



## The Gladiator Arena Newsletter

Week of: October 1st- 5th , 2018

### SCHOOL'S MISSION STATEMENT

The mission of the Ontonagon Area School District in concert with the community is to educate all students to reach their highest potential, and be productive members of society.



**Q: When should I start taking my child to the dentist?**

**A: Ideally, your child should go the dentist by her first [birthday](#), but it's generally fine to wait until 2 or 3. Putting it off any longer than that, however, increases your child's risk for having to deal with plaque buildup or cavities at her first visit (and who wants to set that kind of precedent?). Although some parents assume that because [baby teeth](#) will eventually fall out there's little point in caring for them, this is a huge mistake. Even though you can't see them, your child's permanent teeth**

are developing under her primary ones and it's important to have a dentist check to see that everything in your child's mouth is developing normally. You can certainly take your child to your own dentist (if he treats kids) but a pediatric dentist is often a better option, especially for young children who may be fearful. These doctors have undergone additional training in caring for children and often have extremely kid-friendly offices (much like your pediatrician's) with [toys](#), video games, or prizes at the end of each visit to make kids want to keep coming back. -- Richard Laliberte

Copyright © 2001. Reprinted with permission from the September 2001 issue of *Parents* magazine.

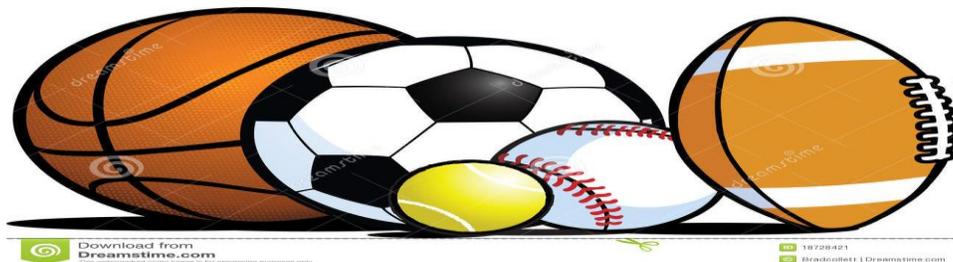
## **HOW MANY HOURS OF SLEEP DOES MY CHILD**

**NEED?** **3-6 Years Old:** 10 - 12 hours per day . Children at this age typically go to bed between 7pm and 9pm and wake up around 6 a.m. and 8 a.m., just as they did when they were younger. At age 3, most children are still napping, while at age 5, most are not. Naps gradually become shorter, as well. New sleep problems do not usually develop after age 3.

**7-12 Years Old:** 10 - 11 hours per day. At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12-years-olds going to bed at about 9pm There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours, although the average is only about 9 hours.

**12-18 Years Old:** 8 - 9 hours per day. Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years. However, for many teenagers social pressures conspire against getting the proper amount and quality of sleep.

WebMD Medical Reference Reviewed by [Amita Shroff, MD](#) on June 18, 2018



- **Girls JV/Varsity Volleyball**
  - Oct. 2nd Bessemer Away 6:00pm
  - Oct. 4th Watersmeet Home 5:45pm
  
- Boys Varsity Football
  - Oct. 5th Stephenson Home 7:00pm (Parents Night)
  
- Girls Jr. High Basketball
  - Oct. 1 Jeffers Home 6:00pm
  - Oct. 5 Dollar Bay Away 4:00pm
    - Jr. High Football
  - Oct. 2nd Bessemer Away 4:00



Q: Why did the music teacher need a ladder?

A: To reach the high notes.

Q: Why didn't the sun go to college?

A: Because it already had a million degrees!



**Elementary student of the week:**

**Owen Pantti - 4th Grade**

What do you want to be when you grow up? - A County Driver

If you had a million dollars what would you do with it? - Buy a truck

What food do you hate?- broccoli

What 3 words best describe you?- Sporty, adventurous, and fun

**Middle school student of the week:**

**Abi Pestka - 6th Grade**

If You could pick a superpower what would it be? - I would be invisible

What are you good at that no one knows?- Playing video games

What is your greatest fear and have you ever tried to face it?- Learning a new language and Yes I faced it.

