

SCHOOL COUNSELING CONNECTION



Sinking Fork Elementary
February 2026

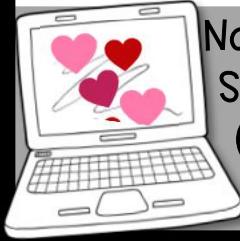
CONNECTION POINT

Sleep is essential for supporting healthy growth and helping children focus and manage emotions. When bedtime feels challenging, a steady routine can make all the difference. Try brushing teeth, reading a story, then turning on a nightlight or sound machine. You might say, "Your body and brain need rest to get stronger." If they resist, stay calm and follow the same steps each night. Predictable routines build healthy sleep habits that set children up for success.

SOMETHING TO CONSIDER....

For Caregivers: I can build bedtime habits that nurture my child's well-being and growth.

For Students: I can give my brain & body time to rest in order to be my best self.



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Word of the month...

This month teachers will be looking for students who demonstrate the competency of being a **"Collaborative Problem Solver"** displaying traits such as problem solving. Students showing these characteristics may be chosen as a Student of the Month.

A **Collaborative Problem Solver** "establishes and maintains a shared responsibility to analyze situations and find answers." This is one of the competencies that help make up the CCPS Profile of a Graduate, or essential skills that students need to master to be successful in today's world.



THIS MONTH

SEL (Social Emotional Learning) classroom lessons this month will be about problem solving and making good choices. 5th grade lessons will focus on peer pressure.



Supporting Kids With...

HEALTHY SLEEP HABITS



Highlights

Support sleep habits with **consistent sleep schedules, relaxing bedtime routines**, and a **comfortable environment** with **limited distractions**.

Importance of Sleep

Cognitive Development: Children who get the recommended amount of sleep perform better in school, showing improved attention, behavior, learning, memory, and overall mental and physical health.

Emotional Regulation: Adequate sleep helps children manage stress and emotions better, reducing the risk of anxiety and depression.

Physical Health: Sufficient sleep supports growth, strengthens the immune system, and reduces the risk of developing chronic health conditions later in life.

Did You Know?

Good sleep habits are essential for children's **physical health, emotional well-being, and academic performance**.

As caregivers, you play a vital role in establishing and maintaining healthy sleep habits for your child.

Sleep Guidelines

Preschoolers (3-5 years): Require 10-13 hours of sleep per night.

School-Aged Children (6-12 years): Need 9-12 hours of sleep per night.

Teens (13-18 years): Should aim for 8-10 hours of sleep per night.

Routine

A bedtime routine helps your child fall asleep faster!

Wind-Down Activities: Include calming activities such as reading a book, taking a warm bath, or listening to soothing music.

Avoid Stimulating Activities: Limit screen time and avoid stimulating activities at least an hour before bed.