

Art Projects!



Hands-On Measuring in Science!



Benching Superstars!

Chana Blima Caro	Adina Goldstein	Malka Shulman
Shneur Caro	Atara Kosow	Rena Sloviter
Meira Tova Dan	Shmuel Mochkin	



Middos Menschen



Ella Cohen, 2nd grade - Without being asked, Ella took a broom to sweep up some garbage on the classroom floor after centers. - Mrs. Polatoff

Simha Elmaleh, 6th grade - Simha got me a chair when she noticed I was tired and needed to sit. It was very much appreciated! - Ms. Colombo

Elisheva Tsits, 2nd grade - Elisheva held the door for all of her classmates as they came into the gym. - Mr. Loncaio

Sima Scutaru, 1st grade - Sima is such a wonderful role model in kindness and sensitivity towards her peers! I'm so proud of Sima! - Mrs. Mammon

Dovid Tsits, 1st grade - I stopped in to visit 1st grade and Rabbi Caro's little people were having an intense game of musical chairs. On the last round there were only two children left and they both sat on the last chair at the same time. When Dovid Tsits (one of the last two) saw that it was a tie, he didn't want to fight or argue. He just stood up and said, "it's ok, she won". I was so impressed with his sportsmanship! - Mrs. Goldstein

Elisheva Mammon, Chana Yaras, Ester Tsits, 3rd grade - Elisheva noticed that the library needed a good cleaning and organizing so she gathered her friends to help her and they did an awesome job! - Mrs. Mammon

The following students have earned a Middos Menschen for selflessly volunteering to help Rabbi Roness break down and deliver packages to his office during the second half of their lunch:

Tziporah Abrahamson	Pessi London	Chaya Rennert
Adina Goldstein	Devorah Max	Sima Rennert
Asher Lehrer	Schyler Mitris	Yaffa Rennert
	Rochel Mochkin	Ahron Tsits

From the Principal Mrs. Lea Goldstein



Getting your children to bed early has more benefits than just a few hours of quiet time at night. New research shared by Sarah Mahoney of Parents Magazine explains how sleep may help children fight obesity, avoid colds, and succeed in school.

We are eager to help get DHR's parents on board with the increasingly urgent public-health mission to help American children (not to mention their chronically exhausted mothers and fathers) get more sleep. Parents have always sensed that sleep directly affects a child's mood, and most would agree it's got a big impact on learning and behavior. But pediatric researchers' latest findings suggest that sleep is also essential to good health. When children get the sleep they need, they have a lower risk of becoming overweight and developing diabetes as well as fewer learning problems and attention issues. Sleep is as important as nutrition and exercise. It's when the body repackages neurotransmitters, chemicals that enable brain cells to communicate. Experts have recently been able to demonstrate that sleep allows brain cells to "take out the trash" each night, flushing out disease-causing toxins.

Perhaps the most startling news from this research is how quickly kids fall into the danger zone. The repercussions of sleep deprivation are visible after only four nights of one fewer hour of sleep per night, according to Dalhousie University, in Nova Scotia. (This can happen during a school vacation, during a Yom Tov or holiday weekend, etc.) "I expected that we'd see some differences when kids get less sleep than usual," says senior author Penny Corkum, Ph.D. "But finding that they're so drastically affected in so short an amount of time is amazing."

You may realize that your child could use more shut-eye. "However, it can be very difficult to recognize all the ways that after-school and evening activities sabotage bedtime, and the damaging effects of allowing electronics into your kid's bedroom," says Parents advisor Jodi Mindell, Ph.D., associate director of the Sleep Center at the Children's Hospital of Philadelphia. On the attached page, specialists including Dr. Mindell outline the 7 crucial reasons all children need their daily dose of sound sleep. Please take a moment to read it!!

Thank You to...

...the following students for being outstanding role models on bus 8: Bentzy Abrahamson, Chanoch Abrahamson, Akiva Diskind, Benny Diskind, Chanoch Max and Rena Sloviter.

...An anonymous donor for donating a giant bag of new scrapbooking paper!

Calendar

- **Sun., April 29** - 5/6 Girls' Choir Practice at Mrs. Mammon's, 4:30 - 5:30pm

- **Mon., April 30 - Wed., May 2** - School Safety Days at DHR

- **Wed., May 2 - Thurs., May 3** - Math NYS Testing

- **Mon., May 14** - TIUNY/DHR Post Lag BaOmer Picnic, 4:30pm - 7:30pm. The picnic will be held at Markus Park - 183 Quaker Meeting House Rd., Honeye Falls, N.Y. 14472. (13 miles from Brighton).

- **Fri., May 18 - Tues., May 22** - Shavuot Break

- **Mon., May 28** - Memorial Day - No School

- **Sun., June 10** - 5/6 Girls Bas Mitzvah event at the Light of Israel

- **Tues., June 12** - Teacher Appreciation Picnic, 11:45 - 12:30pm

