



# Newsletter

From the desk of Mrs. Austin

September 10, 2021



Sophomores vs. Juniors game

## “OMG WE SURVIVED 3 WEEKS”

Overheard in Spanish 3, "OMG we survived 3 weeks." It's been a lot for everyone to return to in-person learning and we've had to recognize that the adjustment is more than we thought. Nonetheless the students still seem to be enjoying seeing each other in person and getting more social time. Most students express that this is definitely a better way to learn.

This Wednesday during SEL time we played an all school volleyball tournament with the Sophomore team dominating.

## SUPPORT EXPERIENTIAL LEARNING AT BAYHILL

Don't forget to sign up to be a fundraiser for our first Annual Bowl-a-Thon. Even if you can't bowl or attend the event, you can be a fundraiser.

**Fundraising tip:** Share your link via text and/or email. The results are much better than using Facebook.

So far we've raised over \$5,000. We are half way to our goal of raising \$10,000.

## FIRST ANNUAL BAYHILL BOWL-A-THON



**JOIN US**



# THE IMPORTANCE OF SLEEP

Bayhill has some sleepy teens! We know students are adjusting to the early mornings, but we need your help to be sure students are getting proper sleep. According to Harvard Medical School Division of Sleep Medicine, "animal and human studies suggest that the quantity and quality of sleep have a profound impact on learning and memory." Research suggests that sleep helps learning and memory in two ways. First, students with poor sleep struggle to focus attention and learn efficiently. Second, sleep is necessary for the consolidation of memory, which is vital to learning and retaining new information.


How can students improve sleep? It's important to establish regular sleep/wake routines and avoid light, especially light from cell phones and computers, well before bedtime. Just these two habits will help with falling asleep faster and staying asleep.

As a parent, I know it's hard to get your teen on a regular schedule. Try having your child charge their phone outside of their bedroom each night. Establish a regular time for school nights (9:00PM) and a regular time on weekend nights (maybe 11:00PM). I know it will be a little painful at first, but the benefits are worth it.

**BAYHILL HIGH SCHOOL**

**VIRTUAL  
BACK TO SCHOOL NIGHT**

- Meet teachers and staff
- Information about our program
- Learn about Google Docs, Jupiter, special events, logo wear, etc.



**TUESDAY, SEPTEMBER 21  
@6PM VIA ZOOM**

*(Zoom links will be emailed to you)*

# What is your normal?

Do you want to see a film where young people with ADHD and LD meet their challenges and reach their FULL potential? Don't miss our virtual screening of **Normal Isn't Real** on September 22 at 6:30PM. We will follow the screening with a Q & A with Bayhill admin and staff.

Register here: [RSVP](#)



## IMPORTANT DATES

- BACK TO SCHOOL NIGHT - 9/21 6:00PM
- NORMAL ISN'T REAL SCREENING - 9/22 6:30PM
- FAMILY PICNIC - 9/25
- INDIGENOUS PEOPLES DAY - NO SCHOOL 10/11
- LAST DAY OF QUARTER 1 - 10/15/21
- BOWL-A-THON - 10/21 6:00PM
- THANKSGIVING HOLIDAY WEEK - 11/22-11/26

## SAFE RETURN TO SCHOOL PLAN

Each Friday, we will update the Safe Return to School Plan with new guidance from the Berkeley Department of Public Health. You can see recent updates to quarantine procedures on our website. Updates are in red.

<https://www.bayhillhs.org/covid-plans/>

**DON'T FORGET! - ALL STUDENTS NEED A CHROMEBOOK OR LAPTOP**



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