


Witajcie Kochani
Waszym zadaniem jest wypisać
20 różnych słówek z tekstu i
przetłumaczyć. Macie czas do poniedziałku
Ocenie każda praca. Do dzieła!
P.s. Mocno Was pozdrawiam.
Sandra Flejterska

Listen and read. Complete each sentence with the correct word. 

- 1 ... is a head teacher.
- 2 ... say that young people need more sleep than older people.
- 3 ... can learn better in the afternoon.

Are you tired in the morning? Do you feel sleepy in class? Would you like to start school at ten or eleven o'clock?

Head teacher Dr Paul Kelly wants teenagers to start school later. At his school the students start at 10 o'clock. They have more time to sleep and have a good breakfast. Scientists say this is a good idea.

Scientists have discovered that young people need more sleep than older people. Their bodies and brains are growing all the time. So teenagers have problems with sleeping. Teenagers usually go to bed late and wake up late. But they wake up late because of biology! And if teenagers don't sleep enough, it's bad for their health and their schoolwork.

Have a good sleep!



Scientists have also discovered that teenagers' brains work better in the afternoon. They can learn more and remember more at that time. And Dr Kelly has found a way to help his students learn even better. They study for twenty minutes. Then they stand up and do an activity for ten minutes, like running or jumping! They study again for twenty minutes. Then they stand up and move again! This helps them remember their lessons well. Try it!

discover - edknow

E-mail można
rozpocząć
tymi
zwrotami:

E-mail można
zakończyć
tymi
zwrotami:

Przed
podaniem
swojego
imienia
można użyć
tych zwrotów:

How are you?

I hope you're
well.

1 ...

Write soon.

See you soon.

Look forward
to seeing you
soon.

2 ...

Best wishes

Lots of love

3 ...

1 Why a
I've bro
friends a

2 When did

3 News about

Proszę przepisać do zeszytu