

INFORMATION BULLETIN

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Ministry of Education

BACK TO SCHOOL TIPS TO HELP STUDENTS SUCCEED

VICTORIA – Families across the province are getting ready for Sept 2, when B.C.’s students and teachers head back to school. Here are some tips to help families with the start of the school year:

- Check what time school starts; students in different grades may start at different times.
- Start your children on their school-day routine before the first day. Consider having them shift to their school bedtime and wake-up routine the week before school begins.

Developing good study habits early plays a factor in student achievement. Parents can help their children study by:

- Letting your children see you read and setting aside time each day for family reading.
- Setting up a homework area away from the TV with adequate supplies and lighting.
- Keeping an assignment calendar on the fridge for quick reference to due dates, exams and how they fit in with other activities.
- Being a role model – while your children do their homework, take some time to do jobs like balancing your chequebook.

Parents play an active role in the school year by keeping students safe and healthy. Some ways to achieve this are:

- Give your children’s minds the fuel they need – make sure they eat breakfast.
- Make it easy. Keep nutritional snacks, such as cut-up fruit and vegetables, cheese sticks, low-fat yogurt and butter-free popcorn, on hand.
- Schedule regular medical and dental checkups.
- Ensure that backpacks are no more than 10 to 20 per cent of the student’s bodyweight and that students use both shoulder straps.
- Make sure your children know safe routes to and from school.

For more information on child development, the B.C. school curriculum, graduation planning and career advice, visit the AchieveBC website at www.achievebc.ca

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3 factsheet(s) attached.

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