

Good morning, Gateway! Today is Wednesday, January 5, 2022.

\_\_\_\_\_ Here is our daily American Heart Challenge message: Improve your sleep by tweaking some of your technology use. Outsmart your smart phone by trying this tip to help improve your sleep. Block it. Set your phone on “do not disturb” at night to block your notification from popping up and keeping you awake.

\_\_\_\_\_ Attention all students! This Friday is an HS&B Friday...please make sure to have headphones or earbuds with you...we will be working on our Chromebooks for HS&B and having personal headphones would be helpful!

\_\_\_\_\_ Fandom Club is cancelled today. See you next week!

\_\_\_\_\_ This week’s Spirit Friday is Rainbow/Pride Friday.

And remember, Gateway, to GUARD your character!