

# September



# Newsletter

Amanda Hoover  
Principal

Beth Howland  
School Counselor

Patty Wood  
Secretary

Jami Aubin  
Secretary

Townsend Elementary School

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*I would like to take this opportunity to introduce myself. My name is Mrs. Amanda Hoover, the new Townsend Elementary Principal. This past year I worked for DCMO BOCES as The Coordinator for Itinerant Services and*

*Special Education. Prior to that I spent my educational career at the Walton Central School District. I started as the Middle School Counselor in 2003 before becoming the Committee on Special Education Chairperson in 2008. I began my administrative career in 2014 as the Director of Special Education. I also have a Bachelor's Degree in Business Management. I have lived in Walton for the past 13 years. My husband and I have two beautiful children.*

## BEDTIME TIPS...



Now that summer is coming to an end, having a consistent bedtime routine is very important for children. According to webmd.com children who are sleep deprived can have difficulty with behavior, paying attention and learning. Here are some tips to help make sure children get enough sleep.

- Have a consistent bedtime routine. Reading books before bed is a great way to settle in for a good night of rest.
- Ensure the living space is quiet and free from disruptions to sleep for children.
- Try to have the kids in bed at the same time every night.
- Be available for comforting if nightmares should occur and provide supports for when children are afraid of the dark, such as a night light.
- Try to avoid sugar for a few hours before bed time.
- A full stomach and water at bedtime can save some trips to the kitchen.

## UPCOMING EVENTS

- |             |  |
|-------------|--|
| Sept. 4     | FIRST DAY OF SCHOOL<br>7:30 am- Breakfast Only<br>7:45 am- Arrival |
| Sept. 18-20 | BOOK FAIR  |
| Sept. 19    | TS OPEN HOUSE: 5:30-7:00 pm  |
| Sept. 22    | FRIDAY FUN NIGHT: Grades 3-5<br>6:30-8:00pm                        |
| Oct. 3-4    | SCHOOL PICTURES  |



**'The way we talk to our children becomes their inner voice.'**

— Peggy O'Mara

David Avocado Wolfe