

Spotlight On Student Support



Tips to Boost Student Achievement.

- ✓ Sleep is IMPORTANT. The average teenager needs 9 – 9.5 hours of sleep a night. Sleep deprivation effects mood, behavior, cognitive ability and academic achievement.
- ✓ Help your student develop a system of organization that works for them. A key characteristic of high achieving students is the ability to keep track of assignments, due dates, and begin to take control of their own schedule.
 - Consider a planner/agenda, calendar, electronic filing system, 3-Ring Binder or folder system. You know your student, suggest an idea that builds on their strengths.
 - Don't underestimate the power of a list. If your student is overwhelmed by the length of the list, offer to keep track of it and help your student choose the next task based on priority and due date.



See back for more tips

- ✓ Be specific during Homework Time. If your child says they are working on math, ask them what assignment they are doing. This will help your student pin point exactly what they need to complete and they can get to work quickly.

- ✓ If possible, have your student study during daylight hours. Studies have shown that an hour of work during the day will take the same child 1.5 hours when the sun sets.
 - If your child has a study lab, encourage them to use a checklist to stay on track and make the most of their school day.

- ✓ Consider having your student set out their school bag in a designated place the night before to make mornings run more smoothly. Five minutes of time spent in the evening before bed may greatly reduce the amount of stress in the morning.

- ✓ If you have a question for your child's teacher, ASK. We are happy to help clarify the assignment and give tips help your child complete it.



Thank you for supporting your child's education and being involved with FBCS. We believe the partnership between family, student, and school is crucial to boosting student achievement.

Mark your calendar for our next FACE meeting:

December 11th in the HS Conference Room.

7:45 – 8:30 am and again at 3:30 -4:15 pm.

Questions?

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