

Dates to Remember

The Sky's Awake So I'm Awake!

Tuesday, August 9

PTL Meeting @ 9:30

Sunday, August 21

Teachers and Principal
Installations at Our Savior
Lutheran Church @ 9:15
Service

Back to School Night @ 5:30

Wednesday, August 24

First Day of School
First Day of School Chapel

Friday, September 2

No School - Labor Day

Monday, September 5

No School - Labor Day

Friday, September 16

Walk-a-Thon

More will be added as sports start and other fun events are scheduled.

If you're like my daughter, who is infatuated with Disney's Frozen, when the sun is up, Lana is up. If you live near the equator that's no problem, but in the summer sleep habits may drift into later evening. Your child may end up staying up later and waking up later. Long enough into the summer and this new schedule will be a routine. If that's the case, the adjustment back to school becomes difficult. Your child is used to staying up later and now they have to get up earlier. With all the other changes that happen when school starts the abrupt sleep schedule change can make for a difficult start to the school year and unnecessary stress. You can help your child be rested and ready for school by changing the sleep schedule now. Here's a 2-week schedule to help transition your child back to a typical school time.

Days 1-2: Wake up at 8:45 AM and Bedtime at 10:45 PM

Days 3-4: Wake up at 8:30 AM and Bedtime at 10:30 PM

Days 5-6: Wake up at 8:15 AM and Bedtime at 10:15 PM

Days 7-8: Wake up at 8:00 AM and Bedtime at 10:00 PM

Days 9-10: Wake up at 7:45 AM and Bedtime at 9:45 PM

Days 11-12: Wake up at 7:30 AM and Bedtime at 9:30 PM

Day 13: Wake up at 7:15 AM and Bedtime at 9:15 PM

Day 14: Wake up at 7:00 AM and Bedtime at 9:00 PM

I use this with our daughter as we near the end of summer because during the year the Sawyer alarms ring at 5:30. I blame Lana for this training, but I also need it to help ease myself back into that time frame.

[Check out this YouTube news segment for more helpful tips.](#)

