



This month we would like to thank Mrs. Terri Artz and all of our bus drivers for caring about our students and driving us to and from school safely.

*Please keep in mind all children's safety when dropping off and picking up your child.*

In past years, school buses were the cause of 54 percent of the total fatalities while motorists who passed stopped school buses with its red light flashing, struck and killed nearly 46 percent of the total fatalities.

## PRAIRIE HEIGHTS ELEMENTARY

February 2009

Many children ride the bus to school every day. But how many of them know about its potential dangers? From boarding the bus to crossing the street, it's important that kids take safety precautions. Keep your child safe by teaching him these seven safety tips:

**1. Stay away from the street while waiting for the bus.** Kids should get in a line that starts about six feet from the curb, perpendicular to the street rather than alongside it.

**2. Wait for the bus door to open.** Children should not approach the street until the bus driver opens the door and gives the okay for the kids to get on.

**3. Board the bus with care.** Kids should be aware that book bags and backpacks can get caught in a door or around a seat when they're boarding a bus.

**4. Wear seat belts whenever possible.** Some school buses have seat belts. If your child's bus does include seat belts, makes sure your

child knows to be buckled in from the time the bus leaves until it arrives at its final destination.

**5. Stay in your seat.** Make sure your child understands the importance of staying in her seat while the bus is moving. Running or climbing around the bus can distract the driver and be dangerous to other kids.

**6. Be careful getting off the bus.** When exiting the bus, kids should hold onto the handrail and step down slowly.

**7. Cross the street cautiously.** When a child gets off the bus, he must make sure he's visible to the driver at all times. If he needs to cross the street, he should walk up the sidewalk until he's at least 10 feet in front of the bus, make sure the bus driver acknowledges his intent to cross the street, and then proceed with caution. If he drops something as he crosses in front of the bus, he should never bend over to pick it up. This makes him invisible to the driver.

[www.stnonline.com](http://www.stnonline.com)

[www.parents.com](http://www.parents.com)

Children of different ages need different amounts of sleep and tend to sleep best at different times. Kids starting kindergarten usually need about 11 hours of total sleep to learn the best, grow the tallest, prevent the most infections, and heal the most quickly.

Kids need slightly less sleep each year. By around age 9 they do best with about 10 hours total. When puberty kicks in, the body's internal clock shifts so that the natural time for falling asleep and waking up is much later. At the same time, most schools start the school day earlier for older kids. Often teenagers cannot fall asleep early enough to get the sleep they need and they go through their days feeling exhausted and cranky.

### United States Events in February

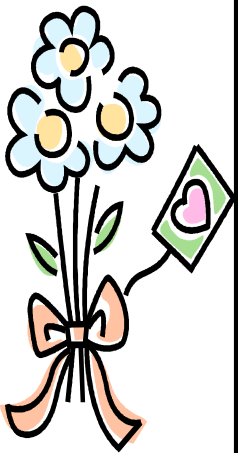
- Black History Month
- Valentines Day
- Presidents Day
- Groundhog Day
- [Leap Day: February 29](#)  
(Every 4 years, with some exceptions)
- National Brotherhood / Sisterhood Week
- National Freedom Day
- Ash Wednesday

• Thank you to all of you that came to our January Meet & Greet / Board Meeting. It was great to see you here!

• Thank you Mrs. Rebecca Dunn for making of our events a Success!

#### • HAPPY BIRTHDAY to:

- Ray Mercado (Bus Driver)
- Janet Dalton (Secretary)
- Sylvia Arteaga (Maintenance)
- Della Lewis (Special Education)
- Fernando Ornelas (Music Teacher)
- Sherri Svendgard (Math Teacher)
- Will Namminga (Special Education)
- Jeff Bloodworth (English Teacher)
- Connor Bone (Student)
- Tristan Griffin (Student)



As you know, we have many community members that come and help at our school. Several of our volunteers assist teachers in and out of the classroom, there are others that "work from home" advertising school events, and then, there are those that support our students by participating in the activities that are important to them, fund raisers, and motivating them to always be better and think wisely when making decisions.

This month we would ask that you keep all of these important and very

## UPDATE

special people in your thoughts.

One of these women is Lolly Martinez. She has recently been diagnosed with a severe cancer. She is in pain most of the time. Lolly is in need of a critical surgery, unfortunately as we see in many cases, the Martinez

family does not have the resources to fulfill this medical procedure. In the mean time she must also purchase expensive medications.

If you are interested in donating for this cause, you may mail or drop off your donation at Prairie Heights Elementary School.

*if you would like to make a deposit personally: We have also set up an account for Mrs. Martinez at Colorado Mountain Bank in Fountain.*

