



# Kunsberg School

National Jewish Health

1400 Jackson Street Denver, Colorado 80206

303-398-1103 (p) 303-270-2158 (f)

www.kunsberg.org

November 2009

## Freddie's Library News SCHOLASTIC BOOK FAIR

Monday-Wednesday Nov. 23-25

To benefit Kunsberg School

### Destination Book Fair- READ AROUND THE WORLD

Your children are doing activities to earn "book Bucks"  
to buy books at this Book Fair.

**MONDAY, NOV. 23 IS FAMILY DAY**  
from 7:00am-5:00pm

Come by when you drop off your  
children or pick them up, or at any time  
that day and your child (or children)  
will earn an extra Book Buck.

The Book Fair will be held in the Molly Blank  
building...you won't be able to miss it with all  
the students' decorations in the atrium.

(If you would like to volunteer to work the  
Book Fair, call Freddie at 303-398-1933  
and leave a message. Help is needed to set  
up the Book Fair on Friday, Nov. 20 from  
7:30am-noon, as well as Mon.-Weds. of the  
Fair from 7:00am-4:00pm or so daily.)

### BUTTER BRAID FUNDRAISER!

Students at Kunsberg will be selling Butter Braids  
11/2-11/16. The pastries will be delivered 11/23, in  
time for Thanksgiving! All students who participate are  
welcome to share in a pizza party in December. The 10  
highest sellers will receive additional prizes. **THE  
TOP SELLER WILL SERVE AS PRINCIPAL  
FOR PART OF A DAY WITH MR. REID.** It is very  
important that **ALL ORDERS MUST BE IN ON  
TIME** to allow for on-time delivery and to qualify  
for the top prizes. Funds raised will help with Fine  
Arts programming and bringing in a national, award-  
winning a cappella group, "The 17<sup>th</sup> Avenue Allstars!"  
Questions – Call Ms. Morrissey

## Mrs. Freas' 411

As we get ready to "Fall Back" for Daylight  
Savings on November 1, keep in mind what you  
and your child need is a lot of SLEEP.

I know I've talked with many of you about having  
a bedtime routine: bath, snack, brush teeth, read  
and turn the lights out.

I have discussed the importance of no phones, no  
TV's or computers in bedrooms to help with  
children being able to fall asleep.

Well there is some new research coming out  
indicating that children who do not get enough  
sleep have a very high chance of becoming obese.

In the past many doctors have not been too  
concerned with children who snore either. New  
research is indicating that children who snore,  
even if it is only a few times per week, are at an  
increased risk of becoming obese. Children who  
snore are not getting enough oxygen and the  
snoring interferes with the sleep pattern. They do  
not get enough REM sleep. REM sleep is the deep  
sleep cycle and this is when our bodies heal and  
rejuvenate. This cycle helps build our immune  
systems.

Suggestions for parents:

Keep bedtimes in a routine, even on weekends,  
you do not catch up on sleep.

Good bedtime guidelines for school age children:

K-5<sup>th</sup> grade – by 8:00 PM

Middle school (6<sup>th</sup>-8<sup>th</sup> grade) – by 9:00 PM

High School – by 10:00 PM

Keep bedrooms cool

No heavy meals before bedtimes

If your child snores, speak with your PCP and  
determine if a sleep study would be appropriate.

## November Bus Passes



Bus Passes are available the last 2 days of every month. This year we are providing a free pass to all of our students. All you have to do is sign the agreement form! If your student is in 5<sup>th</sup> grade or below, we will pay half the cost of an adult pass. (The regular price of an adult pass is \$70.00. We will pay \$35.00 of that for a parent). If you have any questions, or would like to pick up your pass, please see Katie in the school office or call her at 303-398-1103.

## Kunsberg Kids R.A.P.

This month we will be focusing on the R in RAP, which stands for **respect**. At school we will be reading books and having classroom discussions on what respect looks like. Students in the three lower classes will create a book about respect and students in the three higher classes will participate in an essay contest on the subject of respect. At home you and your child could talk about what respect looks like in different places and at different times.

**PE REMINDER:** Bring/wear running shoes for P.E. class in the gym on Tuesdays, Thursdays, and every other Friday. When you forget, you have to sit and watch and your P.E. grade drops. If you wear hiking or snow boots as the weather turns bad, please bring running shoes in your backpack on these days.

### PARENTS' WEB

You may have heard about our new School Management Software that allows teachers to record all attendance, lesson plans, grades, homework, and behavior reports online. It is now accessible to all Parents at Kunsberg so you can login and keep track of what your student is doing at school. You'll need to provide the school with your current email address (if you haven't done so already) and then follow the simple steps on the handout that went home this week. If you have any questions, please contact Katie in the school office at 303-398-1103.

**The staff of Kunsberg School extends grateful thoughts and wishes for blessings of plenty to all of our families... not only at this time of year, but each and every day.**



## Important Upcoming Events

**November 2**

**Picture RE-TAKES**

**November 6**

**Parent/Teacher Conferences**

**November 13**

**Veterans' Day Observance**

**NO SCHOOL**

**November 23-25**

**Scholastic Book Fair**

**November 25-29**

**Thanksgiving Holiday Break**

**NO SCHOOL**

## Adopt-A-Family

We will be starting our annual "adopt-a-family" program after Fall Break. Each year we ask the NJH employees to help our students out during the holidays with food gift cards and some family gifts. Look for a letter to come home with your student about signing up to participate in this event. All the forms need to be returned by November 12.

### Family Activities ... FREE DAYS

Children's Museum...First Tuesday of each month (CO residents)

Denver Art Museum...First Saturday of each month (CO residents)

Dinosaur Discovery Days (Dinosaur Ridge-some fees)...First Saturday of each month

**Denver Museum of Nature and Science- Mon. 11/2**



**Happy Birthday to these folks!**



Cheyenne...11/10

Elijahwon...11/18

Isaiah M...11/11

Dakota...11/23

Zhaunise...11/12

Franchesca...11/23

Seth...11/17

Dion...11/30

Attendance line -- 303-398-1119

Clinic -- 303-398-1488

Office -- 303-398-1103