American Academy of Pediatrics Supports Childhood Sleep Guidelines

The American Academy of Pediatrics (AAP) issued a Statement of Endorsement supporting the American Academy of Sleep Medicine (AASM) guidelines outlining recommended sleep duration for children from infants to teens. The organization recommends the following sleep hours for children ages 3-12:

- 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.

The group found that adequate sleep duration for age on a regular basis leads to improved attention, behavior, learning, memory, emotional regulation, quality of life, and mental and physical health. Not getting enough sleep each night is associated with an increase in injuries, hypertension, obesity and depression.

In addition, the AAP recommends all screens be shut off 30 minutes before bedtime and that TV, computers and other screens not be allowed in children’s bedrooms. Establishing a bedtime routine is important to ensuring children get adequate sleep each night.

Contact Kenny School:
5720 Emerson Avenue S, Minneapolis, MN 55419
Bill Gibbs, Principal William.Gibbs@mpls.k12.mn.us
Main Office: 612-668-3340 Fax: 612-668-3350
Attendance: 612-668-3346 Minneapolis Kids: 612-668-3344
Link to Kenny School Website: http://kenny.mpls.k12.mn.us

Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday, February 27</td>
<td>Noon—8pm Wild Rumpus Book Fair</td>
</tr>
<tr>
<td>Thursday, February 28</td>
<td>5:00pm—Site Council Meeting</td>
</tr>
<tr>
<td>Tuesday, March 5</td>
<td>6:00pm—Kenny Parent Foundation (KPF) Meeting</td>
</tr>
<tr>
<td>Thursday, March 7</td>
<td>5:45pm—Parent Math Night</td>
</tr>
<tr>
<td>Monday, March 11</td>
<td>4:00pm—Cooking Night Off at Lowbrow</td>
</tr>
<tr>
<td>Thursday, March 14</td>
<td>8:15am—4th Grade Music Concert</td>
</tr>
<tr>
<td>Tuesday, March 19</td>
<td>Rope Power Assembly</td>
</tr>
<tr>
<td>Thursday, March 28</td>
<td>1:30pm—Student of the Month Grades K-5</td>
</tr>
<tr>
<td>Friday, March 29—Friday, April 5</td>
<td>NO SCHOOL—Spring Break</td>
</tr>
</tbody>
</table>
ATTENTION: DON'T GET YOUR CAR TOWED

Winter Parking Restrictions are in effect

Until further notice, DO NOT park on the even side of non-Snow Emergency routes.

► Because of snow and ice buildup along curbs, many streets are getting too narrow for fire trucks and ambulances to get around.

► Until further notice, DO NOT PARK on the even side of non-Snow Emergency routes (most residential streets). This will allow emergency crews to navigate every street in Minneapolis and get to people as quickly as possible.

► You can PARK on both sides of Snow Emergency routes, parkways and along the odd numbered side of non-Snow Emergency routes, provided a Snow Emergency is not in effect, or unless otherwise posted.

For more information visit our website or call 311.
www.minneapolismn.gov/snow/snow_winter-parking-restrictions

If you need this material translated or in an alternative format, please call 311 or 612-673-3000.
TTY users may call 612-673-2157.
Somali: Diddii aad dooneeyo in lagaa caalmeeyo tarjamadda macluumaadkii oo lacag la'aan wac 612-673-3500.
Hmong: Ceeb toom. Yog koj xav tau kev pab dawb txhais cov xov no, hu 612-673-2800.
Read-A-Thon

Thanks to everyone who turned in Week 3 Read-A-Thon sheets! If you forgot, you can still turn your sheet in to be collected next week!

Week 4 reading sheets will be due on Friday, March 1

This is the **FINAL WEEK** of the February Read-A-Thon! ALL reading sheets are due on **FRIDAY, MARCH 1**.

If you haven’t signed up yet for Book Pro to help us raise money for Kenny School, please start today! Our goal is to raise $15,000.00 this year!

**Read...Read...Read!**

---

**TONIGHT!**

What: Book Fair and Glee Club Performance

When: Wednesday, February 27, 2019

Where: Wild Rumpus (2720 W. 43rd St, Minneapolis)

Noon—8pm (Glee performance time: 6:30pm)

*Kenny will receive 10-20% of all purchases in the form of books or cash!*
The 5th Grade Council invites you to join in the fight against blood cancers and helping the Leukemia & Lymphoma Society (LLS) fund research and care for cancer patients.

Cardboard boxes will be sent home with Kenny students soon to collect their pennies and coins throughout the month of March. There will be large containers in the hallways so the students can empty their containers in and will be able to see their progress! Click here to donate directly!

Thank you for helping to save the lives of blood cancer patients not someday, but TODAY!

