

PARENT NEWSLETTER



Message from Mr. Russell

Hello Greenview Intermediate Families! I am so happy to be writing you today. Mrs. Pitrone and I are back in the office preparing for an excellent 2021-2022 School Year. If you joined us in June, you received a lot of information on Greenview, like our daily schedule, available resources, and learned my passion for making good things happen for your child by helping them reach their full potential. For those of you who could not join us, we will have more opportunities for you and your student to visit and learn more about Greenview. A schedule of events is below.

I am looking forward to getting everyone back in the building and connecting with you as we all learn and grow together this school year.

Upcoming Events

- **August 10th @ 6:30 PM** - New to SEL Family Orientation - This night is for families new to the district to come and learn about Greenview. If you were not able to attend the June orientation days, please feel free to go to this event.
- **August 17th @ 5:30 PM** - Greenview Campus Back to School Night - Back to School night is a Greenview Intermediate staple. Come drop off your students' supplies and meet the teachers you will be working with for the 2021-2022 School Year.
- **August 19th @ 7:15 AM** - Students First Day of School
- ***September 23rd** - Picture Day

School Hours
Student Arrival: 7:15 - 7:30

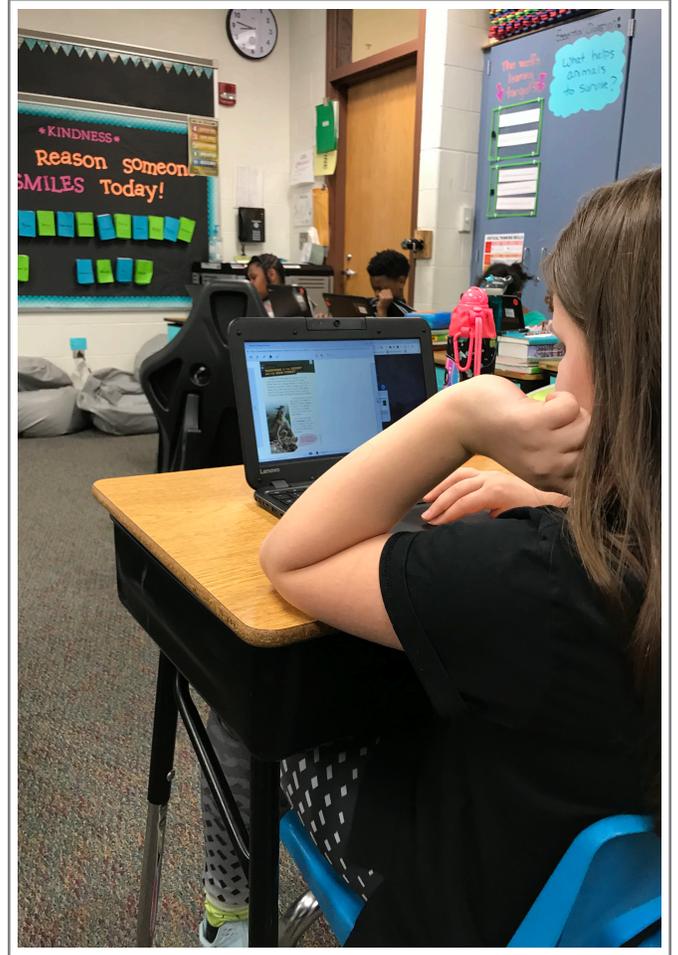
Instruction Begins: 7:30

Instruction Ends: 2:21

Early Release Wednesday
Instruction Ends: 1:15

Getting Readjusted to School

As August 19th comes closer, there are some things that we can do to get ourselves and our students ready to return to school. Structure and routine are vital for everyone. Get students used to waking up early and having breakfast. Reduce video game time, and increase reading. The most important thing that we can do is to get sleep. A fourth-grade student requires 10-11 hours of sleep. The doors open at Greenview at 7:15 AM, and our students typically wake up at 6:15 AM, which means a reasonable bedtime for a Greenview student is 8:15 PM. We must ensure students do not use tablets, phones, or computers during bedtime or find ways to keep themselves awake after their caregiver has gone to bed. We will discuss sleep more throughout this school year and its importance in the learning process. We know that if we do not get a good night's sleep, we are less prepared to handle the challenges and adversity the next day brings. We set our students up to W.I.N. when they get a good night's sleep. Use this time now to start the transition from the summer routine to a school schedule.



Children and adolescents who do not get enough sleep have a higher risk for many health problems, including obesity, type 2 diabetes, poor mental health, and injuries. They are also more likely to have attention and behavior problems, which can contribute to poor academic performance in school

Be sure to check your email for future newsletters and school information in the coming weeks. For the School Supply List please check the website or give us a call at 216-691-2190. We are still on summer hours, and the office is open daily between 7:00 and 2:30 until we start school on the 19th where we will switch to school hours.