

HARMONY ELEMENTARY PTA

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Harmony PTA Membership

Thank you to all the parents, teachers and other faculty who have already joined PTA.

Membership shows commitment to our children, school and our community.

What does \$5.00 get you today? Maybe your lunch, popcorn at the movies (but not your ticket!), one cup of coffee from Starbucks, but it DOES buy a PTA membership!

What do YOU get in return . . . discounts to establishments like Fernbank and the Atlanta Zoo, the Hawks and the Thrashers and Barnes & Noble.com. And, look what your CHILD gets – the Fall Festival, programs like Reflections and Family Learning nights, BINGO and Spirit Nights.

If you are already a member, please follow this link:

<http://www.harmonywildcats.org/pta>

(and click on the Membership tab for a list of participating businesses and organizations).



THE HOLIDAY SEASON HAS OFFICIALLY BEGUN, HOPE YOUR WINTER BREAK IS FULL OF FAMILY FUN!!!

We all know that this time of year is hectic for everyone. The traveling, the tree, the wrapping the rushing . . . the lights and sounds of the holidays. . . “**oh what fun it is**” . . . we all question is it really the “**most wonderful time of the year**”? If there is anything that can define this time of year, it has to be the spirit and innocence of the children who enjoy it so much; for it is them who make it so “**merry and bright!**” Traditionally, we all celebrate by giving and getting, and although it is exciting and fun, this year will prove hard for many Harmony families. If you know anyone in need, please take the time to consider how to help ~ Maybe just a wrapped toy from your child’s class, or offering to babysit, even donating a tree to a

family who would otherwise not be able to afford one ~ lead by example and let’s all try to remember what the holiday season is really all about!



Calendar of Upcoming Events

DECEMBER 12th	Gymnastix PNO 6 – 10 p.m
DECEMBER 14th	TEACHER HOLIDAY LUNCHEON
DECEMBER 17th	Papa Johns Spirit Night 11 a.m. – 11 p.m.
DECEMBER 18 th	END OF FIRST SEMESTER
DECEMBER 21 st – JANUARY 5th	WINTER BREAK
JANUARY 7th	Reflections Breakfast 9:00 – 10:00 a.m Stevie B’s Spirit Night 4 p.m – 9p.m
JANUARY 11th	PTA Executive Board Meeting 2:30 – 3:20 p.m Committee Chair Meeting 3:30 – 4:00 p.m
JANUARY 14th	Specials Night 6:00 – 8:00 p.m.
JANUARY 18th	Martin Luther King’s B’day Student Holiday
JANUARY 19th	Skate Country Spirit Night 6:30 – 8:30 p.m
JANUARY 22nd	Kindergarten Bingo 2:15 – 3:00 p.m.
JANUARY 27th	First Grade Bingo 3:30 – 4:15 p.m.
JANUARY 28th	Second Grade Bingo 3:30 – 4:15 p.m. Dairy Queen Spirit Night 4 p.m. – 9 p.m.
JANUARY 29th	Third Grade Bingo 3:30 – 4:15 p.m.
FEBRUARY 2nd	Fourth & Fifth Grade Bingo 3:30 – 4:30 p.m.
FEBRUARY 3th – 4th	Early Release 12:45 p.m
FEBRUARY 5th	FAMILY BINGO NIGHT

FEATURE ARTICLE

HOW MUCH SLEEP DOES YOUR CHILD NEED?

With the holiday season comes a lot of stress for parents and kids alike. The anxiety and the pressure of family visits and that “naughty or nice” list can send us all into a frantic frenzy! But, children are the ones who suffer the most this time of year. The better rested your child is, the better they are able to cope with all aspects of their life, especially school! Just how much sleep varies from child to child, however, there are some proven general rules we can go by. Here are a few:

Preschoolers, for instance should get about 10-12 hours per night, but there is no need to be completely rigid about *which* 10-12 hours they are. A **5-year old** who gets adequate rest at night, no longer needs a daytime nap. Instead, quiet time may be substituted. Most kindergartens have brief quiet periods when children are asked to lay still and rest.

School age children from **ages 6-9** need about 10 hours of sleep per night. Bedtime difficulties can often arise at this age from a child's need for private time with parents, without siblings around. Try to make private time just before bedtime and use it to share confidences and have small discussions. This will also help prepare your child for sleep.

