



OUR LFH WEBSITE!



DOLPHIN DIGEST

February 2024



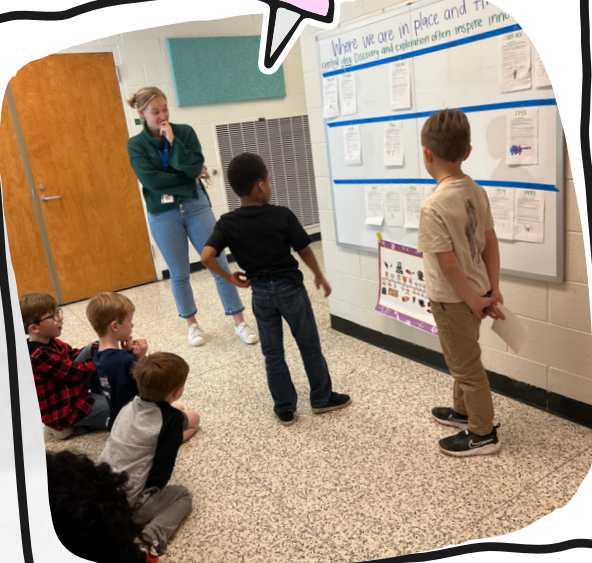
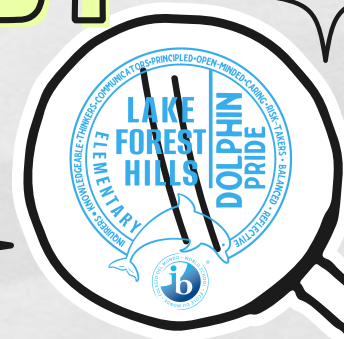
A NOTE FROM MRS. HUGHEY

I hope this finds you all in good health and high spirits as we continue on our educational journey together, there are some important announcements and exciting updates to share with you. Our first **Son+(Fun) One Night** will be held on 2/23. This is an opportunity for sons to spend a memorable evening with a mom, grandmother, aunt, or any influential female figure. More details will follow soon. Our **All Pro Dads** group continues to meet one Friday/month fostering a supportive community for fathers and father figures. Join us for engaging discussions and activities that strengthen family bonds. Please check Dojo to RSVP closer to the date. The **spring conference window** is approaching and provides an excellent opportunity for you to connect with your child's teacher and discuss their progress. Look out for communication from your child's teacher regarding scheduling and formats for these conferences.

You child's first **spring progress report** will come home on 2/15. This report will provide insights into their academic growth and areas for further support or improvement. Please take the time to review it with your child and celebrate their accomplishments. Our school's Helen Ruffin Reading Bowl team secured first place in the District Finals. Congratulations to our talented team of readers! We are immensely proud of their dedication and love for reading. Let's cheer them on as they advance to the next round!

#CantHideOurDolphinPride

#AUniverseofPossibilities



PTO NEWS



Join us on Thursday, February 8th for our Black History Celebration and Spaghetti Dinner benefitting the LFH BETA Club. Ten students and faculty members will travel to Savannah to represent Lake Forest Hills in the National BETA Competition this June. Let's show our pride and help offset the travel costs for our Dolphins! Can't attend the dinner? Please consider making a donation. Reserve your meal or make your contribution [HERE](#)

Save the Date for our Son + (the fun) One Event on February 23rd. Details coming soon!



Lake Forest Hills PTO



lfhelempto



lfhelempto@gmail.com

LFH CALENDAR

February 1-29 - Black History Month - Spirit Days

February 8 - African Americans and the Arts

Extravaganza Living Wax Museum

BETA Club Spaghetti Dinner 5:30-7:00

February 15 - Progress Report #1 (Spring semester)

February 16 - Student Holiday

Professional Learning Day

February 19 - Student/Teacher Holiday

February 20 - Asynchronous Day

February 20- March 8 - Parent/Teacher Conferences

February 23 - All Pro Dads @ 6:45

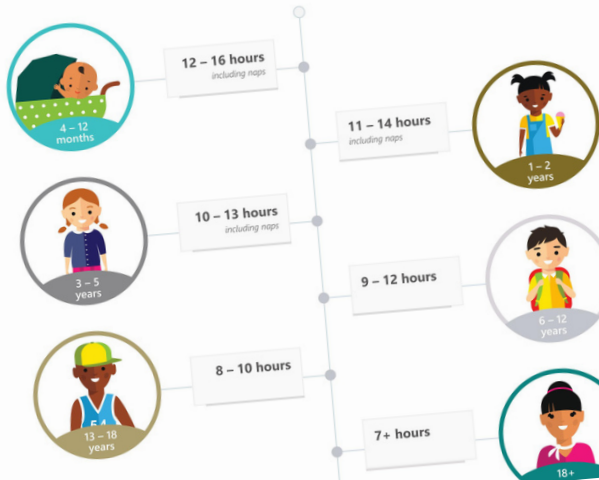
Son + (Fun) One Night 5:30-7:00



COUNSELOR'S CORNER

Healthy Sleep Duration

The American Academy of Sleep Medicine recommends that you get the following hours of sleep on a regular basis for optimal health at each stage of life.



SLEEP and YOUR CHILD

Myth: There are some children who just don't need very much sleep.

*Most children need a certain amount of sleep, within a range that is based on their age. If they are not getting near this amount of sleep, it may lead to irritability, frustration, moodiness, emotional problems, aggressive behaviors and a decreased capacity for memory, learning and reasoning.

*for more, read "Myths about Kids and Sleep," from Tulsa Pediatrics

CLICK [HERE](#) for information about helping kids get the sleep they need from the Society of Behavioral Medicine

CLICK [HERE](#) FOR INFO ABOUT TECHNOLOGY AND CHILDREN'S SLEEP *(by expert Michael Breus)

**Michael Breus, Ph.D is a Diplomate of the American Board of Sleep Medicine and a Fellow of The American Academy of Sleep Medicine and one of only 168 psychologists to pass the Sleep Medical Specialty Board without going to medical school. He holds a BA in Psychology from Skidmore College, and PhD in Clinical Psychology from The University of Georgia. Dr. Breus has been in private practice as a sleep doctor for nearly 25 years

Mrs. Hooper's Contact Info:

Google Voice 803 336-5004 (leave msg)

Email: hoopesh@boe.richmond.k12.ga.us



CLICK HERE TO FOLLOW US ON FACEBOOK AND INSTAGRAM! WE LOVE TO SHARE OUR DOLPHIN POD!

PBIS

Congratulations to our Golden Spatula Award winning classes:

Ms. Wilkes
Ms. Wilson
Ms. Barbee
Ms. Leonardi
Dr. Fox

Would you like to volunteer at our Dolphin Dollar Store? Please consider signing up today.
[Dolphin Store Volunteer Form](#)



MURRAH'S MEDIA MINUTE

Dolphin pod SHOUTOUT:

Congratulations to our Helen Ruffin Reading Bowl team who competed at the district competition on January, 26.

Due to their hard work they were able to bring back a FIRST PLACE win to this pod. We are so proud of you! Team Members: Alexandra Anderson, Triston Bowie, Charlie Cathey, Cecilia Ishee, Micah LeDuc, and Wallis Thompson.

Reading Challenges:

Our Dolphin Reading Challenges are still going strong! Don't forget to remind your Dolphin to log their reading minutes into their Beanstack on LaunchPad.

LFH has read a total of 269,929 minutes this school year!
Way to go, reading Dolphins.



CLICK HERE TO FOLLOW US ON FACEBOOK AND INSTAGRAM! WE LOVE TO SHARE OUR DOLPHIN POD!

