



# AHS Parent Update!

March 5, 2020

AHS Parents, please discuss each topic below with your child.  
Sign the sheet that confirms you received this update and discussed it.  
Students will receive 100 school store points for the return.

## Phones Policy Update

Starting on Monday, March 10, 2020 all students who bring a cell phone to school will turn it off, put it into a personal pouch and it will go into a locked bag for each class. Our original policy allows students to bring a phone to school as long as it is off and put away all day. This is not changing. The change is that we will collect and lock up all phones until the end of the day.

We understand that for safety parents want students to have their phones before and after school, but during school hours all parents can call the main office line or the principal directly for any emergency or non-emergency communication to their child. Parents are also welcome to visit classrooms any time without an appointment.

The phones will be supervised and locked up at all times. Students will get their phones back at the end of each day before they go onto buses.

This change to our policy has become necessary in order to prepare for state testing regulations and to ensure that students' phone are NOT a distraction to them during learning times. **If you have any questions, do not hesitate to call us.**

## Sleep Lives Matter!

Parents we have noticed many students are tired at school and seem to need more sleep. We want to ensure that we are working together to help them.

The National Sleep Foundation recommends **9-11 hours of sleep for children ages 6-13**. No child should better less than 8 hours. Brain growth and functioning will decrease with every hour. In addition, the ability to focus and respond appropriately to emotions will be decreased with every hour of sleep lost.

Please make the commitment to ensure your child is asleep without any electronics in the room by 9:00pm. For some 8 or 8:30pm may be more appropriate. Let us know if you need any help with sleep training.

## Parent Academy!

A first AHS Parent Academy Meeting is being planned. Please let Mrs. PB know via call or text if you are interested in parent leadership training starting in September or in attending Parent Academy meetings.

## Report Cards!

AHS knows that parent engagement and empowerment are very important to student success. Therefore, all parents are required to attend a conference in order to receive report cards and home work materials. Please reach out to your child's afternoon teacher, call the main school number, or the principal to schedule your conference today.

## Need us?

Main Office: 585-254-1003  
Mrs. Wanda Perez-Brundage (PB), Principal: 410-227-2828  
Call or Text Me for any other teacher's cell number



# SIGN & RETURN FOR 300 SCHOOL STORE POINTS

**STUDENT'S NAME** \_\_\_\_\_

Phones Policy Update	<b>We discussed and understand the policy.</b> <b>Parent Signature</b> _____
Sleep Lives Matter!	<b>We discussed how important sleep is for learning. My child will sleep for _____ hours without tv, phones, tablet, games.</b>
Parent Academy!	<b>Check one, please</b> _____ <b>I am interested in learning more!</b> _____ <b>I might be interested in the future</b> _____ <b>I am not interested</b>
Report Cards!	<b>I need to schedule a conference, please call me!</b> <b>Phone #</b> _____
What else can we do to support?	<b>Please add comments as needed.</b>