

WEBSITE EDITION OF THE CSA TUESDAY TIMES

*This is the general public edition of the CSA weekly newsletter.
The original format and layout of the newsletter have been
modified in order to remove identifying information.*



CHARYL STOCKWELL ACADEMY
DISTRICT

Tuesday Times
January 4, 2011

A Message from Dean of Administrative Services

**Sleep and Learning -
How many hours of sleep is your child getting each night?**

Dear CSA Parents,

A few years ago, CSA founder Chuck Stockwell wrote a series of homework assignments for parents, challenging us to raise our children to be as successful as possible. Homework Assignment #3 was "Establish Parental Control Procedures in your Home." It describes five parental control procedures that are essential, one of which concerns bedtime and sleep.

Mr. Stockwell encourages parents to set up a bedtime routine that allows children to get 10-12 hours of sleep every night. He includes a description of the process the brain goes through during sleep as it pertains to learning. We recommend that parents read, or reread, the *Homework Assignments for Parents*, which can be found [here](#).

Why is 10-12 hours of sleep every night so important?

Sleep is especially important for children because it directly impacts mental and physical development. Research shows that a person trying to learn something does not improve his or her knowledge until after he/she has had more than six hours of sleep, preferably eight. It appears that the brain needs time to file new information and skills away in the proper slots so that it can be retrieved later. Without enough sleep to do all this filing, new information does not get properly encoded into the brain's memory circuits.

Why ten or twelve hours, and not six or eight?

The type of sleep obtained at the beginning of a night and the type of sleep obtained at the end of the night are different, and both are required for efficient learning.

The first two hours of sleeping are spent in deep sleep. During that time, information that has been gathered during the day flows out of the memory center of the brain and into the outer covering of the brain where long-term memories are stored. This is similar to moving information in a computer from active memory to the hard drive; this process preserves experiences for future reference. Without it, long term learning cannot occur.

Over the next hours of sleep, the brain sorts through the information it has received, distributing it to various locations and networks. Particular connections between nerve cells become strengthened as memories are preserved. If that process is halted before it is complete, the day's memories and learning do not get fully "transcribed" and the person does not remember all that could have been remembered had the process been allowed to continue to completion. A few hours are just not enough to get the job done. Four hours are a minimum requirement.

The last couple of hours of a night's uninterrupted sleep are spent in rapid-eye-movement (REM) sleep, when dreams occur. The brain runs through the data it has stored over the previous hours. This process is also important to learning, as it reinforces and strengthens the many connections between nerve cells that make up the new memory. Like a child repeating a refrain to memorize it, the brain goes over what it has learned, until practice makes it thoroughly embedded.

The American Pediatric Association recommends ten to twelve hours of sleep per night as the optimal amount of time for children. This amount of sleep allows their brains enough time to properly process information and therefore optimize their learning from the school day. Please read below for some helpful tips for parents regarding children and sleep. Thank you for all you do each and every day to help your children be as successful as they can be.

Sleep Tips for School-aged Children

- Teach school-age children about healthy sleep habits.
- Continue to emphasize the need for a regular and consistent sleep schedule and bedtime routine.
- Create a bedroom environment that is conducive to sleep: dark, a cool consistent temperature, and quiet.
- Facilitate a relaxing and calming bedtime experience by not allowing a TV, computer, and cell phones in the bedroom.
- Avoid caffeine drinks during evening hours.

More information about this can be found at these websites: [ScienceDaily](#), [Harvard Medical School](#), and the journal [Pediatrics](#).

~~ CSPA Courier ~~



Here is this week's *The Courier*.

CSPA Middle School Messenger



Here is this week's Middle School Messenger.

Parent Council News

The next Parent Council meetings will be held jointly
at the CSA Elementary Campus:

**CSA/CSPA Parent Councils
Monday, January 10 at 7:00 PM
in the MUSIC ROOM at CSA.**

All parents are welcome and encouraged to attend.

The Stockwell Exchange

The Stockwell Exchange is Open!

Stop by and check out the NEW inventory of fun items!

CSA Coffee Mugs
BPA-free Water Bottles
Window Clings

HOURS

THIS Friday morning, January 7th

T-Shirts Still Available!

It's not too late! Order your CSA / CSPA t-shirt today!

All orders are due THIS Friday, January 7th to the Student/Family Office.

Funds for CSA

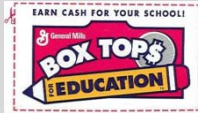
CSA receives funds from these sources. Here's how you can help!



