

Tiger Tales

Tunbridge Central School

Friday October 14, 2016

Good afternoon, and Happy Friday,
Tunbridge Tigers!

Here are a few notes and reminders as we
Friday together.

Of note:

- I've been thinking about sleep as it pertains to school, absences, tardies, health & "being present". Chances are, sleep (or lack thereof) can have tremendous implications for our work here in school. Even this week, our K-4 classes spent time in our weekly assembly discussing "whole body listening". We appreciate Mrs. Brown's 1st and 2nd graders who helped to demonstrate and share their whole-body designs; I invite you to see her blog for photos and updates.



enjoy a beautiful Autumn



| Age Group | Recommended amount of sleep |
|----------------|-----------------------------|
| 3 to 5 years | 10 to 13 hours |
| 6 to 13 years | 9 to 11 hours |
| 14 to 17 years | 8 to 10 hours |
| adults | 7 to 9 hours |

Source: Mayo Clinic

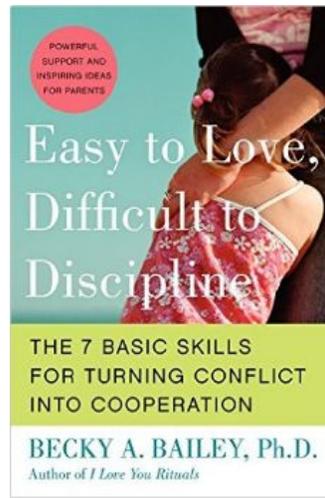
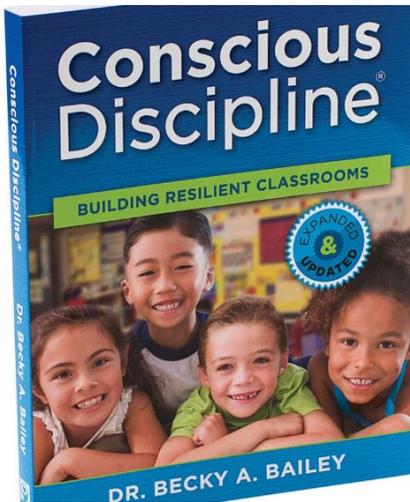
Upcoming Dates:

Wednesday October 19: Picture retake day---for those who missed the September date and also those who wish to have a retake (please bring your first set of pictures in the envelope)

Thursday October 20: 6:00 p.m. Taste Of Tunbridge From our coordinator, Jen Thygesen: TCS will be holding it's 4th annual Taste of Tunbridge Community Harvest Dinner next Thursday, October 20th at 6pm, at Tunbridge Central School. Families are encouraged to attend, and bring a dish to share featuring a local ingredient. Many TCS classes will be preparing dishes to share as well. Donations to the Tunbridge Farm to School program will be welcomed at the door, but not necessary.

Any parents are interested in helping to set up or clean up for the event, please contact Jen Thygesen at jthygesen33@gmail.com or at 889-5628.

Friday October 21st: Fire Safety here at TCS sponsored by our Tunbridge Fire Department



- Our staff is participating in a year-long book study of Conscious Discipline which emphasises social/emotional learning, self-regulation, and the many complexities of the brain as it impacts learning on many levels. We are excited to read this together and learn how we might impact our school and classroom settings to encourage learning and kindness throughout the building. The author, Becky Bailey, has written Easy to Love, Difficult to Discipline which is intended for parents; I am happy to order some here at school that parents could borrow. Please let us know if you have that interest; one parent bought the book and found it helpful and insightful.
- Remember: photos, videos, important dates, contact information and much more can be found at our updated website: "www.tunbridgeschool.org"; we also try to keep our facebook page updated with some timely reminders and periodic photos. We recognize that not everyone has internet access, thus we will continue with this hardcopy as usual.

Thank you for being part of our community; I wish you a healthy, safe, and refreshing weekend. Last year was my first year attending the Taste of Tunbridge. Wow.....it's a wonderful community event that is not to be missed! Though a donation is welcome, there is absolutely no fee for the event, yet there will be raffles and other ways in which to support our Farm-to-School program. It's a delicious way to enter our fall season!

Take Care;

Scott Farnsworth
Principal

