



Part 2: Teens and Sleep - More Important Than You May Think

A teen's body clock tends to change making it more difficult to rise early in the morning and the evening hours more desirable to stay awake.



After a full evening of homework, it is not uncommon for teens to turn to their cellphone for relief. While teens are biologically programmed to stay up late, many social and cultural forces further limit their time for sleep. Teens also have access to multiple electronic devices they use simultaneously, often at night. Some 72 percent bring cellphones into their bedrooms and use them when they are trying to go to sleep, and 28 percent leave their phones on while sleeping, only to be awakened at night by texts, calls or emails.

According to a 2015 National Sleep Foundation poll on electronic use, some 64 percent use electronic music devices, 60 percent use laptops and 23 percent play video games in the hour before they went to sleep. The poll also states the problem of sleep-phase delay is exacerbated when teens are exposed late at night to lit screens, which send a message via the retina to the portion of the brain that controls the body's circadian clock. The message: It's not nighttime yet.

Most teens who say they are tired are actually sleep-deprived, but don't know it. And if you ask kids to remove an activity, they would rather not. They would rather give up sleep than an activity.

As adults, we know sleep helps us regulate our emotions, and its deprivation is an underlying component of many mood disorders, such as anxiety, depression and bipolar disorder. For students who are prone to these disorders, better sleep can help serve as a buffer and help prevent a downhill slide.

Here are some tips to talk with your child about the importance of sleep:

- Talk with your child when you are both rested and not under a tight time constraint. A good time may be while being in the car together or at the table sharing a meal. Begin the conversation when you are both feeling relaxed and in a good mood.

- Ask if they feel there are enough hours in the day to accomplish what it is they wish to accomplish. It helps to let them know that there are times you feel overwhelmed about your own time management and how you go about identifying those feelings.
- Once those feelings/pressures are identified, create a plan to help reduce those pressures. It may take looking at those pressures from a different angle to come up with a plan that is doable on a regular basis. For example, if your child is spending too much time before going to bed viewing countless Instagram and Snapchat posts, limit their screen time for 15-20 minutes and remind them that 99% of what they view tonight, won't even be a social talking point tomorrow.
- Social media can be a great source of information but can also rob one of living in the present. Keeping tabs on others social media accounts means they are losing out on time better utilized in serving themselves; studying, hobbies and sleep.
- Talk with your kids on the ways you also have to work to not squander your time and how important it is to get the sleep needed in every stage of life. Getting the required amount/right quantity of sleep not only helps one live longer but also results in a better quality of life.
- For some teens, FOMO- Fear Of Missing Out is real. For more information on how to handle this type of addiction, click [HERE](#).

FHMS 5th Annual Poster Contest Awards



An award ceremony was held recently for finalists and their families to learn where they had placed in this year's Above The Influence Poster Contest. This year 178 posters from grades 6-8 were judged and prizes awarded at each grade level: Honorable Mention, 3rd place (\$50), 2nd place (\$100) and 1st place (\$200). Classrooms with the most entries received McDonald's smoothies. First place posters were featured as pizza box toppers at Papa Murphy's Pizza.



6th Grade:

1st place: Maddox Lagiglia (top left)

2nd place- Matthew Jones, 3rd place- Devyn Russo, Honorable Mention -Cheyenne Bush

7th Grade:



1st place - Olivia Melloy (middle)
2nd place- Jasmine Pycha, 3rd
place- Thomas D'Anna, Honorable
Mention- Gabriel Sanchez

8th Grade:

1st place - Biamca Pellegrino
(bottom left), 2nd place- Morgan
Woolbright, 3rd place- Eddie
Galvan, Honorable Mention- Tanner
Heath

Thank you to the Verne C. Johnson
Family Foundation for their
continuous support sponsoring the
Above The Influence Poster Contest
every year.

Thank you to Courtney Larsen, FHMS Art teacher
and all of the Academic Strategy teachers for
their support in this year's contest. Also Papa
Murphy's for showcasing our talented first place
winners in the community by providing box
toppers of their amazing artwork!



We Need Your Help With Our Community Views Survey



The Coalition wants to hear what's on your mind when it comes to
issues that are impacting our community and kids.

The survey takes about 10 minutes and will greatly help us
enhance and expand the work we do to keep Fountain Hills a
wonderful place to raise healthy families. You can take the survey
on your computer or mobile device. Your responses will be
anonymous and confidential.

Thank you!

Please click **HERE** to take the survey.

Text-A-Tip is Now P3 TIPS

A reminder that Text-A-Tip is now P3
Tips. The smartphone app replaces the
former Text-A-Tip program that was



launched for the community by the Coalition in 2010.

P3 Tips is now available to be used for anonymous tips to the Maricopa County Sheriff's Office. The application-based format allows residents to take advantage of new options yet remain anonymous.

The P3 app is user-friendly and provides categories to report suspicious activity. The app also features an option to review and update existing tips among others.

For directions on how to download the mobile app

[CLICK HERE](#)



Make Plans Now For Summer Fun!

2019 SUMMER DAY CAMP
k-6th grade

May 28 - August 2
Monday - Friday | 7:00 a.m. - 6:30 p.m.
(Closed Memorial Day & Independence Day)

Rates:
\$150/Week - 1st Child
\$135/Week - Additional Siblings
\$25/Week - Deposit
*One at Registration & applied to Weekly Balance

Programming:
Enrichment Classes, Field Trips,
45-Minute Activity Rotations,
Dress-Up Days, Cabin Challenges

BOYS & GIRLS CLUBS
OF FOUNTAIN HILLS

MARY ELLEN & ROBERT MCKEE BRANCH
14605 N. DEL CAMBRE AVE | FOUNTAIN HILLS, AZ 85268 | (480) 344-5400 | www.BGCS.org
Registration packets available in the office and online at www.bgcs.org

Spring has sprung and plans are underway for summer fun for the kids!

The Boys and Girl's Club begins summer camp registration on Monday, March 25th. Check out all the great activities the Boys and Girls Club has to offer by clicking [HERE](#).

And don't forget all the free summer Middle School Madness events and numerous teen and youth programs offered through the Town of Fountain Hills. For their latest information click [HERE](#).