



Remote Learning Suggestions



Sleep tip of the Day

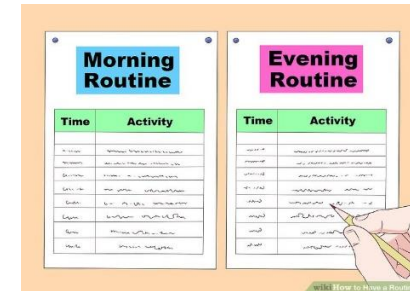


Stick to a sleep schedule of the same bedtime and wake up time, even on the weekends. This helps to regulate your body's clock and could help you fall asleep and stay asleep for the night.

Regular bedtime and wake up time.



Create a space at a desk or table.
Not in bed or the bedroom.



Set and write out a routine.



Include at least 10 minutes of exercise, preferably outside.



Talk with your kids.
See how they are doing.



Check their grades on PowerSchool or email their teachers.



Reach out to your administrators, counselors, and staff for help!