

January NCCP Letter

Happy New Year!

I sincerely hope that you all enjoyed your winter break and that you and your family are ready for the return to school, and the normal routines of the school week.

Have you thought about New Year's Resolutions? Here are two for you to consider that are supported by education research, easy to do, and will help your children in school this year.

New Year's Resolution #1: Read! The more kids read, the easier reading becomes and the more they learn. Independent reading, just for fun, is one of the strongest predictors of academic success for students. Students who read more do better in school. Set a goal to read, for both you and your students, for at least 30 minutes a day, every day. Visit the North Chicago Public Library and check out a stack of books today.

New Year's Resolution #2: Sleep! Consistent sleep is another one of the prerequisites for learning at school. Most children need about 10 hours of sleep a night. Students who get enough sleep do better at school because they are more attentive, more alert, and are able to better retain new information. The need for sleep does not decrease when students hit middle school and high school - high school students may be the least well-rested students in school systems. Set a goal to get enough sleep each night.

Welcome to 2018, and welcome back to school. Consider making these two New Year's Resolutions to help make 2018 the best school year it can be.

All the best to you and your family,