

November 18, 2018

Middle School Matters



Schedule Updates

Sunday, 11/18: SA community hike with Muddy Sneakers

Tuesday, Nov. 20

First and eighth grade buddies to Waterworks (everyday uniform)

Thanksgiving break begins following regular dismissal (no ASK or enrichment programming offered)

Monday, Nov. 26: School resumes

Tuesday, Nov. 27: Sixth and seventh grades to Raleigh (dress uniform, no lunch needed)

Thursday, 11/29: Goodman Goldfish to Terrie Hess House

Friday, Nov. 30: MS Non-Uniform Day

Tuesday, Dec. 4: Goodman Goldfish to PCAR breakfast (7:25am arrival, dress uniform)

Friday, Dec. 7: Fifth grade to the Nutcracker (dress uniform)

Teacher Help Days

Help sessions last until 4 p.m. unless otherwise noted.

Monday - Mrs. Current, Mrs. Overcash, Mrs. Starrett (6th math)

Wednesday - Mrs. Goodman, Mrs. Starrett (5th math)

Thursday - Mrs. Hattaway, Mrs. Coulter

Recommended Sleep Times

Sleep is food for the brain! In a stretch of several years where your child's brain is growing by leaps and bounds, it is essential that they are getting an adequate night's rest. Below is a chart of sleep time as recommended by the U.S. Center for Disease Control. Sweet dreams!

Preschool (3-5 years):	10-13 hours daily (including naps)
School Age (6-12 years):	9-12 hours per night
Teen (13-18 years):	8-10 hours per night

Study Secrets

Middle school is the perfect time for students to sharpen their study skills. Here are some tips for at-home study sessions:

1. Set specific goals for each session. Encourage your child to jot them down and check off each goal as they meet it.
2. Stay focused. Limit distractions from electronics, young siblings, etc.
3. Fuel up! Hunger or fatigue can hamper studying, so have your child eat a healthy snack or go for a quick jog before studying.
4. Monitor understanding. Have your student create a quick quiz for you so that you can assess their understanding. Communicate any major discrepancies to the teacher.



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