---

Parent Math Night

Need to get the 4-1-1 on the math strategies being taught in the classrooms?

Join us for an information night!

Thursday, March 7

5:45pm—6:30pm: Grade level presentations(48,791),(898,922) (Rooms 112 and 114)

6:30-7:00pm: Mathnasium presentation in the Media Center

7:00-7:45pm: Repeat grade level presentations (Rooms 112 and 114)

Child care provided in the lunchroom along with various activities courtesy of Mathnasium.

Hope to see you there!
COOKING NIGHT OFF!
WHERE: The Lowbrow, 4244 Nicollet Ave, Minneapolis 55419
WHEN: Monday, March 11 from 4:00pm—9:00pm
10% of your total bill will go back to Kenny School!
(Good on dine in or take out)
Hope to see you there!

Let’s Talk About The School Budget!
School budget allocations have been assigned from the District.
Join us for the next Site Council meeting to learn where those funds go!

Thursday, February 28 from 5-6pm in the Media Center

**Child care will be provided**

THANK YOU to all who were able to join us for Family Reading Night last week!
The students who attended will receive an extra entry in the Read-A-Thon drawings!
MARCH MAGIC IS JUST AROUND THE CORNER!

We raise money for a good cause—The Kenny Parent Foundation, which benefits Kenny Community School. This parent event is fun and is a great way to build community!

New this year—We’ve hired a PROFESSIONAL DJ and PHOTOBOOTH, so the evening promises to be a blast! We will have Great Gatherings sign-ups, a raffle and Plinko—Back by popular demand! We hope you can join us!

To purchase tickets and more information: www.kennymarchmagic.org

THANK YOU TO OUR GENEROUS SPONSORS!

PLATINUM LEVEL:

MILLCITY CLEANING

GOLD LEVEL:

mint

SILVER LEVEL:

KPAC/ACC SPORTS
Calling all budding scientists, engineers and question askers!

SAVE THE DATE!

Thursday, April 25 from 6:00 - 7:30 p.m.

(Pizza dinner 5:30–6:30 p.m.)

Entry deadline is Friday, March 1

If you don’t have a topic that’s okay, you’ll have a chance to tell us later.

Just sign up now to get a display board and to reserve your spot at the Expo. Partner up with a friend or work on your own to put together a science project.

(Extra registration forms available in the office or CLICK HERE.)

Volunteers Needed! Kenny parents, interested in helping out during Science Expo 2019? CLICK HERE to sign up to volunteer.

We will need help with the following:

* Supporting guests who are hosting activity stations
* Judging student projects
* Set up/tear down
* Greeting guests

If you have questions, email kenny.sci.expo@gmail.com.

Music Share Concert Series:

4th Grade: March 14 at 8:15am
5th Grade Band: April 25 at 8:15am
Kenny Gym
**REGISTRATION NOW OPEN!**

The final **Check It Out** chess tournament is on

**Saturday, March 9**

**Edison High School (700 22nd Ave NE, Minneapolis 55418)**

The tournament is **FREE** and is open to ALL MPS K-12 students

For more event information, [CLICK HERE](http://alc.mpls.k12.mn.us/chess_2) or visit: [http://alc.mpls.k12.mn.us/chess_2](http://alc.mpls.k12.mn.us/chess_2)

[CLICK HERE](https://osfce.wufoo.com/forms/w1l55jhh183vylj/) to access the registration form or visit:

[https://osfce.wufoo.com/forms/w1l55jhh183vylj/](https://osfce.wufoo.com/forms/w1l55jhh183vylj/)

---

**THE MARCH MAGIC COMMITTEE NEEDS YOUR HELP!**

**Great Gatherings** are themed events for kids, families or parents that are planned and hosted by Kenny families! Hosts develop a description, maximum number of attendees, date and time for an event.

**The March Magic Committee sets the donation amount for guests to attend the event.**

March Magic is the first opportunity for people to sign up for the events. They are great community builders that have brought in about $15,000 each year for Kenny over the past three years. A few of our big events in the past few years have been hosted by families whose children have moved on to Anthony this year so we are looking for new hosts and new ideas! Please do some brainstorming, maybe recruit a few families to help host, and offer up your best ideas!

Contact Katie Elden or Heather Paciotti with questions or your offer to host! If you are short on ideas but willing to host or co-host, below are examples of past events and other ideas but feel free to contact us to help you brainstorm something new!

**Inspiration:** Backyard barbecues or themed dinners * Moms Margarita night * Dads Backyard games night * Group fitness / obstacle course event * Pancake breakfast * Distillery tour * Tours for kids or families (ex: State Capitol, Police Station, Historical sites)

Questions? Contact Katie: kscottelden@gmail.com / (612) 801-8325 or Heather: hpaciotti@gmail.com / (612) 940-3662
Just a couple of friendly reminders as we work to keep our students safe...

