

TO MAKE THIS THE BEST
SCHOOL YEAR

- 1** PLAN HEALTHY LUNCHES 
- 2** FAMILY DINNERS 
- 3** DRESS FOR SUCCESS 
- 4** SET UP A SLEEP ROUTINE 
- 5** GET TO KNOW YOUR TEACHERS 
- 6** CREATE A DISTRACTION-FREE LEARNING AREA 
- 7** TALK ABOUT BULLYING 
- 8** ASK YOUR KIDS ABOUT THEIR CONCERNS 