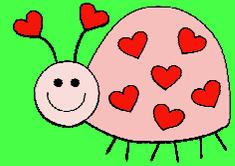
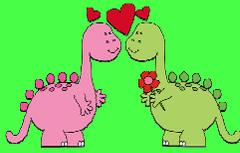


# Val Marie School Newsletter



## Principal's Message

Happy February! At the beginning of a new semester it feels like a time for new beginnings and a fresh start. It is a good time to see if we can implement some of those healthy habits and study routines that will ensure successful and happy days at school. I thought I would share with you some information from an article that I have read lately about blue light and the sneaky way it affects kids sleep.

Neuroscientists are warning against using light emitting devices before bedtime. The light from our devices is "short-wavelength-enriched," meaning it has a higher concentration of blue light than natural light — and blue light affects levels of the sleep-inducing hormone melatonin more than any other wavelength.

As difficult as it is to get kids to stop watching TV or using their electronic devices before bedtime, there's a compelling reason to make it happen. This is an especially big problem for teens whose circadian rhythms are already shifting naturally, causing them to feel awake late at night. The end result: sleep-deprived or poorly rested kids who have essentially given themselves a mini case of jet lag.

When people read on a blue light-emitting device (like a tablet, rather than from a printed book) in the evening, it takes them longer to fall asleep; plus, they tend to have less REM sleep (when dreams occur) and wake up feeling sleepier — even after eight hours of shuteye.

Consider these effects good reasons to impose a digital curfew on your kids. Have them power down their electronics, including the TV, an hour or two before bedtime so their bodies can start producing more melatonin. If that's just not possible — if they're madly finishing their homework on a computer, for instance — it helps to dim the brightness on the screen. Or, you can install an app that automatically warms up the colors on the screen—away from blues and toward reds and yellows—at sunset. Also, avoid using energy-efficient (blue) bulbs in nightlights in bedrooms and bathrooms; opt for dim red lights instead because red light has a higher wavelength and does not suppress the release of melatonin.

<https://sleepfoundation.org/sleep-topics/how-blue-light-affects-kids-sleep>

Have a happy and healthy semester two!

Mrs. Clement

# HAPPY BIRTHDAY

Neko Proudlove - February 2

Ethan Mything - February 4

Mrs. S. Legault - February 16

Please send  
a water  
bottle to  
school with your  
child



## Reminder

Parents please remember to communicate with the teacher or the office if your children's end of day plans are different than the norm. It creates confusion with staff, students, and bus drivers if we do not know what is happening.

Thank you!



**Gabrielle** - for being a hardworking & conscientious student always

**Ashlee** - for being a hardworking & conscientious student always

**Joey** - for coming @ noon hour & getting extra help on his math

**Amelia** - strong work ethic & focused classroom work

**Kristian** - for coming @ noon hour & getting extra help on his math

## IMPORTANT DATES

FEB. 7TH - FAMILY LITERACY DAY (MORE INFO TO COME)

SPRING BREAK FEB. 19TH - 23RD

FEB. 28TH - PINK DAY

## SRC News

**Dominos Pizza Hot Lunch February 14th orders due February 9th**

**Olympic Spirit Day February 9th wear Canada Gear**

**What Flavour is your Crush? \$2 each delivered on Valentine's Day**

**Pink Day -Anti Bullying Day February 28th**

# What flavour is your Crush?

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I have a crush on you!



You are MUG-nificent!



ORANGE you glad we're friends?



I am GRAPE-ful for you!

# KINDERGARTEN

*Registration*

2018-2019



at all Chinook elementary schools

Chinook

**MARCH 5-9, 2018**



[www.chinooksd.ca](http://www.chinooksd.ca)

The Chinook School Division is very excited to welcome new kindergarten students and their families for the upcoming 2018-2019 school year.

- Kindergarten eligibility is age 5 by December 31, 2018.
- Please bring proof of your child's birth date (Birth certificate) and Sask Health card.
- Please contact your local Chinook school to register your child.

## Val Marie School

**DATE: March 5th-9th**  
**TIME: 9:00a.m-10:00a.m.**

306-298-2144

For more information and to find your local school, go to  
[www.chinooksd.ca/schools](http://www.chinooksd.ca/schools)