

# LASALLE SCHOOL NEWS

Phone number: 309-698-3605 Web Page: [www.cc76.org](http://www.cc76.org)

September 3rd, 2023

## UPCOMING EVENTS

### SCHOOL PICTURE DAY

Tuesday, September 10th is fall school picture day!



### BOOK DISTRIBUTION

We will continue to distribute 1 free book to every student at LaSalle each month this school year! We would like to thank the following people and organizations for their donations and support:

Look! It's My Book Foundation  
Creve Coeur Public Library  
LaSalle Parents' Club  
Creve Coeur District 76 School Board  
The Don Bockler Family  
Scholastic Book Fair

### CUB SCOUTS SIGN-UP NIGHT

The cub scouts will be hosting an informational night on Tuesday, September 10th from 6-7pm in the cafeteria at LaSalle elementary. If you are interested in signing your child up, please attend!

### K-4 FAMILY MATH NIGHT

All students and their families are invited to Family Math Night on Thursday, September 16th from 6-7:30pm. We will have fun math activities, goodie bags to take home, raffle baskets, and a hamburger meal for dinner! We hope to see you there!



### A FEW BACK-TO-SCHOOL SUCCESS TIPS FOR FAMILIES

(Children's Hospital of Chicago)

#### Get the right amount of sleep

The National Sleep Foundation (NSF) recommends the following amount of sleep for school-aged children:

Ages 3-5: 10-13 hours per day

Ages 6-13: 9-11 hours per day

Ages 14-17: 8-10 hours per day

#### Keep a consistent bedtime

It can be helpful to incorporate calming activities 20-30 minutes before bedtime that move in the direction of the bedroom, like reading a book or picking out pajamas.

#### Avoid stimulating activities before bed

Stop screen time 30-60 minutes prior to bedtime (e.g. watching TV, playing video games).

#### Incorporate movement into each day

The American Academy of Pediatrics recommends an hour of physical activity per day.

#### Make family meals a priority

Having meals together during the week is a great time to check in as a family and create healthy eating and communication habits during the school year.

Here to serve,

Mrs. Kayla Woods, Principal

# LASALLE EVENTS

<b>September</b>				
<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
2 No School - Labor Day	3	4	5	6 Book Distribution Day  Erin's Law Presentations
9	10 School Picture Day Cub Scouts Night 6-7pm School Board Meeting 6pm	11 Early Out - Data Day - 2:10pm Dismissal	12	13
16	17	18	19 1st Grade Field Trip to Tanner's Orchard Math Night 6-7:30pm	20 Early Out - School Improvement Day - 11:30am Dismissal
23	24 The NED Show Assembly	25 School Board Meeting 6pm	26	27
30 Grandparents' Week Starts!  Land of Smiles Assembly	1	2	3	4

## UPCOMING EVENTS

September 30th-October 4th: Grandparents' Week and Scholastic Book Fair

October 4th: Book Distribution Day

October 4th: Kindergarten Field Trip to Roth's Pumpkin Patch

October 8th: School Board Meeting 6:00pm

October 9th: Early Out - Data Day - 2:10pm

October 11th: 3rd Grade Field Trip to State Museum

October 14th: No School - Indigenous Peoples' Day

October 16th: Fire Drill #2

October 22nd: School Picture Retakes Day

October 22nd: School Board Meeting 6:00pm

October 24th: No School - P/T Conferences 12pm-7pm

October 25th: No School - P/T Conferences 8am-12pm

October 31st: Halloween Parade 1:30pm