




# Hello April

## Do You Like Free Stuff?

➔ Click Here for a Booster Overview Video  
 <https://vimeo.com/790577112/CI985I35Q5>

**Don't Miss Out! | Register for our NICHE Warrior Fun Run!**

Hello Fantastic Newman International Academy Cedar Hill Families!

We are less than ONE week away from the kick-off for our NICH Elementary Warrior Fun Run and Fundraiser. Our students and staff are so excited! We're looking forward to having fun and building community together.



★ **Log into MYBOOSTER.COM today to get started!** ★

Register & share today to help our school reach our goal of \$25,000 for students & staff and win fun prizes!

Thank you for supporting our school - we are grateful for our amazing school community!

We also need parent volunteers to help with the Fun Run. If you are interested, please email Brandon Lipsey at [blipsey@newmanacademy.org](mailto:blipsey@newmanacademy.org).

## Refer a Family to Newman

Become a Newman Ambassador and Get Rewarded  
NIA Ambassador Program

Do you love what your Warrior has learned at Newman International Academy? Spread the word and get rewarded! When you refer families to our school as a Newman Ambassador, we'll give you up to a \$300 reward for every student who enrolls.

Prizes include a 14'-15' Laptop (Dell or HP equivalent, Earbuds, Smart Watch, Smart TV45' - 50', tablet, Adult/Child's Bike or a \$275 Amazon Gift Card.

[https://www.newmanacademy.org/community/ambassador\\_program](https://www.newmanacademy.org/community/ambassador_program)

CLICK THE LINK ABOVE TO REGISTER!

## NICH Elementary Talent Show



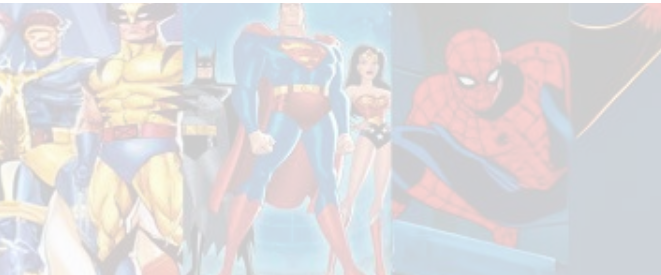
Mark your calendars, because the much-anticipated Talent Show is tomorrow! Join us on Friday, April 19th at 1:00, in the Event Center, for an afternoon of incredible performances showcasing the diverse talents of our students.

From singing and dancing to magic tricks and comedy routines, our students never fail to impress with their creativity and flair. It's sure to be an afternoon of entertainment and applause, so don't miss out on the chance to cheer on our amazing performers!





# WE HAVE STAAR POWER



The State of Texas Assessments of Academic Readiness (STAAR®) is a standardized academic achievement test designed to measure the extent to which a student has learned and is able to apply the defined knowledge and skills in the Texas Essential Knowledge and Skills® (TEKS) at each tested grade, subject, and course. STAAR tests provide great data for teachers to understand the effectiveness of teaching, as well as information that helps our district know what we may need to re-teach. It gives us information to give each student an Individualized Instruction Plan by showing us areas where they are strong and where they may need some extra support. Our STAAR testing dates are on the calendar in this newsletter. Please be sure your child gets plenty of rest and eats a good breakfast on testing days. Our Warriors will ROCK the STAAR!

## Congratulations!

We're thrilled to share the success of our recent World's Finest Chocolate Fundraiser! Thanks to your hard work, we sold out and even had to order more chocolates—what an achievement! Big thanks to all families for your incredible dedication. Your efforts have made a real impact on Newman.

Without further ado, the prize winner is...

**JOANNA ESPEJO - 3RD GRADE**

## Congratulations!

Stay tuned for more updates coming this May!



## REMINDER



Just a quick reminder to those who haven't yet turned in their funds for the World's Finest Chocolate fundraiser: please do so at your earliest convenience. Your support is greatly appreciated and helps us fund important school programs. Thanks for your cooperation!

### Arrival & Dismissal Information

Just a friendly reminder that NICH students can only be dropped off or picked up in the car line. We do not allow walk-up drop offs for safety and parking reasons.

Morning Drop Off for K-6

Students Eating a School Breakfast

Lambert 7:00 a.m. - 7:25 a.m. for Newman Prepared Breakfast Only (all elementary students)

Morning Drop Off - Cove/Lambert

The Cove - K - 2nd : 7:15 a.m. -7:30 a.m.

Lambert 3rd-6th: 7:15 a.m.- 7:45 a.m. Students dropped off after 7:30 in The Cove and 7:45 at Lambert must get a tardy slip at The Cove or Lambert front office before going to the classrooms.

Afternoon Pickup for K-6

The Cove - K - 2nd : 3:00 p.m. - 3:15 p.m.  
Lambert - 3rd-6th: 3:15 p.m. - 3:30 p.m.

PreK Morning Drop Off and Pickup

Morning Drop off - 7:15 a.m. - 7:30 a.m.  
Pickup PK3 a.m. 10:45 - 11:00  
Drop off PreK3 p.m. - 11:45 -11:50  
PreK3 p.m. & Pk4 Pickup - 3:00 p.m. - 3:15 p.m.

