



English Tests

This week we finished the first four units in our grammar book, which means it's time for your first English unit test! The test will be **first period on Monday**, so be prepared!

The test will be in two parts,

- **Grammar:** Units 1-4, questions and answers using simple present and present continuous.
- **Reading:** Chapter 1, One reading of your choice

To pass, you need to get 70% or more, otherwise you'll have to retake it. If you need extra practice, please let me know!



One bit of advice...

This morning, I spoke to several students who mentioned they were feeling tired. When I asked why, they said that they were only getting 5 to 6 hours of sleep. That's not enough!

「中学・高校生は8～10時間を参考に睡眠時間を確保する。」

厚生労働省 (2023)

The recommended amount of sleep for you is **8 to 10 hours a night**, and it's important for a number of reasons:

- **Growth:** Physical growth mainly happens while you sleep.
- **Learning:** Sleep is when the things you learn get moved from your short-term to your long-term memory.
- **Studying:** It's impossible to focus on school if you're falling asleep at your desk!
- **Mood:** If you're tired, it's much easier to get upset or frustrated over small things.

I know you are all busy and don't always have the time to get lots of sleep. However, even doing small things like putting screens away 30 minutes before you try to sleep can make a big difference!

