

## January 2021 Tiger Tales From Mrs. States

Happy 2021 Everyone!!! Welcome to the 2<sup>nd</sup> semester, and thank you to all of our students and parents for doing everything possible to help us all stay healthy, and in school together where we belong! ☺

As the 2<sup>nd</sup> semester begins, I wanted to take this opportunity to remind students and parents of the importance of sleep. The winter months bring with them cold/flu season, as well as a great deal of important academic content in all grade levels. Students need a great deal of sleep in order to give them the best chance for academic success. To achieve a good night's sleep it is important to develop bedtime routines that help students relax and remain asleep for a lengthy and complete sleep cycle. Please help us by ensuring that your children are well rested and ready for the academic challenges that face them each day at school.

Thank you!!!  
Mrs. States