**Student Drop Off and Pick Up**

- Please do NOT park in the bus lane when dropping your student(s) off in the morning or picking them up in the afternoon!
  - That means **NO** morning drop off on 58th street and **NO** afternoon pick up on Emerson Avenue going south

![Morning drop off diagram]

**Pets**

Per Minneapolis city ordinance, all pets must be on a leash at all times. We ask that the owner remain attentive and in control of their pet. Please keep pets away from the school entry and the sidewalk leading up to it while waiting for dismissal.

This is for the safety of both the students and your pets.

*Thank you for your help in this matter!*
Celebrate Black Life, History & Culture

BPAC Black Parent Advisory Council and OBMSA Office of Black Male Student Achievement CORDIALLY INVITE all MPS parents of African American students to our family event celebrating Black History Month.

Unveiling the pledge to our youth
Thursday Feb., 28, 6pm-8pm
Franklin Middle School, 1501 Aldrich Ave. N., Mpls.

Maya Angelou poem ‘A Pledge to Reclaim Our Youth’ confirms that our youth are the best we have and all we have to make the dream and the hopes come true...

Featuring keynote speaker
Mauri Freistleben, Lucy Laney Principal

Childcare · Transportation · Light meal · Student performances

Please contact Charisma Smith at:
charisma.smith@mpls.k12.mn.us or 612.668.2093
Call for transportation
Celebrate National School Breakfast Week
March 4-8

HOW SCHOOL BREAKFAST ADDS UP TO STUDENT HEALTH AND ACADEMIC ACHIEVEMENT

More likely to consume diets adequate or better in key vitamins and minerals
Decreased behavioral problems and tardiness
Improved cognitive performance
Better academic achievement
Reduced chronic food insecurity

National School Breakfast Week is March 4-8, and we hope your school will join us in celebrating. School breakfast plays a particularly significant role for children of food-insecure families, so MPS offers breakfast at no cost for all students, a best practice for removing the stigma around eating school breakfast. Please share the daily announcements with your school community and follow MPS Culinary & Wellness Services on Facebook and Twitter. Consider also using #NSBW19 and #SchoolBreakfast as you celebrate this week.

Daily Announcements for National Breakfast Week*

Monday: It’s National School Breakfast Week, and we will be celebrating all week during these announcements. MPS offers breakfast at no cost for all students every school day. Tomorrow on the breakfast menu is the Brekkie Bar, apple slices, dried cranberries, and milk. We hope you will try it.

Tuesday: Happy National School Breakfast Week! Did you know that research suggests that eating fruits and vegetables is linked to happiness? Start your day on this path by eating a fruit or vegetable with your morning breakfast. MPS offers fruit with every breakfast and tomorrow on the breakfast menu is lemon poppyseed breakfast bread, hard boiled egg, banana, orange juice, and milk. We hope you will try it.

Wednesday: Happy National School Breakfast Week! Did you know students who eat breakfast find it easier to concentrate and are more likely to do well in school? Tomorrow on the breakfast menu is bagel with cream cheese, clementines, strawberry cup, and milk. We hope you try it.

Thursday: Happy National School Breakfast Week! Did you know eating a healthy breakfast helps you make healthier food choices throughout the day and maintain a healthy weight? Tomorrow on the breakfast menu is mini whole-grain cinnamon waffle, banana, orange juice, and milk.

Friday: Happy National Breakfast Week! Thank you for celebrating with us this week. The school breakfast program was first piloted in 1966. Today almost 15 million students eat breakfast at school. We hope you are one of them!

*Please connect with your kitchen coordinator for the most up-to-date menu. Additional options may be available if students eat breakfast in the cafeteria.

More Ideas for Celebrating National Breakfast Week

✓ Invite the principal, favorite staff, or other guests to serve breakfast to students.
✓ Invite student, staff, or other guest musicians to provide music during breakfast.
✓ Decorate the cafeteria with student artwork that highlights healthy foods and the importance of breakfast, tablecloths, or balloons.
✓ Include information about the importance of breakfast in the family newsletter.
✓ Invite a local celebrity to eat breakfast with students such as local athletes, news anchor, school mascot, etc.
✓ Use the NSBW activity sheets or coloring sheets with younger students.
✓ Consider implementing breakfast in the classroom at your school.
✓ Contact Ashley Nitzkorski Ashley.Nitzkorski@mpls.k12.mn.us for more ideas or assistance.
It’s 1942, and two of Hollywood’s biggest divas have descended upon the luxurious Palm Beach Royal Hotel — Assistants, luggage, and legendary feud with one another in tow!

