

## Marsha DeGennaro <mdegennaro@woodbridgeps.org>

## [External Email] Public Participation

1 message

**Zon Huang** <zfhuang02@gmail.com> To: mdegennaro@woodbridgeps.org Sun, Oct 15, 2023 at 10:20 PM

Dear Members of Woodbridge Board of Education,

I would like to make a comment about and a recommendation for Woodbridge school district.

Woodbridge school district is aimed to improve students' academic performance and I think to improve students' readiness for learning is most critical to achieving that goal. Since there may be many aspects affecting students' readiness, I think schools should start to resolve any issue which may already exist. For example, the sleepiness is one aspect affects students' readiness for the 1st class in the morning and the 1st class after lunch. Schools should find solutions for tackling it. Otherwise, students won't be able to focus themselves on listening and understand what teachers are teaching them.

My recommendation would be to wake them up with a short-time (15 minutes) soft exercise with eye and body cohesive movements. If you think it's worth evaluating the exercise, please let me know and we can discuss how to implement it any time in the future.

Best regards,

Zhong Huang

**FineChem** 

Woodbridge, Connecticut