Back To School Tips

- Breakfast: It’s essential for students to start their day with healthy nutrition – school breakfast 8:00-8:30am.
- Bedtime: Develop a sleeping routine that is consistent and that allows for adequate sleep.
- Find a work space in your home where your student can study without distraction.
  - Prepare for the school day the night before.
- Communicate with your student’s teacher and school staff.

Recommended Books

- First Day Jitters by Julie Danneberg
- How Do Dinosaurs Go To School? by Jane Yolen
- The Pout Pout Fish Goes To School by Deborah Diesen
- All Are Welcome by Alexandra Penfold
- How To Get Your Teacher Ready by Jean Reagan

August Guidance Lessons: