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**Subject:** TIPS FOR A SUCCESSFUL START TO THE SCHOOL YEAR  
**Date:** August 21, 2010 10:00:31 AM

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INFORMATION BULLETIN  
2010EDUC0094-000966  
Aug. 21, 2010  
Ministry of Education

#### TIPS FOR A SUCCESSFUL START TO THE SCHOOL YEAR

VICTORIA - As families across British Columbia get ready for Sept. 7 when students and teachers head back to the classroom, here are some tips to help families prepare for the start of the new school year:

- \* Check what time your child's classes start. Students in different grades may start at different times.
- \* Get your children used to the back-to-school routine before the first day of school by having them shift to their school bedtime and wake-up routine the week before school begins.

Parents play a key role during the school year by keeping their children safe and healthy. Here are some ways to achieve this:

- \* Make sure your children eat breakfast every day so their minds have the fuel they need to learn.
- \* Keep nutritious snacks, like cut-up fruit and vegetables, cheese sticks, low-fat yogurt and butter-free popcorn on hand to make healthy eating easier.
- \* Schedule regular dental and any necessary medical checkups for your children.
- \* Ensure your children's backpacks are no more than 10 to 20 per cent of their bodyweight and that your children use both shoulder straps.
- \* Make sure your children know safe routes to and from school. Start a Walking School Bus or Bicycle Train program in your neighbourhood, or find out how your children can join an existing one.
- \* Limit your children's screen time. Explain to your children that it's important to sit less and move more in order to stay at a healthy weight.

Students are often more successful in school when they develop good study habits early on. Parents can help their children study by:

- \* Setting up a homework area away from the television and with adequate supplies and lighting.
- \* Setting up a regular time to work together with your children.
- \* Letting your children see you reading and setting aside time each day to read as a family.
- \* Keeping an assignment calendar on the fridge or bulletin board for quick reference of due dates, exams and other activities.

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