School Success!



What makes school successful for you?

Lexile Level: 500-750

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School Success

It is time to start a new school year. What can you do to have a successful school year?

Do you know? Turn the page and you will find three simple tips for school success.



You'll have new teachers and classes.



It's a fresh start!

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Tip Number One: Sleep

The first tip is the most important one. Get a good night's sleep!

Your brain is changing and growing. You need a lot of sleep. Sleep helps you think and learn.



Go to sleep at the same time each night.



Sleep helps your memory.

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Tip Number Two: Screen Time

Most kids spend time in front of screens. Too much screen time is not good for you. What can you do about that?

You can find time to move your body. Moving makes you strong. Moving makes you healthy.



Put your phone away while in class.



Moving is also good for your brain.

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Tip Number Three: Join

What is the last tip? This is the fun one. Are you ready?

Join something. Some kids like music. Some like sports. Some like clubs. All are fun!

Find what you like and do it.



It is fun to belong.



Many activities meet after school.

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Conclusion

If you follow these three tips, you will have school success. That means you will be the best student you can be.

What are those three tips for school success? Sleep, watch your screen time and join something. You can do it. Start today!



It feels good to do your best work.



Which tip is your favourite one?

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