



## BULLDOG NEWS

Week of May 15, 2023

### School Happenings

**May 15—19**

Teacher Appreciation Week

**May 19**

JA Spring Play

**May 25**

Kindergarten Spring Play

**May 26—May 30**

Spring Break

**June 5-9**

6th Grade Camp

**June 8-9**

3rd Grade Lions, Tigers and Bears

**June 8-9**

4th Grade Sacramento trip

**June 16**

Rad Dads Day

**June 21**

8th Grade Moving Up Ceremony

**June 22**

Last day of school

### **Looking for a School Bus**

**Driver...** Must have or be able to get a Class A or B license with a P and S endorsement. If interested in the job and don't have the training, let us know.

Recruiting now! Please send resume and references to [francis.balko@lfcsinc.org](mailto:francis.balko@lfcsinc.org)

### **JA "Moana" School Play...**

Friday, May 19th

See the attached flyer to Pre-Order your tickets for the Moana School Play.

### Spring Break

Our Spring Break will be May 26th—May 30th.

School will resume on Wednesday, May 31st.

Follow our **LFCSTalks** podcast...wherever you find your podcasts! This week is an interview with Thaira Slim.

### 8th Grade at a Glance...

**June 12-15**

Matriculation Days  
Minimum days for  
8th grade  
ONLY

**Friday, June 16th:**  
Banquet (Student's only)  
6:00—7:30 p.m. @ the JA

**Monday, June 19th:**  
Ditch Day  
(Knott's Berry Farm)  
7:30 am—7:00 pm

**Tuesday, June 20th:**  
Field Day  
12:00 -3:15  
After Moving Up  
Ceremony Practice

**Moving Up Ceremony**  
**Wednesday, June 21st**  
6:00 p.m.  
(No school for 8th Graders)  
Students need to arrive  
@ 5:30 p.m.

### **T-Shirt Fundraiser...**

Order your child a T-Shirt and they can wear it on any day in June.  
See the attached flyer to order the shirt.

## LFCS Registration Dates For NEW Students:

**Lottery - May 16th Liberty @ 4:30**

**1<sup>st</sup> – 12<sup>th</sup> Grade – April 3rd– April 28th (CLOSED)**

**Kindergarten– February 27th – March 24th (CLOSED)**

"Parents, our current School Accountability Report Card (SARC) is available as a link on the LFCS website's homepage or in hard copy through any of our campus offices."

**Don't forget to  
check out our  
website at  
[www.lfcsinc.org](http://www.lfcsinc.org)**

**For news and updates about what the Patriot Legacy  
Education Foundation is up to, follow us!**

**Instagram—PatriotLegacy**

**Facebook-Patriot Legacy ED Foundation**

**LinkedIn—Patriot Legacy Education Foundation**

## Year Book Sales

Order your yearbook today!

[www.yearbookforever.com](http://www.yearbookforever.com)

or

Buy one in the Office

K-3<sup>rd</sup> - \$24.00

4<sup>th</sup> – 8<sup>th</sup> - \$34.00

**Prices go up on June 5th.**

## **Follow us on**

**Facebook and Twitter**

**at these links:**

[https://www.facebook.com/](https://www.facebook.com/LiteracyFirstCharter)

*LiteracyFirstCharter*

[https://twitter.com/](https://twitter.com/Literacy_First)

*Literacy\_First*

## **AFTER SCHOOL EVENTS:**

### **PRIMARY ACADEMY:**

#### **TUESDAY**

KEYBOARD

#### **WEDNESDAY**

MAD SCIENCE

## **AFTER SCHOOL EVENTS:**

### **LIBERTY ACADEMY:**

#### **MONDAY**

KEYBOARD

#### **WEDNESDAY**

CHESS CLUB

#### **THURSDAY**

MAD SCIENCE

## **AFTER SCHOOL EVENTS:**

### **JUNIOR ACADEMY:**

#### **WEDNESDAY**

UKULELE/GUITAR

#### **THURSDAY**

KEYBOARD



## Literacy First Charter Schools Calendar K- 8

August 23, 2023 – June 13, 2024

8:00 – 3:15 – Primary & Liberty Academy

8:10 – 3: 25 – Junior Academy

Friday Half Day @ PA/LA 11:30, Friday Half Day @ JA 11:45

Extended Care M - Th, 5:30pm by lottery only

**Beginning of the Year ALL Parents K8 Orientation (parents only)**

*All Literacy First Academies (LA, PA, JA) Students K8*

*August 16<sup>th</sup> – Parent Orientation, A-M, 5:00, N-Z, 6:15*

*All new families must attend.*

*Kindergarten Get Acquainted – August 18<sup>th</sup> - 3:30pm in their kinder classroom*