PreK Students dropped off after 7:30 will require a tardy pass that can be issued at The Cove. Parents must get the tardy slip before dropping their child off at the PreK building.

DID you know that three tardies count as AN ABSENCE? Please make sure to be on time for school! DON'T DISRUPT THE LEARNING!





# Upcoming Events

Preparing Outstanding  
Warriors with Wisdom to  
Overcome and Win!

## POWWOW SCHEDULE

April 23 - Creativity

April 30 - No POWWOW - STAAR Testing

May 7 - Dependability

May 14 - Warrior Rewards

## CALENDAR OF EVENTS

April 18 - STAAR Reading 5th

April 19 - NICH Talent Show 1:00 - 3:00pm Event Center  
Jean Friday \$2

April 25 - STAAR Science 5th

Kona Ice - 3:00 Modular/Swalwell Parking Lot

April 26 - Fashion Friday \$3 and Birthday Friday

April 29 - Bad Weather Makeup Day

April 30 - STAAR Math 4th and 6th

May 1 - STAAR Math 3rd, 5th and Small Groups

May 2 - Fun Run

May 3 - Jean Friday \$2

May 7 - District Talent Show

May 10 - Jean Friday \$2

May 16 - GT / ART EXPO and Content Area Night

May 17 - Fashion Friday \$3

May 23 - Kindergarten Graduation/PreK Crossover/6th  
Grade Crossover

May 24 - Early Dismissal / Last Day of School



NICH THEATRE ARTS DEPARTMENT PRESENTS

Disney

BASED ON THE 2016 DISNEY FILM MOANA

# MOANA JR.

NEWMAN INTERNATIONAL ACADEMY CEDAR HILL  
HEPZIBAH EVENT CENTER

APRIL 25TH - 26TH AT 7 PM  
APRIL 27TH AT 2 PM

PREFERRED SEATING \$10  
GENERAL \$5  
STUDENT ADMISSION \$4  
BRING STUDENT ID

TICKETS AVAILABLE AT  
[NICHTHEATREARTS.SEATYOURSELF.BIZ](http://NICHTHEATREARTS.SEATYOURSELF.BIZ)



MUSIC & LYRICS BY  
LIN-MANUEL MIRANDS, OPETAIA FOA'I & MARK MANCINA

BOOK ADAPTED BY  
SUSAN SOON HE STANTON

MUSIC AND ORCHESTRATIONS ADAPTED AND ARRANGED BY  
IAN WEINBERGER

DISNEY'S MOANA JR. IS PRESENTED THROUGH SPECIAL ARRANGEMENT WITH AND ALL  
AUTHORIZED MATERIALS ARE SUPPLIED BY MUSIC THEATRE INTERNATIONAL,  
NEW YORK, NY



@NICHTHEATREARTS

212-541-4684 [MTSHOWS.COM](http://MTSHOWS.COM)





NEWMAN INTERNATIONAL ACADEMY

# SPACE FORCE CAMP

JUNE 3-6

2024



**CAMP HOST**  
Richard Rogers  
(Former U.S. Space Camp  
Crew Trainer)



**CAMP SPEAKER**  
Michael J. Foreman  
(Captain, U.S. Navy, Ret.)  
NASA Astronaut



**CAMP SPEAKER**  
Lt. Col. Moses George  
(United States Space Force)



**Build & Launch Rockets**



**Learn the History of Human Space Flight**



**Meet Former NASA Astronaut, Michael J. Foreman**



**Hear from Engineers Working in the Aerospace Field**

## REGISTER TODAY

Newman Space Camp is FREE for all NIA students - non NIA students are welcome to join for a small fee of \$50

- For 6th - 12th graders (2024/25 school year)
- Cedar Hill Campus - Swalwell Building
  - Mon. - Wed. | 9am - 2pm
  - Thurs. | 9am - 1pm







**IS COMING!**

## Newman International Academy

THURSDAY, APRIL 25th

3:00p.m - 4:30p.m

**1**

### STEP 1: Choose Your Size

\$4.00 Klassic, \$6.00 Color Changing,  
\$7.00 Collectable with \$4 Refills



KLASSIC  
\$4.00



COLOR  
CHANGING  
\$6.00



KOLLECTABLE  
\$7.00

**2**

### STEP 2: Choose Your Flavor

Tiger's Blood, Blue Raspberry, Groovy Grape, Island Rush, Monster Mango,  
Lucky Lime, Watermelon Wave, Strawberry'd Treasure, Ninja Cherry, Piña  
Colada



follow us

### KONA ICE NORTH GRAND PRAIRIE

713.962.2523 | [wreese@kona-ice.com](mailto:wreese@kona-ice.com) | [www.kona-ice.com](http://www.kona-ice.com)

Kona Ice® is the most unique, fun, creative & community driven experience in the country. Check us out. Seriously. Go to [www.kona-ice.com](http://www.kona-ice.com).



