



# Rhino Roar

*News for the Washington community*

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## Getting ready for Back to school: 4 Important Steps to Take Now

- 1) **Get back on schedule:** Kids need 10 to 11 hours of sleep a night to function in school.

The chart below may seem wildly optimistic (what 5 year old goes to bed at 6:45 pm?), but it shows how kids need sleep. Start adjusting bedtime now so that when the first of day of school arrives, your child is ready!

## At what time should your child go to bed?

| Age | Wake-up time  |         |         |         |         |         |         |
|-----|---------------|---------|---------|---------|---------|---------|---------|
|     | 6:00 AM       | 6:15 AM | 6:30 AM | 6:45 AM | 7:00 AM | 7:15 AM | 7:30 AM |
|     | Sleeping time |         |         |         |         |         |         |
| 5   | 6:45 PM       | 7:00 PM | 7:15 PM | 7:30 PM | 7:30 PM | 8:00 PM | 8:15 PM |
| 6   | 7:00 PM       | 7:15 PM | 7:30 PM | 7:30 PM | 8:00 PM | 8:15 PM | 8:30 PM |
| 7   | 7:15 PM       | 7:15 PM | 7:30 PM | 8:00 PM | 8:15 PM | 8:30 PM | 8:45 PM |
| 8   | 19:30         | 7:30 PM | 8:00 PM | 8:15 PM | 8:30 PM | 8:45 PM | 9:00 PM |
| 9   | 7:30 PM       | 8:00 PM | 8:15 PM | 8:30 PM | 8:45 PM | 9:00 PM | 9:15 PM |
| 10  | 8:00 PM       | 8:15 PM | 8:30 PM | 8:45 PM | 9:00 PM | 9:15 PM | 9:30 PM |
| 11  | 8:15 PM       | 8:30 PM | 8:45 PM | 9:00 PM | 9:15 PM | 9:30 PM | 9:45 PM |
| 12  | 8:15 PM       | 8:30 PM | 8:45 PM | 9:00 PM | 9:15 PM | 9:30 PM | 9:45 PM |

**2) Make a plan:** How will your student(s) get to and from school? Look at Washington's [Traffic Safety](#) guidelines to make your plan. While you are at our new, improved website, check out other resources for families. Note that class assignments will be posted on Friday 8/23 at 5 pm, and will also be posted on the first day of school: Monday, August 26 @ 8:10 am!

**3) Paperwork:** it's a necessary part of keeping your child safe at school, so be ready to fill out and return the paperwork that is coming your way on the first day of school. You can get a jump start by applying for school lunch [here](#): or <https://secure.ezmealapp.com/ApplicationScreen.aspx>

**4) Mark your calendar** for these important dates:

Back to School Night is Thursday, Sept. 5 from 6 - 7:30 pm. This is required for all families and is for adults only. You will get important information about what your child will be learning this year. Childcare is available for a \$5 per student donation by advance reservation at [desareegreen@berkeley.net](mailto:desareegreen@berkeley.net)

Grade level potlucks are a fun and enjoyable way to meet other families and get to know the principal and other staff. Bring your favorite portable dinner food and meet in the courtyard 6 - 7:30 pm. PTA provides the plates, napkins, utensils and support.

Kindergarten & 1st grade potluck: Thursday, August 29

2nd & 3rd grade potluck: Wednesday, September 25

4th & 5th grade potluck: Thursday, September 19

## Safety and Emergency Preparedness

Washington staff will be working hard over the next few days to prepare for the opening of school. We focus a great deal on safety and emergency preparedness, always with the well being of children at the forefront of our minds.

Schools are required to have monthly fire drills, quarterly earthquake drills, and a yearly lockdown drill. The dates and times of emergency drills will be announced in this weekly email newsletter.

On October 17, Washington will participate in the [Great California Shake Out](#), a statewide drill to prepare for an earthquake. Families can participate also by having a family emergency plan. You can learn more at <https://www.shakeout.org/california/>

We'll see all you Rhinos on Monday, August 26 at 8:10 am. Students will line up on the Washington playground behind their classroom number (except for kindergarten students, who will be met by their teachers in the courtyard).