



L.B. Clarke Middle School Chronicle

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Thursday, January 22nd, 2015

Visit us online at: www.trschools.k12.wi.us/schools/lbc



In last week's Friday folder you received a sheet of paper titled, "Donuts with Dad." On Friday, January 30th we will host our first event to celebrate the positive male in your life.

Between 7:30 and 8:00 a.m. we will meet in the library for a half hour of conversation, food and fun. What a great way to spend some time, at school with dad or another positive male.

Please fill out the bottom portion of the form and return it to school as soon as possible. We are looking forward to seeing as many dads as possible!

This is the first in a series of events for kids and parents together at school. On Friday, February 27th, we will host "Muffins with Mom" at the same time of day.

Session Three of CLC After-School Activities

Please keep an eye out for information coming home about session three of CLC, which begins on February 2nd. We will have a one week break in CLC activities next week, but we will still be running homework club, after-school resource and the 4:10 p.m. bus.

When CLC resumes in February we will have a new slate of activities for students to choose from, both right after school, and from 4:15-5 p.m. Beginning in February, we will also be starting

before-school CLC and homework help opportunities. There will be an early morning bus that will pick interested students up and get them to school at approximately 7 a.m. Students will be released at 7:40 a.m. so they can eat breakfast before school starts.

Information on session three before and after-school activities will be coming home soon. Keep an eye out and join us at CLC!

Reminder: Information for Inclement Weather

Snow, ice, wind, and sub-zero temperatures sometimes make travel dangerous. Please tune in to the radio or television stations for information on closings or delays.

Do not call school, as it ties up the lines.

TELEVISION

WBAY 2
WFRV 5
WLUK 11
WGWA 26

CHARTER PUBLIC ACCESS 98

RADIO

WGBW-1590 AM
WCUB- 980 AM
WOMT-1240 AM
WLTU-92.1 FM
WLKN-98.1 FM
WIXX-101.1 FM
WQTC-102.3 FM

...or our website

www.trschools.k12.wi.us

Upcoming Events

January 30th

Donuts with Dad- 7:30 a.m.

February 2nd

Session 3 of After-School CLC begins

February 7th

Middle School Music Festival

February 9th

Band Boosters 7 p.m. @ TRHS

February 14th

Saturday School- 8 - Noon

February 16-20

PARENT/TEACHER CONFERENCES

February 19th

All-school conference night/Chili dinner and raffle fundraiser

February 20th

NO SCHOOL

February 23rd

LBC Night @ the School Board

February 27th

Muffins with Mom- 7:30 a.m.



1. Look for the Best in Others
2. Dream Big
3. Choose Positive Influences
4. Speak with Kindness
5. Start A Chain Reaction

Before you...



THINK!

T - Is it true?

H - Is it hurtful?

I - Is it illegal?

N - Is it necessary?

K - Is it kind?

Mark Your Calendars!

**2nd Annual LBC
Chili Dinner and
Raffle/Silent Auction**

**February 19th
4:30-6:30 p.m.**



**The Two Rivers Optimist
Club presents:**

**2015 Tri-Star
Basketball Skills
Competition**

**Saturday, February 14th
9:30 a.m. - Noon**

**All Girls and Boys ages 8 to
13 are invited. Trophies will
be awarded to the top three
finishers in each age group
for boys and girls**

**If you have any questions
contact Officer Greene at
794-1614**

Kids With Bedroom Smartphones Sleep Less: Study

By Alan Mozes

A smartphone in a child's bedroom may undermine good sleep habits even more than a TV, new research suggests.

A study of more than 2,000 elementary and middle-school students found that having a smartphone or tablet in the bedroom was associated with less weekday sleep and feeling sleepy in the daytime.

"Studies have shown that traditional screens and screen time, like TV viewing, can interfere with sleep, but much less is known about the impacts of smartphones and other small screens," said study lead author Jennifer Falbe, of the School of Public Health at the University of California, Berkeley.

Small screens are of particular concern because they provide access to a wide range of content, including games, videos, websites and texts, that can be used in bed and delay sleep, she said. They also emit audible notifications of incoming communications that may interrupt sleep.

"We found that both sleeping near a small screen and sleeping in a room with a TV set were related to shorter weekday sleep duration," Falbe noted. "Children who slept near a small screen, compared to those who did not, were also more likely to feel like they did not get enough sleep."

The findings were published online Jan. 5 and in the February print issue of the journal *Pediatrics*.

"Despite the importance of sleep to child health, development and performance in school, many children are not sleeping enough," Falbe said.

Preteen school-aged children need at least 10 hours of sleep each day, while teenagers need between nine and 10, the U.S. National Heart, Lung, and Blood Institute advises.

For this study, the researchers focused on the sleep habits of nearly 2,050 boys and girls who had participated in the Massachusetts Childhood Obesity Research Demonstration Study in 2012-2013.

The children were in the fourth or seventh grade in one of 29 schools. More than two-thirds of the children were white, and roughly one-fifth were Hispanic.

All were asked about electronic devices in the

bedroom, what time they went to bed, what time they woke up, and how many days over the prior week they felt they needed more sleep.

While kids with a bedroom TV said they got 18 minutes less sleep on weeknights than those without a personal television, that figure rose to nearly 21 minutes for those who slept near a smartphone whether or not a TV was also present, the study found.

Going to bed with a smartphone at hand was also linked to later bedtimes than having a bedroom TV: 37 minutes later compared to 31 minutes, the investigators said.

And kids who slept with a smartphone were more likely to feel they needed more sleep than they were getting, compared with those with no smartphone present at bedtime. That perception of insufficient rest/sleep was not observed among children who only had a TV in the room.

So what's a 21st century parent to do?

Establishing technology ground-rules may help foster healthier sleep patterns, Falbe suggested.

For example, parents can set nighttime "curfews" for electronic devices, limit overall access to all screen time, and/or ban TVs and Internet-enabled devices from a child's bedroom, she said.

"While more studies are needed to confirm these findings, our results provide additional support for current recommendations of the American Academy of Pediatrics that parents should be advised to set reasonable but firm limits on their child's media use," Falbe said.

Dr. David Dunkin, an assistant professor of pediatrics at the Icahn School of Medicine at Mount Sinai in New York City, agreed.

"There is a lot of compelling data, in both adults and adolescents, that small screens disrupt sleep cycles," he noted. "And this may have an impact on long-term health. More studies need to be done to look at all of the variables together."

Meanwhile, he said, pediatricians should share and support the academy's advice when talking with parents about the presence of TVs and small screens.