



NOTES FROM SPARTAN LANE

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Greetings from Spartan Lane,

Thank you for a terrific start to the school year! We continue to make positive progress each day, and we could not be happier with where we are as we head into the Labor Day weekend. The cast for our one act play competition has been selected and I am excited to see their work on stage. Our volleyball team is an impressive 20-1. Cross country is off and running and we have already had Spartans win meets. Football traveled to North Carolina last week and beat Charlotte Country Day 33-9. At the same time, we have several seniors who have already earned college acceptances for the fall of 2022. Our youngest Spartans are engaged and happy and enjoying fall enrichment classes including karate, archery, art, and dance. It has been fun seeing our fourth graders opening car doors in the mornings and after school.

We have had three students test positive for COVID-19, since this school year started. Not bad considering the richness of our program and completing 13 days of school. We know that there will be more, but we feel fortunate to have such low numbers as this fourth surge continues to move at a quick pace, with Georgia setting [a new high for positive cases](#) earlier this week. Please continue to make healthy choices, especially over the long weekend. We want to return to a healthy and fully engaged campus on Tuesday. Please continue to stay home if not well, mask indoors on our campus and follow other guidelines as outlined by the CDC and DPH. I have found [the Georgia DPH site to be a good source of information](#).

As we have hit our stride and get back into our routine, [this article on sleep is a good read](#). A rhythm is a great thing to find early in the school year, and I hope that each of our students has found their own. Hydration, exercise, nutrition, sleep, and a schedule will help as we move deeper into September. Thank you for your continued support and enjoy a well-earned long weekend.

Go Spartans,

John Thorsen
Head of School