While you shop!

These are quick and easy ways to earn money for our school while you shop. We will receive a portion of each store's profit just from you shopping there!

- Link your Kroger Plus Card to CSA by going to Kroger.com.
- Register your Target credit card at Target.com.



Collect these!

All these items can be dropped off just inside the family entrance!

- General Mills Box Tops (trimmed)
- Campbell's Soup Labels
- VG's receipts (only the community share points please!)
- Spartan UPC's
- Used cell phones
- Empty ink cartridges

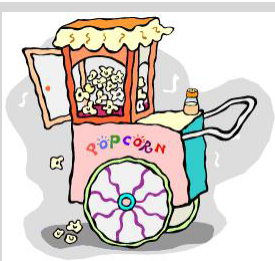


Recycling!

We collect paper in the huge green bin just outside of the gym at CSA. CSA gets paid for every pound of paper collected.

Thank you so much for your continued support!
CSA Parent Council

Popcorn Sale!



Popcorn is available Friday, January 14th!

The cost is \$1 per bag! Students will receive their popcorn in a closed bag at the end of the day on Popcorn Fridays. It's a fun after school snack to take with them and eat in the car once they've left school.

Please submit your order form with payment the Thursday before the Friday you want your child(ren)'s order filled so we can process all orders in a timely and accurate manner.

We accept cash or checks made out to CSA-PC (please write **POPCORN FRIDAY** on the memo line). Family orders can be paid with one check. *Please do not combine your popcorn payment with lunch orders as these are separate fundraisers that are managed by different people.*

2011 Beluga Ball



Dream Beyond the Stars

Saturday, March 19, 2011

at the Johnson Center at Cleary University!

TICKETS ARE ON SALE NOW!!

Beluga Ball News

THE BELUGA BALL COMMITTEE NEEDS VOLUNTEERS!!

Our goal is to raise over \$30,000 for *our children* at CSA and CSPA.

HERE IS HOW YOU CAN HELP!

- **ATTEND THE BELUGA BALL!!** Support our largest fundraiser of the year by buying your tickets NOW and attending the Beluga Ball - and bring guests - for a fabulous evening of fun, incredible bargains, and to view and bid on the wonderful class projects and gift baskets - all to raise money for our children!
- **DONATIONS.** Ask area businesses and family and friends to donate items, services and/or gift cards for the Silent Auction. Do you have new items or unused gift cards that are good through most of 2011 that you can donate? Don't RETURN your gifts, RE-GIFT them to the Beluga Ball! ALL donations are tax deductible!
- **SPONSORSHIP.** Ask area businesses and your employers if they would like to be a Beluga Ball Sponsor.
- **ADVERTISING.** Do you or someone you know own a business? Reach hundreds of families in our area by running an ad in the Auction Program at a VERY LOW PRICE. Also, you can run a "shout-out" ad as a tribute to someone special!

For more information, contact the Beluga Ball Committee/ Thank you in advance for your support!



Student Enrichment Program

Happy New Year!!!

Find all Student Connection information and forms here including the Student Connection/Teen Scene Weekly Schedule form.

Carpool Assistant Needed

The Student Enrichment Program is in need of a carpool assistant for 30 minutes 3 days each week (Monday/Wednesday/Friday) from 3:30 - 4:00 PM to accompany a classroom out to the curb. Please contact the Student Enrichment Office today if you are interested!

Before and After School Care

January is Medieval Month at Student Connection/Teen Scene

Friday, January 7

Your child will join in the experience of building a Castle. We'll stir up the architects within them in the beginning of the afternoon. After the design is decided upon, the students will spend their time making the 'bricks' and 'stones'. Their job won't be done yet! They will build the structure in our own Student Connection Room South. You'll definitely say 'Huzzah' when you come to pick them up after their long productive day.

Friday, January 14

Hear ye, hear ye! Come one, come all to make Treasure Stones. Much like King Arthur pulled the sword from the stone, students will pull together as a group to create stones that will bear treasures for them to have many adventures.

Friday, January 21

We will all be transformed into Royalty today. Our strong young men will be knighted. A hefty suit of armor will definitely be needed. They will be hard at work forging their coats of armor. Our young ladies will be princesses. They too will be hard at work creating their crowns worthy to be called royalty.