Everything seems to be in order for their wartime performance...that is, until they are somehow assigned to the same suite! Mistaken identities, overblown egos, double entendres, and a lapdog named Mr. Boodles round out this hilarious riot of a love note to the classic farces of the 30s and 40s.

*may contain strong language

http://southwesttheatre.org/unhinged-theatre/this-seasons-shows/126-suite-surrender
**MAKE YOUR WISHES COME TRUE**

**With ALADDIN JR at Anthony Middle School**

Disney’s Aladdin Jr is playing at Anthony Middle School from **March 20-23.**

Don’t miss this legendary tale about a loveable thief with a heart of gold! Join street-wise Aladdin, the headstrong Princess Jasmine, and the fast-talking, wisecracking Genie as they discover mystical caves, take magic carpet rides, and outwit the evil sorcerer, Jafar. The cast includes more than 60 Anthony Middle School students led by director Tinia Moulder, assistant director Staci Owens, music director David Lohman, and producer Julie Flaskamp.

In addition to student actors, the Anthony musical features a tech crew comprised of middle school students. In this production, students are stage managers, light and sound operators, designers, and more. Come and see how this group of talented middle schoolers bring this magical story to life.

The spectacular 60-minute musical is adapted especially for young performers. It’s based on the 1992 Disney film and the 2014 Broadway adaptation, and includes favorite Alan Menken songs such as “Friend Like Me,” “A Whole New World,” and “Prince Ali,” as well as wonderful new songs added for the Broadway production. With colorful characters and nonstop adventure, Aladdin Jr. is sure to be a crowd-pleaser for all ages!

Purchase tickets online beginning March 1 at [anthony-musical-2018.ticketleap.com](http://anthony-musical-2018.ticketleap.com) Purchasing tickets online allows you to reserve seats near the front of the auditorium in advance. General seating tickets, located in the back half of the auditorium, will also be available at the door. General seating tickets are $5 for students and $8 for adults.

*General seating tickets will be on sale one hour prior to show time, and doors will open 30 minutes before the show starts.*

**Disney’s ALADDIN JR.**

**Anthony Middle School 5757 Irving Avenue South, Minneapolis, MN 55419**

**Wednesday, March 20 – 6:30pm**  
**Thursday, March 21 – 6:30pm**  
**Friday, March 22 – 7:00pm**  
**Saturday, March 23 – 2:00pm**

Contact: Bridget Hirata – bridpil@yahoo.com
ATTENDANCE:

Call the Attendance line (612-668-3346) when your student will be absent.

Doctors or dentists notes should be brought into school when the student returns to the building. Your help with this is appreciated.

STUDENT DROP OFF:

Children will be admitted into the building at 7:50am. Please plan your drop off time accordingly!

Please be courteous of other drivers and USE CAUTION when pulling away from the curb!

The staff is respectfully requesting students be dropped off at the front door #1 in the morning.
  • Teachers need to be able to greet and assist children.
  • Children have morning work assignments that need to be completed before the morning meeting that starts at 8:10am.

Thank you for your help with this as it allows us to give your children our undivided attention for greetings and assistance with morning work and routines.

All adults entering the building must sign in at the office.

TRANSPORTATION:

Send Information to School when:

1. You have an address or daycare change.
2. If you are picking up your child and they usually ride a bus, they must be signed out in the office even with advanced notice.
3. Your student is using a different bus stop.
4. Your student is going home with another student. (Note: we need notification from BOTH families).

Information will be sent home when:

1. Your student has been added to a bus route.
2. The bus stop for your student has had a change in location.
3. The IN bus stop for your student has had a cumulative time change of five minutes or more.

Changes can become effective any day of the week so watch for the effective dates on the notices sent home with your student.

BUS PASSES: Bus passes are REQUIRED to board a bus that is normally not a student's assigned bus. We request notes be turned into the office as early in the day as possible.

We need notes from both sets of parents/guardians i.e. the parent/guardian of the student taking a different bus or using a different stop and the parent/guardian of the student they are traveling with.

The note should include:
  • Student's FIRST and LAST NAME
  • FULL name of student they are riding with
  • Date of request
  • Signature of parent or guardian

A bus pass may not be able to be honored if we have not received two permission forms or if the bus requested is full.
Stay Informed

Bookmark the Kenny Website
for quick access to the Staff Directory, the school schedule, meeting times, and new information.

To be added to the Wednesday newsletter email list or if you have information you would like to submit to the Wednesday newsletter, please email:

kennyschool.pto@gmail.com
By 5pm on Friday

Join us on Facebook & keep up with all the latest Kenny news
http://www.facebook.com/kennypta