



Mark Your Calendar!

October 16

Second Harvest Farmers' Market
3:45 p.m.

October 17

California Shake Out Earthquake Drill
10:17 a.m.

October 21

Parent Ed Night- Cyber safety
Zoom

October 27

Minimum Day for Staff Development

October 30

Trunk or Treat
6:00 -7:30 p.m.

October 31

Halloween Parade
8:15 a.m.

Questions?

Principal

✉ [Jacki Teschke](#)

(714) 220-6980 x2151

Administrative Assistant

✉ [Vickie Ohlman](#)

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Cypress School District

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COUGAR CONNECTION

CLARA J. KING ELEMENTARY SCHOOL

October 2025

The Importance of Sleep for Children

Dear King Families,

With our busy lives, it's understandable that sleep doesn't always take top priority.

While adults often push through fatigue, children are not as well-equipped to function without adequate rest. Experts suggest that school-age children need 9–11 hours of sleep each night.

Sleep plays a crucial role in the development of young minds and affects:

- Alertness and attention
- Happiness and mood
- Cognitive performance and memory
- Resiliency and vocabulary growth

When children are not well-rested, it becomes more challenging for them to focus, retain information, and manage their emotions. The American Academy of Pediatrics reports that about 25 percent of children do not get enough sleep. If this number seems high for your household, there are simple ways to help your child achieve the recommended hours of rest.

Tips for Better Sleep:

- Keep a consistent bedtime routine
- Make the bedroom a screen-free zone
- Use a nightlight if complete darkness is uncomfortable
- Avoid sugary snacks, caffeine, and heavy meals before bedtime

Adequate sleep supports both academic and social success, helping children develop healthy, lifelong habits. Let's work together to ensure our students are well-rested and ready to learn each day.

Jacki Teschke, Principal





Join us on Thursday, October 30, from 6:00–7:30 p.m., for our PTA-sponsored Trunk or Treat event! Families are invited to enjoy an evening of fun with decorated trunks, treats, music from our DJ, and other spooky activities. We hope to see you there!

Attendance Challenge!

We’re challenging Vessels School to see which school can achieve the best attendance record for November! Let’s all work together to be at school every day possible.

The winning school’s reward? The principal at the losing school will have to wear the other school’s mascot T-shirt for a day!

Let’s show our Cougar pride and take the win. we can do it!



Rain or shine, come to school every day in November!

Halloween Parade

Join us for our annual Halloween Parade on October 31 at 8:15 a.m. We look forward to seeing the school filled with creative costumes and many family spectators. It’s one of our favorite traditions and a fun way to kick off Halloween! Our staff dresses up too!



Red Ribbon

October 27-31, 2025

Week

Monday	Be Red-y to be Drug Free Wear Red	
Tuesday	Drugs are Crazy- Cougars don't do them Crazy Hair Day	
Wednesday	Team up Against Drugs Wear your favorite team shirt or accessory	
Thursday	Cougars Dream of a Drug-Free World Pajama or Cozy Dress Day	
Friday	Halloween Parade 8:15 a.m. Wear your Halloween costume Families Welcome	