Friday, January 28

Every castle needs protection. The best protection for a castle would be a trebuchet or catapult. It's time to get work to make sure we are not taken under siege. Which knight and princess will construct the best piece of equipment to effectively keep us protected?

Remember to schedule and pay for Student Connection by the Thursday before the week you attend so we may staff accordingly. If you want to add on to an already existing week, you will need to call to check if space is available.

Bagel Bistro Tomorrow



Students and parents, come join us tomorrow and every Wednesday for wonderful goodies in our café (Art Room) between 7:00 - 9:00 AM. All food and drink must remain in the café.

Bagel - \$1.00
Cream cheese - 25¢
Hot pancakes and maple syrup - \$1.50
Coffee - \$1.00
Tea - \$1.00
Juice - \$1.00
Hot cocoa - \$1.00

All Short-Watch students must check into Short-Watch first, then may proceed to Bagel Bistro, buy their bagel and eat in the Art Room. When they are finished eating, they will go back to Short-Watch.

Students may purchase items at Bagel Bistro until 8:10 AM. After 8:10 AM, Bagel Bistro will stop serving students so they'll have time to finish breakfast before school starts.

Bagel Bistro will be open every Wednesday that school is in session from 7:00 - 9:00 AM. Come in and join us!

After School Enrichments

Session II Enrichments Begin the Week of January 31st!

Enroll now for these enrichments.
Deadline to register is Friday, January 21st.

Brain Games for Kindergarten & Navigator
Tuesdays from 4:00-4:50 PM

Beginner Chess for Navigator through Explorer
Tuesdays from 4:00-4:50 PM

Intermediate/Advanced Chess
Watch for news in next week's Tuesday Times

Beginner Taekwondo Ages 8 - 11
Wednesdays from 4:00-5:00 PM

Advanced Taekwondo Ages 8 - 11
Wednesdays from 4:00-5:00 PM

Athletics

Fan Support

We want to thank our fantastic families and friends for coming to watch and support our teams. Your enthusiasm creates the atmosphere that makes our CSPA teams feel loved and encouraged.

Athletics, like all before and after school programs, are an extension to the CSA mission and philosophy. The Athletic Advisory Committee, the S & S Athletic Boosters and the Athletic Department work hard to ensure that our athletes, coaches, volunteers and fans model the Smart Character traits at all times. The Smart Character Traits are RESPECT, RESPONSIBILITY, KINDNESS, GETTING ALONG, WORK ETHIC AND OPTIMISM. We ask that our family and friends also model smart character traits to our students, student athletes, the opposing team and the Referees during games. Thank you for your continued support.

Lost & Found

Several items left at basketball games have been turned in to the Student Enrichment Office. Please contact the office if you have lost an item at a home game.



BASKETBALL

LATEST GAME RESULTS

Tuesday, December 21

High School Girls JV: CSPA Sentinels - 47, Madison Academy - 43

High School Boys JV: CSPA Sentinels - 49, Madison Academy - 38

GAMES THIS WEEK

TODAY, Tuesday, January 4

Middle School Boys - HOME game against Cornerstone at 5:00 PM

Middle School Boys Varsity - HOME game against Cornerstone at 6:00 PM

High School Girls JV - AWAY game against HAACH at 7:00 PM

Thursday, January 6

Middle School Boys JV - HOME game against St. Mary's School at 5:00 PM

Middle School Boys Varsity - HOME game against St. Mary's School at 6:00 PM

Friday, January 7

Middle School Boys Varsity - AWAY game against HEA at 3:30 PM

High School Boys JV - AWAY game against HEA at 4:30 PM

Tuesday, January 11

Middle School Boys JV - AWAY game against Livingston Christian School at 5:00 PM

Middle School Boys Varsity - AWAY game against Livingston Christian School at 6:00 PM

High School Boys JV - AWAY game against Livingston Christian School at 7:15 PM

Click on event on the CSA District calendar for maps and other details.



Support CSA/CSPA Athletics **next Tuesday!!**

Here is a great opportunity to dine out with your family and also support your school's Athletic program!

BENNIGAN'S- Dine at Bennigan's (3950 E. Grand River in Howell) next Tuesday, January 11th ALL DAY and present the coupon. All day on January 11th, 20% of all food sales accompanied by this coupon will go to CSA/CSPA Athletics! Print out the coupon for your friends, family and co-workers too.

Thank you for supporting CSA/CSAP Athletics!!



It's not too late!!

