

Daily Routines

<p>How many hours of sleep does a kindergarten student need each day?</p> <p>ANSWER: 10 - 12 hours per night</p>	<p>How many hours of sleep does a 3rd grade student need each day?</p> <p>ANSWER: 10 - 11 hours per night</p>	<p>How many hours of sleep does an 8th grade student need each day?</p> <p>ANSWER: 10 - 11 hours per night</p>	<p>How many hours of sleep does an 11th grade student need each day?</p> <p>ANSWER: 8 - 9 1/2 hours per night</p>
<p>What is an appropriate breakfast for a student?</p> <p>ANSWER: Fruit juice and toast with peanut butter</p>	<p>What is the most important meal of the day for a student?</p> <p>ANSWER: Breakfast</p>	<p>What is an appropriate lunch for a student?</p> <p>ANSWER: A piece of cold pizza, an apple, 2 Oreo cookies and a bottle of water</p>	<p>How much sugar is in an 8oz Red Bull energy drink?</p> <p>ANSWER: 26 grams</p>
<p>What should you do for 20 minutes every day to increase your child's success in school?</p> <p>ANSWER: Read with them or to them!</p>	<p>What is the average number of minutes a 3rd grade student should spend doing homework?</p> <p>ANSWER: The National PTA suggests 30 minutes. 10 minutes for each grade in school (3rd grade X 10 minutes equals 30 min.)</p>	<p>What is the average number of minutes a student should watch TV each day?</p> <p>ANSWER: The National PTA suggests 30-60 minutes per day</p>	<p>How many minutes per day does the average 10 year old spend playing video games?</p> <p>ANSWER: 120-240 minutes per day Source: National PTA</p>

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<p>When is the best time to introduce yourself to your child's teacher?</p> <p>ANSWER: During Back to School Night or during a scheduled appointment</p>	<p>When is the best time to talk to your child's teacher about a concern?</p> <p>ANSWER: During a scheduled appointment</p>	<p>What is the best way to schedule an appointment with your child's teacher?</p> <p>ANSWER: Emailing directly or calling the school office</p>	<p>Who is the first person you should call if you have a concern about your child?</p> <p>ANSWER: My child's teacher</p>
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