



Making the first day easier for your child/grandchild:

About a week before that BIG first day of school set an alarm clock for the time when the student will need to get up to get to school on time.

Backpack safety:

Rule number 1, pack light! A backpack should never weigh more than 10 to 20 percent of the student's body weight. Sit down with your child and show them how to do the math! REMEMBER that rolling backpacks still must be carried up stairs, are difficult to roll in the snow, and may not fit in some lockers.

Traveling to and from school:

Talk to your child/grandchild about being safe. Always walk where the bus driver can see the student. Always look both ways immediately prior to crossing a street.

Nutrition:

Multiple studies have shown that anyone who eats a nutritious breakfast functions better throughout the day. Freezing a sandwich and juice box overnight can help keep food at appropriate temperatures until they are ready to eat.

Study Habits and homework:

Create an environment that is conducive to doing homework. TV and all other electronic distractions must stay off during homework time. Alleviate eye fatigue, neck fatigue and brain fatigue by stretching and taking small breaks. Help students organize their homework with checklist, timers, and supervision.

Establish a good sleep routine:

According to the American Academy of Pediatrics the optimal amount of sleep for most adolescents is in the range of 8.5 to 9.5 hours per night.