



◆NEWS RELEASE◆

BACK-TO-SCHOOL TIPS: PREPARING FOR FIRST DAY OF SCHOOL

Boise-- The 2011-12 school year in the Boise School District begins for more than 25-thousand students on Wednesday, August 24, 2011. With that in mind, here are some quick tips for students and parents/guardians on how to make that first day back, and the rest of the school year, a successful one:

TIPS ON PREPARING FOR FIRST DAY OF SCHOOL

GET A GOOD NIGHT SLEEP

EAT A WELL BALANCED BREAKFAST

BRING SCHOOL SUPPLIES TO CLASS*

ARRIVE AT SCHOOL BUS STOP 5 TO 10 MINUTES EARLY

ALLIEVIATE ANY STUDENT APPREHENSION BY HAVING A FUN FAMILY DAY
THE DAY BEFORE SCHOOL STARTS

*Log on to http://www.boiseschools.org/district_info/supplylist.html
for a listing of elementary school supplies.

TIPS ON MAKING IT A GREAT SCHOOL YEAR

SET ACADEMIC GOALS FOR YOUR CHILD

SCALE BACK TV AND VIDEO GAME TIME

MAKE READING A PRIZED FAMILY ACTIVITY

READ TO/WITH YOUR CHILD

ESTABLISH REGULAR BED TIMES FOR SCHOOL NIGHTS

HAVE HIGH EXPECTATIONS AND VALUE LEARNING

STRIVE FOR PERFECT ATTENDANCE

GET INVOLVED IN YOUR SCHOOL

STAY IN TOUCH WITH YOUR STUDENT'S TEACHERS

HELP YOUR STUDENT UNDERSTAND THAT SCHOOL IS HIS/HER "WORK"

TALK TO YOUR CHILD ABOUT HIS/HER GRADES

TAKE TIME OUT FOR FAMILY THIS SCHOOL YEAR

Parents/guardians should talk to their child about the start of a new school year. Set goals with your child. Students who do best in school have both long and short-term goals. Talk about school each day with your child. When your child knows that you think school is important, he or

she will take it more seriously. Accept the importance of hard work. Help your child learn that hard work can lead to mastery of even the most difficult material. Set aside time for homework each day. In addition, parents/guardians should accept the responsibility of being a role model for their child. Live the District's values of respect, dignity, honesty, responsibility, and teamwork. For more parenting tips go to the District's web site at www.boiseschools.org and follow the links under the Current Highlights and Events box to School Success – Ideas and Tips for Parents.

The first day of school, August 24, 2011 is an early release day for K-12 students. Log on to the District's Early Release Schedule at <http://www.boiseschools.org/calendars/schoolti.html> for more information. The 2011-12 Boise School District school calendar can be found online at <http://www.boiseschools.org/calendars/current.pdf>

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