

## Sorrows kids learn about Sweet Dreamzzz

February 21, 2010

Slippers and robes at school? Our Lady of Sorrows kindergarten through third grade all got cozy for a day to learn about the effect that quality sleep and good nutrition choices have on learning.

Sweet Dreamzzz, a not-for-profit based in Farmington Hills, provided an interactive atmosphere while students gave a thumbs up or thumbs down to snacks that would be appropriate for preparation for slumber.

The crowd squealed as they learned that although ice cream was a yummy snack, it could give you a tummy ache in the middle of the night. Fruit, cheese and peanut butter are better for providing a foundation for a good night sleep.

The program was a Parent Teacher Guild sponsored event orchestrated by Jennifer Logan, mother of four at OLS, and the in-school-program chair. Logan is a teacher herself and chooses appropriate events to entertain and educate the children using local talent .

The students each brought a toothbrush to donate to the Sweet Dreamzzz cause.

Puzzled parents wondered that evening why their usually restless children all scrambled to bed at 8:30 p.m. after having asked for a banana or grapes for a snack, said parent Jan Loidas, who said the event had a lasting impression on the young students.

"They understand that 10 hours of sleep is necessary not only for good grades in the classroom but also to play hard on the playground after lunch."

Teachers, parents, and administration all dressed down for the occasion; in PJ's.

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**Mom Dilemma #36:**  
Your daughter insists on wearing her princess costume to the grocery store. Allow it or not?

**YES, at least she's dressed!**

**NO, I have some rules!**

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