

Water! Not only is it our first subject in Science it is a large part of who we are! We are made of approximately 60-70% water. Our brains contain about 80-85% water. Our bodies need water! If we become dehydrated it can cause headaches, and memory difficulties. It is very important to stay hydrated and because of this I do allow water in the classroom. We have our own water fountain which students are allowed to use. Water bottles from home are fine also. Water with anything added is not allowed. Other beverages are not allowed.

Food is not to be eaten in class. I will allow students to bring along a healthy snack which they may eat during Help period if they cannot make it through the day. I will also allow students to bring in a treat for his/her birthday if arrangements have been made ahead of time. We do not have parties for the holidays in 6th grade. If you would like to provide a snack on a holiday please check with me first.