day in professional development exploring vocabulary integration across the curriculum. They will also have downtime to prepare for the return of our students.

Please mark your calendars for our **Parent Meeting on Friday, January 26, at 8:15 a.m.** We have a guest speaker from The Parish School talking to us about developing social competence and resilience in our children.

I look forward to seeing everyone!

Happy New Year!

Carol Christ, MEd
Head of Lower School

Mark Your Calendar

Wednesday, January 3

- *Classes Resume*
 - *Dress Uniform Day*
 - *Epiphany Eucharist Chapel: 8:05 a.m.*
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Monday, January 8

- *Dress Uniform Day*
- *Birthday Chapel*: Students with a birthday between January 1-13 will receive a birthday pencil in Chapel today

Middle School

From the Division Head

We hope you all had a wonderful break, and we are so excited to welcome our students and families back to campus this Wednesday.

On Tuesday, in preparation for our students' return, we have an inservice dedicated to Mind, Brain, and Education Science. **We are hosting Mr. Glenn Whitman, the director of studies at the Center for Transformative Teaching and Learning at St. Andrew's Episcopal School in Potomac, MD.**

Along with co-author Dr. Ian Kelleher, Whitman wrote the book *Neuroteach*, with which our faculty is currently engaged in a yearlong book study. Our Middle School teachers are constantly seeking the best research-informed practices for enhancing our teaching of adolescents, so we're looking forward to working with Mr. Whitman in person.

If you'd like to learn more about Whitman and Kelleher's work, [click here for an article that highlights the Harvard Brain Tour](#). (Click on the embedded links within the article for the brain tour, videos about neuroscience, and even further resources on the human brain.)

The third quarter launches on Wednesday, and we anticipate a busy, productive, and fun second semester.

It's a beautiful day, and we are Wolves!

Connor Cook, EdD
Head of Middle School

Mark Your Calendar

Wednesday, January 3

- *Classes Resume*
 - *Special Eucharist Schedule/Dress Uniform Day*
 - *Q2 Report Cards Go Online*
 - *Q3 Grading Period Begins*
 - *Bible Study for Seventh Graders: 7:15-7:45 a.m. in the Christian Education rooms at the end of the Middle School hallway*
 - *Epiphany Eucharist Chapel: 11:05-11:55 a.m.*
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Thursday, January 4

- *Regular Schedule/Regular Uniform Day*
 - *Bible Study for Fifth and Sixth Graders: 7:15-7:45 a.m. in the Christian Education rooms at the end of the Middle School hallway*
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Friday, January 5

- *Regular Schedule/Regular Uniform Day*
- *NJHS Meeting: 7:15-7:45 a.m. in Dr. Bedard's classroom*
- *Q2 Art Show: 8:00-9:00 a.m. on Main Street*
- *Eighth-Grade High School Applications Delivered: Please allow schools a month to process materials and mark your file complete*

Church

Holy Baptism Is January 7

On Sunday, January 7, we celebrate the Baptism of Our Lord, and **we will offer the sacrament of Holy Baptism at the 11:00 a.m. service.**

If you would like more information about baptism, please contact Mairim in the church office at 713.782.1270.

Spring First Communion

First Communion classes begin **Sunday, January 14**. This is an eight-week course designed to prepare second-grade students to receive the Holy Eucharist. If you would like to sign up or request further information, please e-mail [Nichole Hilgert](#).