If today was your last day on earth, what would you do? - Get married

**High school student of the week:**

**- Ella Menigoz - 10th Grade**

If you had to make one rule for everyone to follow what would it be? -To be kind  
If you could travel to one place in the world where would it be? - The Bahamas  
What school tradition are you most proud of? - The key  
Do you think high school is preparing you for college? - Yes, because I'm being challenged.



### Senior Student of the week

Whitney Rule

What do you plan on doing after High school? -I plan to go to college to study Dental hygienist.

What's most important to you in life? -Kindness, Family and Friends.

What will you miss most about high school? - My classmates and Teachers.

What is your dream job? Working at Disneyland.





## New Teachers We Would Like To Welcome!

Mr. Routheaux

What school did you use to go to? -Ironwood.

What's the best/worst thing about being a teacher? -Seeing kids grow and reach their potential. Worst when kids have bad attitude and give up.

If you could pass on any wisdom to your students, what would you share? -To go for what you want to settle for and try really hard.

How do you think students will remember you and your class? - High energy and willing to put in the extra time to help them reach their potential.

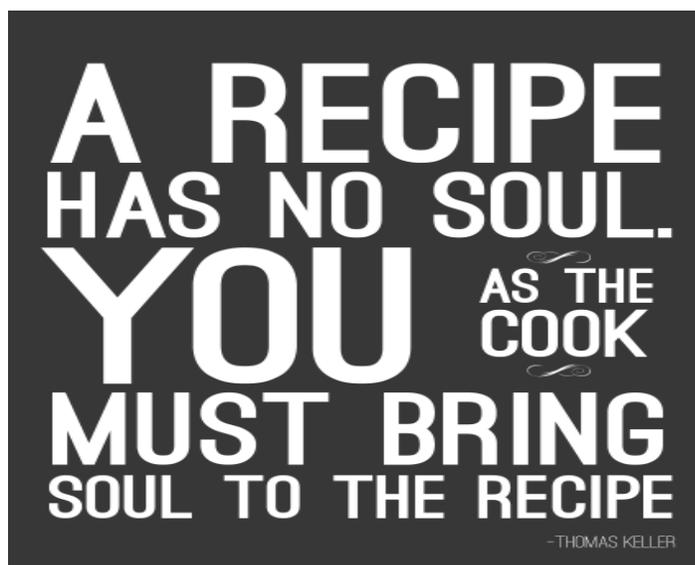
Brady Guilbault

What is your favorite memory from school. -Being involved with the community.

Where did you go to college? - Northern Michigan University.

Did you get good grades in college? - Yes, Graduated with business and management degree and also graduated with honors.

What makes a good day at school? - When everyone is in a good mood.



## RECIPE OF THE WEEK

### Chicken Chow Mein Salad

- 3 cups fresh spinach
- 1 (15 ounce) can mandarin oranges, drained
- 1 cup cubed cooked chicken
- 1 cup chopped red cabbage
- 2 stalks celery, thinly sliced
- 1/2 cucumber, peeled and diced
- 1/2 cup dried cranberries
- 1/2 cup chopped pecans
- 1/4 cup thinly sliced leeks

#### Directions

1. Combine spinach, oranges, chicken, red cabbage, celery, cucumber, cranberries, pecans, and leeks together in a bowl.

## A few free activities you can do with your family

#### The Public Library

• Hit the library every week to check out books, DVDs, books on tape, and even magazines. Have a child who is crazy about dinosaurs or looking for a good chick-flick for the night your husband is out of town? On rainy days we often go to the children's section, checkout a bunch of books and cuddle up on the couch with some good books to read.

#### Visit the Humane Society

• Do your kids love animals? Try spending some time at your local animal shelter to fill their need to enjoy their favorite furry friends. Our family spends countless hours in the "kitten room" in our local humane society.

#### Go on a family hike or bike ride

• Research some local family friendly trails and get moving!

This week's Newsletter was prepared by Wendy Collins-Gouin, Katelynn Laingren and Michelle LaBine