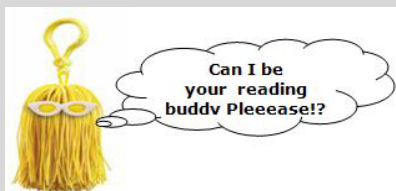
Deals of the Week

effective for orders placed from now until Saturday, January 8

- save \$1.00 on Item #7135 Cheese Lasagna rollups with promo code VC7895
- save \$1.00 on Item# 8165 Prince Edward Vegetable Medly with promo code VC7896

January Promotion

The January promotion offers our school the opportunity to earn a \$250 Border's Gift Card. In order to earn the gift card, we must increase adjusted sales by at least 10% over January 2010. Our CSA goal is to place \$3000 in orders!! In January, you can qualify for a FREE Book Bag Buddy with any purchase. Limit 1 per Customer.



New Customer Offer

SAVE \$5.00 when you spend \$25.00. Enter Promo Code: BONUSNEW at checkout at marketday.com

Stop by MarketDay.com today!

- Enter Account Number to place your order.
- Internet Orders are due January 7, 2011 by 11:00 PM CST
- Delivery/Pickup is on Thursday, January 13 from 3:15 - 4:15 PM in the Gym.
- All SALES and PROMO CODES can be combined for greater savings. Don't forget to check out the clearance section for great one time deals

Don't be afraid to try Market Day with their money back guarantee.

If you ever place an order and forget something, let me know and I can add it on for you. If you need help placing an order or have any questions, please feel free to call or email. Thank you!



Gateway to Knowledge

The Library of Congress comes to the Howell Carnegie District Library (314 W. Grand River in Howell) this Friday and Saturday, January 7-8 from 10:00 AM - 5:00 PM in a specially designed 18-wheel truck that will be parked on Center Street next to the Library, between Grand River and Clinton Street. The exhibit will feature facsimiles of such treasures as the 1507 Waldseemüller Map (the first documented to use the word "America"), the 1455 Gutenberg Bible, a rough draft of the Declaration of Independence in Thomas Jefferson's hand with edits by Benjamin Franklin and John Adams, Walt Whitman's poem "Leaves of Grass" and more. For more information, visit the library's website or call (517) 546-0720, X106.

Snow White and the Seven Dwarfs

This classic storybook tale springs to the stage, offering great musical entertainment for children ages 3 and older. Now through January 23 at the Marquis Theater, 135 E. Main Street in Northville. Exact show dates and times can be found at the [website](#). Tickets are \$8.50 each and can be purchased by calling the theater at (248) 349-8110.

Classic Sled Contest

Cure those winter blues and join the first annual Ferndale Homemade Sled Contest at Show off your creativity and construct your sled out of anything you can think of! The only requirement is that the sled must be homemade! Prizes will be awarded for "fastest sled", "best design", "most unique", and more! Fun for all ages! Saturday, January 8 from 1:00 - 3:00 PM at the sledding hill in Martin Road Park in Ferndale. The park is bounded by Woodward Avenue, I-75, I-96 and Nine Mile Road. Fee is \$5.00 per person. For more information, call 248-544-6767.

Find other weekend activities in Southeast Michigan online at [Metro Parent](#), [GoCityKids](#), [Michigan.org](#) and [Yahoo Upcoming](#) as well as in print in the [Livingston Parent Journal](#), a monthly free family magazine available throughout Livingston County at most schools, daycare and sports facilities, coffee shop, and child-related retailers.

Recycle Your Paper at CSA and CSPA!



At **CSA**, the large green and yellow recycle bin is located next to the gym.

At **CSPA**, the large green and yellow recycle bin is located next to the fenced-in area in the parking lot.

Both recycling bins are paper only bin, so please don't deposit cardboard and other recyclables in them.

CSA District receives the funds from paper you recycle at both schools. Thank you for participating in our recycling program. We are doing our part to keep paper out of the waste stream.

Lunch Orders

CSA Elementary Campus

(all paid in full orders are due by Friday for the following week)



Monday - Jimmy John's Sandwiches



Tuesday- Hot Dogs



Wednesday - Chicken Nuggets



Thursday - Pizza

CSPA Secondary Campus

(all paid in full orders are **due Friday by 9:00 AM** for the following week)

Monday - Mac & Cheese plus sides

Tuesday - Meat Lasagna plus sides

Wednesday - Chicken Strips plus sides

Thursday - Cottage Inn Pizza