

Flagstaff RSU/Eustis School Department
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Barry O. London
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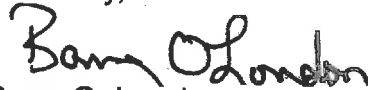
Dear Parents/Guardians:

The staff at Stratton School have noticed that in the past few months that some middle school students are arriving to school extremely tired. In some cases students appear to be falling asleep in class. While not all classes might be necessarily their favorite subject, we have a growing concern that students are not receiving an adequate amount of sleep to foster a decent learning experience. When polled, a fair amount of students have stated that they are awake until sometimes 1:00-3:00 a.m. on social media, talking with friends, video gaming, etc.

We care about each and every student's mental health and well being as well as their academics. It is our hope that we can all work together to make the next 6 weeks go as smoothly as possible. We are reaching out to you for help and to have conversations with your child about the importance of adequate rest and sleep. We have been addressing this in school as well.

Please do not hesitate to contact us with any questions or concerns that you might have.

Sincerely,



Barry O. London
Principal/Assistant Superintendent



Come Grow With Us!