



Title I: Parent Engagement/Education Event, February 2021 Promoting Sleep Strategies

As I have previously reported to you, Seaside Elementary is now classified as a Title I school. Part of our responsibility to you is to provide educational services in regards to how you are able to work with us on behalf of your children to be successful in school and ultimately in life. Throughout the school year, we will provide various opportunities for you to learn ways in which you can help your children be successful academically, socially, behaviorally, and emotionally.

In October, our first educational installment for this year was our Reading Rendezvous. In our Reading Rendezvous, I shared with you the benefits of reading to your children and a number of Seaside Elementary staff members videotaped "read alouds" that you can use with your children when you read together at home.

Our second installment focused on mathematics, in particular, how you can assist your children at home and how you and your children can use the "at home" resources inherent in our district mathematics program--Everyday Mathematics.

Our third installment focuses on ways in which you can help your children to promote ways in which they are able to fall asleep and get a good night's sleep. Adequate and quality sleep is a most important component to function well in school and facilitate academic, social, emotional and behavioral success. The video of my presentation and a copy of the **NARRATIVE TEXT** will be posted on our website at the following [SCHOOL WEBSITE LINK](#) and at our Facebook page at the following [SSE FACEBOOK LINK](#).

Finally, as part of Title I requirements and most importantly to get constructive feedback from you about this parent engagement activity, please take a few minutes to complete the [PROMOTING SLEEP STRATEGIES SURVEY](#).

We sincerely hope that you find this information useful!

Sincerely,

Robert J. Homer, Principal



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