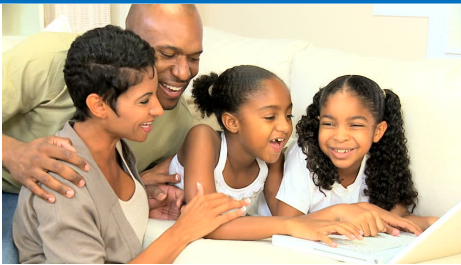


Successful Students

Send Your Child to School Everyday

- Sick children should stay home from school. Otherwise, it is important that students arrive at school on time every day because having to catch up with class work and homework can be stressful and interfere with learning.
- If your child is missing a lot of school due to illness, make sure to check with the teacher about make up work.
- Know the school's attendance policy.
- It is important for your child to be at school every day to maximize his/her learning potential!



Send Your Child to School Ready to Learn

- A nutritious breakfast fuels students and gets them ready for the day.
- Many schools provide nutritious breakfast options before school begins each day.
- Students also need the right amount of sleep to be alert and ready to learn all day. Most school-age children need 10-12 hours of sleep a night.
- Lack of sleep can cause irritable or hyper types of behavior and might make it difficult for students to pay attention in class. It's important to have a consistent bedtime routine especially on school nights.

Be an Involved Parent

- Attend Back-to-School Night and Parent-Teacher Conferences
- Visit the School and Its Website
- Support Homework Expectations
- Teach Organizational Skills
- Teach Study Skills
- Know School Policies
- Make Time to Talk About School

Make time to talk to you child every day, so he or she knows that what goes on at school is important to you. When kids know parents are interested in their academic lives, they'll take school seriously as well.

Make Family Time a Priority!

