

## First Day Of School Coming Right Up!

The first day of school is exciting. Some kids feel nervous or a little scared on the first day because of all the new things. New teachers, new friends and maybe even a new school.

Most teachers start off the school year by introducing themselves and talking about all the stuff you'll be doing this year. They may also talk about classroom rules you need to know. Some ask that students introduce themselves to the class and tell something about themselves.

You may already know most of the kids in your class but, the first day is also a great time to make a new friend if there is someone new in your classroom. Make the first move and say hello. Making someone new feel comfortable in their new environment is a wonderful thing to do.

A great idea for starting the new year is to make some resolutions to study smarter this year. When you do well in school, you feel better about yourself on the whole. The following are some ideas to help.

1. Pay attention in class. Make sure you are sitting in a good seat that lets you pay attention. Can you see the chalkboard? If you can't tell your parents or teacher.
2. Take good notes in class. Write down facts that your teacher mentions in class or writes on the board. Review these notes later as they will help you with quizzes or papers you need to write.
3. Plan ahead. Don't wait until Thursday night to study for Friday's test! It makes it hard to do your best. Write down on a calendar your test and assignment due dates. Then every day plan how much time to spend on each subject.
4. Break it up if there's a lot to study. Study some each day. That's where practice comes in. The more days you spend reviewing



something, the more likely it will stick in your brain. Also study your homework for about 45 minutes, take a break for some water or snack and begin again if you have a lot to do. Fight the temptation to turn on the TV and stop doing what you need to.

5. Ask for help if you don't understand the material. Teachers are more than willing to clear up the confusion or if you're home, ask mom or dad.

6. Get some sleep. Your brain needs time to digest all the information you've studied. With a good night's sleep, you will do better on the test your going to take!