



Parent Education Opportunity

“Sleep: What Every Parent Should Know”

When: Wednesday, October 7th at 7pm

Where: Sunset Elementary, Issaquah

Who: For parents of students K-12

Join us for a discussion with speaker, Dea Barnett, a child and adolescent psychiatrist and parent of two teenagers, to learn how the biological sleep patterns of our growing kids affect their academic performance, and how parents can support sleep needs for optimal learning throughout the school years. More background at <https://sleepfoundation.org/sleep-news/school-start-time-and-sleep> and Dea’s Facebook Group *Start School Later Issaquah*, now with over 430 members.

Sponsored by Sunset Elementary PTA