



Back to SCHOOL

Health and Wellness Tip of the Week

Week 37 – September 9, 2019

Back to School Bedtime

It's that time of year again. School bells, busy schedules, after school events and home work take up the day. All of the back to school activity can also make for some very tired students. Getting the right amount of sleep not only helps students feel better, but it also helps them focus and do well in their schoolwork.

It is suggested that children ages six through 12 get nine to 12 hours of sleep per day. And teens ages 13 to 18 should get eight to 10 hours of sleep per day.

Make sure your student remembers to snooze!

Source: Centers for Disease Control and Prevention

City of Mission

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Our mission is to promote health
awareness and encourage healthy
lifestyles.

www.missiontexas.us

