



Keys to Student Success

We want all children to grow and achieve to the best of their ability. This list is founded in best practices and research. We realize each and every student and family have their own realities, but following these “keys” will help your child be successful.

● Get enough sleep

Students should get between 8-10 hours of sleep each night. Bedtime routines are HIGHLY recommended and that should include at least 30 minutes without any screen time prior to bedtime.

● Eat a healthy breakfast

Fuel at the beginning of the day is important for all of us. Starting the day off with a meal is very important. While doing so at home is a great routine, we also have options for your child at school.

● Work & Study Space

Each child should have a spot that is “theirs” to do school work at home. It can be a small desk or nook, or the kitchen/dining table. It should be available for them, free of distractions, but not isolated.

● Service

Every child can and should do something to help serve their family, neighbors, or community every day. This promotes good citizenship and well-being. This can range from being assigned a daily chore to checking in on an elderly neighbor, shoveling sidewalks or driveways for others, raking leaves, or another thoughtful way to connect with the community/neighborhood.

● Limit Screen Time

Too much screen time is detrimental to a child’s mental health, social, and intellectual development. It can increase anxiety levels in children and it does not support the healthy development of social skills or family structure and connectedness.

● Promote Reading & Math

Every child should read for 20-30 minutes at home each day, even if there is no assigned school work. It can be done independently or with someone, and should be without a screen as part of a bed time routine or another scheduled time. Yes...schedule it. Math should be practiced at home for 15-30 minutes each day. Your child’s teacher can provide resources.

● Talk About School

Talking about school each day is important for children . Start the conversation with, “What was the best part of your school day?”, or “Tell me something you learned in one of your classes.”. It helps students reflect on their experiences and build their capacity for conversation and reflects the priority and care that we have for our children. Keep the questions or statements open-ended so the child cannot respond with a one word answer.

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