

## Back to School

Sarah: Olivia, since you're going back to school next week, we need to fix your schedule. You should get to bed earlier.

Olivia: Chill, mom. I still have a few days left. Don't remind me!

Sarah: It takes at least a week to reset your biological clock. So, every day, you should move your bedtime earlier by 15 to 20 minutes. Your night owl schedule has to go.

Olivia: Stop nagging, mom! I'll start doing that on the weekend. Stop worrying!

Sarah: Okay, I'll hold you to account. You must keep your word. This weekend it is!

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“Children must be taught how to think, not what to think.” — Margaret Mead

“The whole purpose of education is to turn mirrors into windows.” — Sydney J. Harris

“Be curious, not cool.” — Ken Burns