

Topics We're Discussing in Circles!!

The Importance of Sleep

- Children aged five to 12 need 10–11 hours of sleep.
- How much sleep do you get most nights?

How Does Sleep Help Me?

- Sleep gives your brain a chance to sort things out. Scientists aren't exactly sure what kinds of organizing your brain does while you sleep, but they think that sleep might be the time when the brain sorts and stores information, replaces chemicals, and solves problems.
- Sleep also helps your body to repair itself, it replenishes your energy, and it helps you grow and develop

What Happens if I Don't Get Enough Sleep?

- You can become grumpy or lack energy,
- You can become hyper, disagreeable, and have

extreme changes in behavior (YIKES!!)

- You can have problems with your thinking that impact your ability to learn in school
- What are you like without enough sleep??

HOW CAN I MAKE SURE I GET ENOUGH SLEEP?

- Make sure to have a bedtime routine
- Be sure your bed is ready for sleep, not too packed with toys or books
- Turn on a fan if you're warm or grab an extra blanket if you're cold
- Do not have any screen time (TV, phones, tablets, computers) 30 mins before bed.
- Avoid caffeinated drinks (pop, iced tea, etc.) and don't exercise
- What is your bedtime routine?

Internet Safety – 10 Commandments

1. I will not give out personal information like my address, phone number, or parents' phone number without my parents' permission.

2. will tell my parents right away if I come across something that makes me feel uncomfortable (words, pictures, video, songs, etc.).
3. I will never agree to meet with someone I met online without first checking with my parents. If my parents agree to a meeting, I will be sure it's in a public place and that my parents are with me.
4. I will talk with my parents about posting pictures of myself online and not post any pictures my parents don't approve of.
5. I will not respond to any messages that are mean or in any way make me feel uncomfortable. If I get a message like that, I will tell my parents right away.
6. I will talk with my parents so we can set up rules for going online. This includes computers, phones, and tablets. We will decide upon the time of day and length of time online, as well as which sites I can visit. I will follow these rules!
7. I will not give out my passwords to anyone (even my best friend) other than my parents.
8. I will check with my parents before downloading or installing anything on a computer, phone or tablet.
9. I will be a good citizen online and not do anything that hurts other people or is against the rules (my parents' or the law)
10. I will work with my parents to understand how to have fun and learn things online, while staying safe.

Setting Smart Goals

- Specific
 - What exactly are you hoping to achieve? Being as specific as possible can make your goals easier to reach.
- Measurable
 - How are you going to know when you've reached your goal? You should know exactly what reaching your goal will look like so you'll know when you have!
- Attainable
 - This is a fancy way of saying you can actually do this! Your goal should be hard, otherwise it won't cause you to grow, but it shouldn't be impossible. If you don't have the time or will to do it, you'll just get frustrated.
- Relevant
 - is reaching your goal going to help you in some way? Sure, being able to [touch your nose with your tongue](#) might be cool, but is it really a worthwhile achievement?

- Timed
 - Does your goal have a specific timeline for achieving it? We all know that deadlines help us get things done (remember when you're parents would count to 3 to get you to do something). Having a timeline will help you reach your goal!

Safe at School

Helping Students Feel Safe & Cared For

Questions we discussed:

- Where At School Do You Feel Safe?
- What Are Some Things That Your Teacher or Other Students Do to Make you Feel Safe?
- Is There Anywhere at School You Do Not Feel Safe?
- What are some things that happen that make you feel unsafe?
- What Can You Do To Make Students Feel Safe...

In the Classroom, On The Playground, at lunch

How to Solve Problems on the Playground

Lose/Lose

- All people involved are worse off in the end
- People are not respected

Win/Lose

- One person feels like they've "won", and the other feels like they've "lost"
- All people are not respected

Win/Win

- Each person feels like they have won
- Everyone is respected

How would you solve these common playground problems?

- Someone is not sharing the glider with you
- Students are not letting others play tetherball, and are even going so far as to take the ball and hide it
- You want to play tag with a group of students but they will not let you