### 2023 – 2024 Attendance Dates

#### Trimester – Beginning and Ending Dates

<b>1<sup>st</sup> Trimester</b>	August 23 – November 21
<b>2<sup>nd</sup> Trimester</b>	November 27 – March 8
<b>3<sup>rd</sup> Trimester</b>	March 11 – June 13

#### H – Holidays and School Breaks

Labor Day	September 4, 2023
Fall Break	October 30 – November 3, 2023
Thanksgiving Break	November 22 – 24, 2023
Christmas Break	December 20 – January 2, 2024
Martin Luther King	January 15, 2024
Winter Break	February 19 – 20, 2024
March Madness	March 18, 2024
Easter Break	April 1 – April 8, 2024
Spring Break	May 27 – 28, 2024
Last School Day	June 13, 2024

#### Conference Days

#### M – Modified Days

November 29 – December 1  
 March 13 – 15

**All Fridays will be half days**  
**6/13 & 12/19 – Half Day**

#### Dismissal Times

**PA/LA 11:30**

**JA 11:45**

#### Special Events

#### Back to School Nights

LFCS JA: 8/29

LFCS PA: 9/6

LFCS LA: 9/5

#### Spring Open Houses

LFCS PA: 3/7

LFCS LA: 3/19

LFCS JA: 3/12

**LFCS 8<sup>th</sup> Grade Shadow Days: 11/27 – 28 & 12/4 – 5**

**LCCHS Spring Showcase for 8<sup>th</sup> grade: 1/11      8<sup>th</sup> Grade Moving Up: June 12**

# Summer Bulldog Shirt

Summer is here, Bulldogs! Purchase the 2023 Summer Bulldog shirt and help support 8th graders going to Washington, D.C. Students who purchase a shirt may wear it **ANY** day in June!



## ORDER INFORMATION

NAME

CAMPUS

JA    LA    PA

TEACHER

Size	Quantity
YOUTH SMALL	
YOUTH MEDIUM	
YOUTH LARGE	
ADULT SMALL	
ADULT MEDIUM	
ADULT LARGE	
ADULT XL	
ADULT XXL	

PRICE PER SHIRT	# OF SHIRTS ORDERED	TOTAL ENCLOSED
\$20		

**ORDER FORMS DUE MAY 16TH**

Literacy First Kindergarten  
Presents  
"The Patriotism Project"



May 25<sup>th</sup>

6:30 pm at the Jr. Academy  
1012 E. Bradley, El Cajon, 92020

A great evening of singing and learning  
about Patriotism in America.  
You are welcome to join us.

# Playtime, Downtime, and Family Time: PDF for Elementary-Aged Kids

*Common-sense strategies for promoting children's health and well-being*

The research is clear: children need **playtime, downtime, and family time (PDF)** every day for healthy development.

## PLAYTIME

Play is so much more than simply having fun. Research suggests that play — especially when it is freely chosen, unstructured, and personally-directed — is linked to increases in children's cognitive skills, physical health, self-regulation, language abilities, social skills, and empathy.

### PLAYTIME TIPS

- Protect *unstructured* playtime and allow children's play to be self-directed.
- Make sure kids have regular (tech-free) playtime with other children.
- Encourage outdoor play and imaginary play.
- Allow children to solve challenges without adult interference.

## DOWNTIME

Downtime is time set aside beyond structured activities or academics to relax, daydream, read, or just be. Research suggests that kids need downtime throughout the day for their physical and emotional health. Sleep is also an essential component of downtime.

### DOWNTIME TIPS

- Build in time between school and any after school activities for snack and rest.
- Make sure kids get enough sleep (9–11 hours for K-5 children). Naps count!
- Avoid media 30–60 minutes before bedtime. Screen light affects sleep.
- Help children wind down with calm activities before bed (taking a bath or reading a story together).

## FAMILY TIME

Family time creates a sense of connection and belonging. Research shows that when kids are part of a family unit that spends time together, they are more likely to feel supported, safe, and loved unconditionally, as well as have increased self-esteem and better academic outcomes.

### FAMILY TIME TIPS

- Strive to gather the family for 20–25 minutes at least 5 times per week (family meals, outings, and game/movie nights all count).
- Unplug during meals, before bedtime, and during family activities.
- Build in time for family traditions and rituals.
- Involve kids in selecting, organizing, and doing family service projects or activities.

Challenge Success is a non-profit organization affiliated with the Stanford University Graduate School of Education. We partner with schools, families, and communities to embrace a broad definition of success and to implement research-based strategies that promote student well-being and engagement with learning.