



# Seldovia Gazette

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Seldovia, AK

27 °F / -3 °C

Overcast

at 1:53 AM



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Monday, Jan. 31, 2011

Just another day in paradise

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## Susan B. English School News



School is a very important part of a child's life. To insure they get the most out of their day.

Children should get a good night's sleep and have a good breakfast.

Research states that students need uninterrupted sleep (no electronics)

Recommended hours of sleep:



- 5-6 year olds need 10-12 hours each night
- 7-12 year olds need 10-11 hours each night
- 12-18 year olds need 8-9 hours each night

With insufficient sleep students suffer from:

- Lack of concentration
- Poor memory
- Short attention spans

- [Irritability](#)

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