



We are Under the S.E.A.S. at Hunt Elementary

April & May 2022

Hunt Elementary has LOTS in store as we finish our “Sea”Sational School Year! Please be on the lookout for flyers and notes outlining specific details about our many upcoming events! Also, please check the website routinely for reminders and information. You may also call us between the hours of 7:30 a.m.-4:00 p.m. should you have any questions or need assistance. We are always happy to help!

We have some designated FREE DRESS days coming up. It’s fun to wear clothing of choice. Your child may participate in these days as desired; however, we ask that you continue to use discretion in your child’s attire and refrain from wearing costumes, revealing clothing, clothing containing inappropriate words/logos/images, pajamas, spandex, etc. Students need to wear tennis shoes when on campus. Thanks in advance for your cooperation.

Please use these last few weeks of school to stay in contact with your child’s teachers. Touch base with teachers about your child’s progress and help your child complete assignments. We all want to end this school year on a positive note!

Hunt Elementary is looking to host some literacy camps in June and July, so stay tuned for developments. Also, be on the lookout for information about Cuero ISD Summer Day Camp offerings for students. Any Cuero ISD student may receive FREE breakfast and lunch as part of our Summer Feeding Program. The designated dates/times are TBA.

- Apr. 1 – No School/Staff PD
- Apr. 4 – Spring Picture Day; Magical Monday; STAAR Info. Night 5:45 p.m.
- Apr. 7 – Report Cards Go Home
- Apr. 11 – Magical Monday
- Apr. 12 – 4th Grade Field Trip
- Apr. 13 – Math Fact-a-Thon
- Apr. 14 – Tutorials 8:00-12:00
- Apr. 14-18 – No School
- Apr. 22 – Field Day
- Apr. 23 – Tutorials 8:00-12:00
- Apr. 25 – Magical Monday
- Apr. 27 – Progress Reports Go Home
- Apr. 30 – Tutorials 8:00-12:00
- May 2 – Magical Monday: Spring Title I Meeting 5:30 p.m.
- May 5 – LAST Day of Tutorials
- May 9 – Magical Monday
- May 11 – Math STAAR
- May 16 – Magical Monday
- May 17 – Reading STAAR
- May 19 – Science STAAR
- May 20 – Early Dismissal at 12:30 p.m. /UIL Academic Competition
- May 23 – Reading Goal Celebrations; Magical Monday
- May 24 – Talent Show
- May 25 – End of Year Awards Ceremonies
- May 26 – Last Day of School/Early Dismissal/Staff PD

Counselors Corner by Ms. Schacherl

Better Sleep = Better Grades. Seriously!

Sleep is an essential part of everyone’s routine and is an important part of a healthy lifestyle. Studies have shown that kids who regularly get a good amount of sleep have improved attention, behavior, learning, memory, and overall mental and physical health. Not getting enough sleep can lead to high blood pressure, obesity and even depression.

Establishing a consistent bedtime routine is important. The routine should ideally start at the same time every night. As soon as the sun goes down, start to “wind down” the household.

- Dim the lights
- Stop use of electronics/screens at least an hour before bed
- Limit caffeine
- Take a warm bath/shower
- Do a quiet family activity such as reading a short book
- If your child wakes up during the night, walk him/her back to his/her room

**WHY
SLEEP MATTERS
FOR KIDS**

SLEEP RECHARGES KIDS' BODIES AND BRAINS SO THEY CAN:

- Feel calm and refreshed.
- Make good choices.
- Have a healthy weight.
- Pay attention in school.



- Remember what they learned.
- Do better in sports.
- Avoid getting hurt.
- Feel good about themselves.

AFTER 1 OR 2 NIGHTS OF LESS SLEEP, YOUR CHILD MAY:


- Have more meltdowns.
- Make poor choices.
- Zone out in class.



- Forget what they learned.
- Have trouble with sports and games.
- Get into arguments.

KIDS WHO ARE SLEEP-DEPRIVED MAY:

- Feel sad, hopeless, or anxious.
- Become overweight.



- Make risky choices.
- Use cigarettes, alcohol, and drugs.

HOW MUCH IS ENOUGH?

9-12 hours for ages 6-12 8-10 hours for ages 13-18