

Family Night

When reviewing the aspects of our school that make us an exceptional institution, most will find that we are academically rigorous and athletically ambitious, and we love all of our other extracurricular activities. Besides producing impressive results, this combination of participation in many spheres leads to something else: stress. In last year's documentary by Vicki Abeles, *Race to Nowhere*, she depicts the stress involved in students' and educators' lives and further shows how there is a general crowding away from the family in society because of it.

Our small solution: take the night off. No homework. No sports practices. And, we hope, no stress. Family Night is a school-sponsored event for our community to try and reconnect, for at least one night, and to take a break from the everyday speed that consumes so many of our lives. So feel free to plan a movie night... play miniature golf... whatever ensures that you have fun and spend some time with your family!

Next Thursday, November 10 – while not our original planned night for first semester – will serve as a prototype to the second semester Family Nights. The second semester nights will be planned around the late start days so kids can stay out later with families and still get sleep. Feel free to e-mail any comments or suggestions on how this test-run goes.

Sincerely,
Student Council

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