



TOP 10 TIPS

FOR STUDENT SUCCESS

1 Attendance Matters,
Every Day



2 Partner with your Child's
Teacher and Set Learning
Goals



3 Practice Math & Reading
20 Minutes a Day



4 Limit Screen Time



5 Build Healthy Sleep
Habits



6 Start the Day with a
Good Breakfast at Home
or at School



7 Get Moving and Play!



8 Talk with your Children
about the Dangers of
Drugs and Alcohol



9 Support your Child's
Mental Health



10 Talk with your Child -
Anywhere You Can



SCAN HERE
FOR MORE



DATA BEHIND THE TOP 10 TIPS



Attendance Matters

Students who are chronically absent score 19 percentage points lower in reading and 26 percentage points lower in math than peers who attend regularly.



Partner with Teachers

Parent-teacher involvement increases academic performance and strengthens students' cognitive competency.



Practice Reading & Math Daily

Students not proficient in reading by third grade are 4x more likely to drop out of high school.



Limit Screen Time

Adolescents spending 3+ hours a day on social media double their risk of poor mental health.



Build Healthy Sleep Habits

Teenagers need 8-10 hours and school-aged kids need 9-11 hours of sleep per night to support growth and reduce stress.



Start the Day with Breakfast

Breakfast After the Bell programs reduce absenteeism by 6% and improve reading achievement.



Get Moving & Play

Children and teens need 60 minutes of daily physical activity to boost attention, memory, and overall health.



Talk About Drugs & Alcohol

Teens who feel connected to their parents are less likely to engage in substance use.



Support Mental Health

School-based mental health professionals can help address barriers to learning and connect families to resources.



Communicate Regularly

Teens who dine with their families 5+ times a week are 4x less likely to smoke and half as likely to drink alcohol.



SCAN HERE
FOR MORE