

**William A. Shine**  
**GREAT NECK SOUTH HIGH SCHOOL**  
**SHARED DECISION MAKING COMMITTEE**



South High Parents & Students,

Please remember to:

Get enough **sleep**.

**Eat breakfast** and take time to **eat lunch**.

Drink water to **stay hydrated** throughout the day.

Many students are coming to school tired because they aren't getting enough sleep. A recent survey of our 11th graders showed that 75 percent of them consider themselves sleep deprived, primarily due to homework, procrastination or spending time on electronics. For more information on strategies to improve sleep quality and the importance of getting sufficient continuous sleep, please click [HERE!](#)

Some students are not eating during the day, and many of those end up feeling dizzy due to lack of food. Encourage your child to eat. They can bring food from home if they don't have time to buy food at the cafeteria. For more information on strategies to ensure proper nutrition and its importance, please click [HERE!](#)

Students need to drink water throughout the day to stay hydrated and to avoid feeling dizzy or faint. There are filtered water stations across from the Dean's Office, across from the Main Office and outside of the East Gym where students can refill water bottles. Refillable water bottles can be brought from home or purchased in the school store. For more information on strategies to stay hydrated and its importance, please click [HERE!](#)

Thank you for your time and cooperation as we work together to improve student health and wellness.



The Shared Decision Making Committee  
Great Neck South High School