

How many hours of sleep does a kindergarten student need each day?	How many hours of sleep does a 3 <sup>rd</sup> grade student need each day?	How many hours of sleep does an 8 <sup>th</sup> grade student need each day?	How many hours of sleep does an 11 <sup>th</sup> grade student need each day?
What is an appropriate breakfast for a student?	What is the most important meal of the day for a student?	What is an appropriate lunch for a student?	How much sugar is in an 8oz Red Bull energy drink?
What should you do for 20 minutes every day to increase your child's success in school?	What is the average number of minutes a 3 <sup>rd</sup> grade student should spend doing homework?	What is the average number of minutes a student should watch TV each day?	How many minutes per day does the average 10 year old spend playing video games?

<p>When is the best time to introduce yourself to your child's teacher?</p>	<p>When is the best time to talk to your child's teacher about a concern?</p>	<p>What is the best way to schedule an appointment with your child's teacher?</p>	<p>Who is the first person you should call if you have a concern about your child?</p>
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10 - 12 hours per night	10 - 11 hours per night	10 - 11 hours per night	8 - 9 1/2 hours per night
Fruit juice and toast with peanut butter	A piece of cold pizza, an apple, 2 Oreo cookies and a bottle of water	Breakfast	26 grams
Read with them or to them!	The National PTA suggests 30 minutes. 10 minutes for each grade in school (3rd grade X 10 minutes equals 30 minutes)	The National PTA suggests 30-60 minutes per day	120-240 minutes per day  Source: National PTA

During Back to School Night or during a scheduled appointment	During a scheduled appointment	Emailing directly or calling the school office	My child's teacher
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