

Cambridge Park Elementary School

September 2024

Back to School Night



September 17, 2024

6:30 PM- 7:30 PM

WELCOME PARENTS!

September 17, 2024 is Back to School Night at 6:30 PM sharp.

- Come meet your child's teacher and visit the classroom
- Please enter Cambridge Park Elementary using the following entrances
- **Door 3 For classrooms 1-11**
- **Door 32 For classrooms 13-22**
- **Doors will open at 6:30**
- The first session will begin promptly at 6:40 PM
- There will be two sessions
- If you have more than one student you may visit the next classroom during session two.
- Due to limited space in the classrooms, adults only. No students please.
- If you are unable to attend please reach out to your child's teacher and she/he will send you the program information.
- Please remember that this is a general overview of the classroom schedule and routines.
- Individual student concerns should be addressed privately with the teacher at a later time.

We can't wait to see you all September 17, 2024 at 6:30 PM

Session 1 begins at 6:40-7:00

Transition to next session 7:00-7:10

Session 2 7:10-7:30

Don't forget to order your Spirit Wear



Cambridge Park Elementary

Our Spirit Wear Store is open until 9/18!

Spirit Wear

Every last Friday of the month is Spirit Day at school so don't miss out!

ORDER NOW VIA QR CODE OR BY USING THE BELOW LINK

<https://scrappydappydoo.com/product-category/schoolspiritwear/cambridge-park-elementary-school/>

Questions? Email ptocambridgepark@gmail.com



Orders are due by September 18, 2024



Parents please be reminded that teachers are not permitted to have parent meetings at the dismissal door. If you need to speak privately please email your child's teacher

Dismissal is 3:00 PM

Please join the PTO



Welcome

CAMBRIDGE PARK PTO 2024-2025

Not a Member Yet?

Join the PTO Now!

The PTO is responsible for enriching and supplementing the experiences of our children through events/activities, meetings and fundraising opportunities. We are looking for volunteers and help during the upcoming school year. We'd love to have you!

Membership Fee: \$20



Click Here to Join!!

Payment Type: Venmo or Check

Venmo: @CambridgeParkElementaryPTO

*Please note this is a new Venmo account!





Make Sure Your Child Gets Enough Sleep

Some children fall asleep as soon as their heads hit the pillow. Others have problems sleeping.

Children who are tired from lack of sleep can't do their best in the classroom.

Here are some ways to help your child get enough sleep:

- **Set a schedule.** If possible, keep the same bedtime every night. Children who stay up later on weekends have more trouble resetting their internal clock once the school week starts.
- **Create routines** to help your child make the transition from waking to sleeping. Many parents have routines about how many books they'll read and how many drinks of water children can get.
- **Encourage outdoor play.** Make sure your child gets some time outside each day when the weather allows.
- **Build in quiet time before bed.** Have your child play quiet games, work on puzzles, or—best of all—read.
- **Try not to change** your child's bedtime because of your schedule.
- **Don't negotiate.** If you've decided bedtime is 8:45, don't give in to pleas for "five more minutes."

- **Don't give your child foods** that contain caffeine. This includes many soft drinks (check the label) and chocolate.

If you are concerned about your child getting enough sleep, speak with your pediatrician. Establishing a good sleep routine now will help your child succeed during the coming school year.

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Kelly Bera

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