Pre-teens, ranging in age from **10 – 12 years old**, need a little over 9 hours of shuteye per night. But, remember, it's up to parents to judge exact amounts of rest needed, and to see that children are in bed in time for sufficient sleep. Lack of sleep can



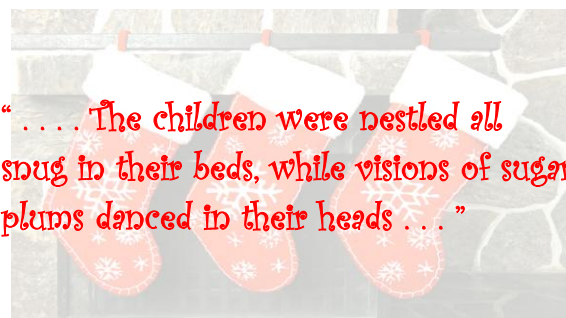
cause irritability, or specific hyper types of behavior. It can also make a condition like attention deficit hyperactivity disorder (ADHD) even worse.

Adolescents or **teenagers ranging in age from 13 – 18**, need 8.5 to 9 hours of sleep per night, but many do not get it. And, as they progress through puberty, teens actually require quite a bit more sleep. However, because these age groups often have schedules packed with school and other activities, they're typically among the highest with chronic sleep deprivation. And because sleep deprivation adds up over time, just an hour less per night, can feel like a whole night without sleep by the end of the week! This is why we often see them sleep later on the weekends as they are trying to “catch-up” on that missed sleep. This irregular sleep pattern can actually aggravate problems and make getting to sleep at a reasonable time during the week even harder.

Sleep deprivation can lead to problems like decreased attentiveness, decreased short-term memory, inconsistent performance and delayed response. It can cause generally bad tempers, problems in school; and with teens, can lead to stimulant use and driving accidents.

Ideally, all children should *try* to go to bed at the same time every night and wakeup at the same time every morning, allowing for an adequate amount of sleep to keep them healthy and happy!

“ The children were nestled all snug in their beds, while visions of sugar plums danced in their heads . . . ”





HARMONY HEROES

Thanks to:

All the volunteers who came out to set up, clean up and run the events at our Fall Festival. It could not have been done without you!

Thanks to DeAnna Davis for coordinating the Fall Festival Baskets. She helped work with the room parents who made the BEST EVER baskets!

Thanks to Elizabeth Ihm and her crew for doing a phenomenal job with the food and drinks at the fall festival.

Thanks to Gene Kerley for organizing an awesome car show for our fall festival and for all his recommendations on vendors!

A very special thanks to Kimberly Jones, our Fall Festival Chair, and to Tomasyn Breazeale for working so hard coordinating the entire event!!

Thanks to Beri Adams for organizing our volunteers for the Fall Festival.

Thanks to Mr. Michael Robertson for volunteering to be our Science Force Coordinator.

Thanks to Ms. Jennifer Sudderth for volunteering to be our Environmental Chair. She will work to help Harmony learn more about going green!

Harmony's 2009 Fall Festival

We wanted to give a big Thank You to all of the Harmony Families who came out to the Harmony Fall Festival this year on November 7th. The day was beautiful and we hope everyone had a good time. Your support for this event each year is what makes it so great, thank you for coming!!! We also wanted to thank all of the parents and staff that volunteered to help out that day. Our fall festival cannot happen without you each year and we really appreciated all of your help! Thank you also to our many wonderful sponsors and those that put together and participate in the car show each year.

We need to give a special thank you to all of the room moms. Without you we cannot have the cake walk or the basket raffle. This year's basket raffle was wonderful with so many great baskets! Your efforts and the generous bidding by all of the Harmony community allowed us to raise enough money to cover the new classroom set of drums for the music department. And on Friday November 20th the Harmony PTA was able to sponsor a live drum show that demonstrated a few of the drums the kids will be getting to use in music very soon. It was a great assembly for the whole school. The ability to purchase the drum sets goes to prove what our community can do when we have the support of all our families!

Thank you again to all those who came out and supported the Fall Festival this year and to all of you who helped! Our PTA does not work without all of you and we truly appreciate all of your support!

The Executive Board