# WARRIOR WELLNESS

Official Health & Wellness Newsletter of Newman International Academy

## More Sleep More Energy

BY BRYANNA PETRIE, M.S. NUTRITION  
DISTRICT WELLNESS & HEALTH DIRECTOR

The days are longer with the start of Spring, which may cause later nights for our teens and in turn may led to less shuteye. It's important all ages meet their sleep requirements. Your energy levels count on sleep, as do all of our bodies' systems, from our cardiovascular system to our nervous system. How much sleep is enough? Read on to find out.

Preschool (3-5 years old) - 10-13 hours (with naps)

Elementary (6-12 years old) - 9-12 hours

Teens (13-18 years old) - 8-10 hours

Adults - 7-9 hours

Older Adults (65+) -8-9 hours

Continuing reading to find out why sleep is so important and what you can do to get more of it.

Insiders knowledge: Contrary to popular belief, you can not catch up on sleep. Many of us think we can “make up sleep” on the weekends, but catching up on sleep won't reverse the damage done to the body caused by sleep deprivation. Best practice is to have a regular bedtime routine and stick to it!



## 5 Reasons to Make Sleep a Priority

### REPAIRS TISSUE & BUILDS MUSCLE

HGH (human growth hormone) is released during the deep stages of sleep. HGH is needed to repair muscles, strengthen bones & convert fat to fuel. Less sleep equates to lower HGH levels. HGH replenishes, repairs & regenerates tissue damaged by exercise, thus inadequate sleep makes it harder for the body to recover and repair.

### BALANCES HORMONES

Sleep deprivation disrupts our appetite signaling hormones. Less sleep increases ghrelin, the hormone that makes us hungry and decreases leptin, the hormone that tells us we are full. Less sleep also means higher levels of the stress hormone cortisol.

### IMPROVES ATHLETIC PERFORMANCE

Studies have shown that athletes getting more sleep have improved athletic performance, with higher accuracy in sports like basketball, tennis, golf and football, and faster times in sports involving running/sprints (soccer, basketball, track and field, cross country, etc).

### IMPROVES DIGESTION

Lack of sleep can increase inflammation in our bowels, which can result in gastrointestinal symptoms.

### IMPROVES HEART HEALTH

Inadequate sleep increases one's risk of heart attack, heart disease and stroke. High blood pressure and diabetes can be managed with sleep, according to the CDC. Studies show that adequate sleep can lower blood sugar levels. Also, while we sleep our blood pressure naturally lowers.





## Simple Habits for a Better Night's Sleep

Some of us retire early to bed, but still don't get the recommended hours of sleep each night. There are many factors that can disrupt our sleep. Here are some simple habits for the family to help encourage a restful night's sleep:

**Stick to a Schedule**- To help stabilize your circadian clock, maintaining a consistent wake time is necessary. This includes on the weekends. Regularity is key. Don't sleep in for longer than an hour on weekends.

**Rise and Shine** - If possible, expose yourself to natural light as soon as you wake. Studies show that those who sought light first thing upon waking, slept better the next night and felt less depressed and stressed than those who didn't.

**Take Naps Early** - Make sure younger kids are napping earlier in the afternoon so they go to bed at a decent time. They shouldn't nap past 4 pm. Allow older kids 30 minute naps, early in the afternoons.

**Choose Screen Time Wisely** - Too much screen time before bed can impact your sleep and keep you wired. Social media can be a source of stress for older children and should be avoided before bed.

**Create the Environment** - Black out curtains are great for keeping out any type of light that would disrupt sleep, especially for young children. Optimal sleep temperature is 62-68 degrees Fahrenheit. Keep the phones out of your bedrooms and invest in white noise for those who need it.

**Limit Bedtime Snacks** - Heavy snacks before bedtime are not a good idea. Our digestive systems slow during sleep and foods that haven't completely digested can cause discomfort and disrupt sleep.



### DID YOU KNOW?

Brushing 2x per day does more than give us fresh breath. Oral health impacts our overall health. Poor oral health is linked to diabetes, cardiovascular disease, difficulty sleeping, impaired speech, deteriorating educational performance, poor diet and low self esteem. Remember to brush for 2 minutes and replace your toothbrush every 3 months.

**“Leave nothing for tomorrow which can be done today!”**

ABRAHAM LINCOLN

**"A healthy outside starts from the inside."**

ROBERT URICH

## Pro Tips for Healthy Habits

Get active outdoors! Vitamin D is a great defense against the common cold, allergies and other ailments. It also aids in bone health, boosts our moods and helps us feel energized. It's the perfect time of year for outdoor play with kids of all ages! Soccer, Hopscotch, running, tag, bike rides, walks, volleyball and scavenger hunts are all good options. Just letting the younger kids play at the park or in the yard will boost their mood and help them sleep better. 15-30 minutes of sun exposure each day helps us obtain adequate vitamin D levels (make sure this is 15-30 minutes without sunscreen, sunscreen inhibits absorption of vitamin D).

## Healthy Habits for our Teeth = Good Overall Health

- Children and adults should be brushing their teeth at least twice per day (morning and night) and flossing once per day. This prevents cavities and gum disease.
- Limiting sugary foods and drinks will help to keep our teeth strong and healthy, also preventing cavities and tooth decay.
- Don't forget to brush your tongue.