



THE OFFICIAL NEWSLETTER OF SULTANA SPORTS & SCIENCE ACADEMY

A NOTE FROM THE PRINCIPAL...

Hello Sultana Families,

We are excited to welcome students and families back to school for 2021! January is a great time to reflect on successes during the past year, and provides time to consider areas where we can improve. Here are some suggestions:

Get plenty of sleep - Scientists have found students who do not get enough sleep have difficulty paying attention in class and do not do as well in school. *Recommended* amounts of sleep range from about 8½ to 11 hours a night.

Eat healthy - Eating more fruits, nuts, and vegetables and drinking at least 8 (8 oz) glasses of water every day helps keep students healthy and it supports human brain function.

Time + Effort = Achievement - Take the time to ask questions when you do not understand, keep trying when work is difficult, and eliminate "can't" from your vocabulary. Do your personal best at school every day.

Read, read, read - Success in school depends, in large part, on a student's ability to read and understand what they have read. Read for fun, read to someone in your family...just read!

Respectfully,

Ms. Melgoza



Join us for Cafecito/Coffee with the Principal on **Friday, January 8th**. Parents in attendance stay up to date with Sultana happenings. Hope to see everyone on Zoom!

SELF MANAGEMENT

Social Awareness: Appreciating Diversity and Respect for Others

During the month of January, your child's SEL instruction will dive deeper into Social Awareness to appreciate diversity in backgrounds and cultures and have respect for others. Students will learn the ability to understand social and ethical norms for behavior and to recognize family, school and community resources and supports.

ATTENDANCE

Even though students are learning from home, attendance is still important. We need students to be on line by 8:00am and stay online for the entire session. Please help us make sure students return after recess and lunch. We want to make sure students do not miss out on learning.

Technology Care

Please support your children and help them properly care for their Chromebook and iPad.

Some helpful hints that you can go over with your child are:

Protecting your Chromebook

- Do not tamper with school tags that are present on the Chromebooks.
- Use both hands when opening the Chromebooks.
- Do not hold the Chromebook by the screen.
- Always close the Chromebook before walking with it.
- Never pack your Chromebook with other materials. Keep it separate from textbooks and other heavy objects that could potentially damage the screen.
- Keep food and drink away from your Chromebook. Treat your Chromebook as a valuable material

Cleaning your Chromebook

- Use microfiber cloth to wipe down the screen.

Powering your Chromebook

- When charging, be sure to place the Chromebook in an area that will prevent people from tripping from the power cord. This could injure the person and/or damage the Chromebook.
- Determine a consistent place to charge your Chromebook at home

**BE SAFE, BE RESPONSIBLE,
BE RESPECTFUL**

