Family Involvement Corner April 2017

**Events this month:**

April 18th Parent Involvement Meeting/Site Council 6:00 p.m.

April 20th Family Fitness and Nutrition Night 5:30 p.m. – 7:00 p.m.

**Parent Tip:**

With MAP testing starting this month, it is a good reminder of keeping healthy habits for your children. Make sure your children are getting enough sleep every night, between 10 – 11 hours. Stick to a regular bedtime and routine. Do something relaxing before bedtime such as read. Make sure your children are getting the proper nutrition they need by serving healthy foods. Limit their intake of sweetened drinks and snacks. Make sure your children are getting the exercise they need everyday. Limit the amount of screen time – TV, computer, tablet, video games, cell phone usage.