



**Get back in the swing of things this school year with some helpful hints from teachers.**

- 1** . Your child should get plenty of sleep and have a consistent bedtime!
- 2** . Breakfast is an important meal! Don't skip it! At home or at school, make sure your child gets a healthy breakfast.
- 3** . Arrive to school on time every day! When your child is late, s/he may miss important instructions for the day and disrupt others.

## **7 Commonsense Tips for an Awesome School Year**

- 4** . Set a regular, scheduled homework time. This should be a place that is free of distractions so your child can concentrate on his/her work. As soon as s/he's done with his/her homework, your child should put it away in his/her book bag so it won't be lost or forgotten. A homework area with extra supplies might be good too!
- 5** . Don't be a couch potato! Limit TV or video game time. Your child could use free time playing outside or inside, or being creative, or reading, or...
- 6** . When your child doesn't understand something, make sure s/he knows to ask for help. This is a really important skill for your child to know—and if you don't understand something to do with your child's education, make sure that you ask for help or clarification, too.
- 7** . There is great power in a positive attitude. Remind your child to always do his or her best and that s/he is competent and capable.