



Prepare for In-Person Learning

- Charge your school device the day night before, and put it in your child's backpack in the morning.
- Make sure your child goes to bed early so they get enough sleep and will be ready to learn. Children ages 6-12 need between 9 and 12 hrs of sleep according to the American Academy of Pediatrics.
- Help your child establish a healthy routine that includes a regular bedtime, morning routine, and limited screen time.
- If your child is forgetful, make a list of what they need in their backpack each day to help them remember.
- Be mindful of your attitude, words, and behavior because children learn by observing others. If adults are negative, lack motivation, and do not encourage positive behavior, then children will start to do the same.
- Catch up on the latest school news by checking the Twain website, Twain Facebook page, and your email.
- **REMEMBER:** Mondays will be asynchronous days, so students will come to school Tuesday-Friday.