



How to Succeed at Middle School

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Attendance is crucial. One of the most successful traits in life is just showing up. Showing up looks like this:

- Homework completed
- iPad fully charged
- Participating in class (learning is doing)

Follow your student's progress by getting the Parent Canvas App and checking it regularly. Find out how to get the app at this link: <https://youtu.be/2aqyEgOoMjc>



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Attend to your student's biological needs. Middle school students have significant physiological needs, including:

- Adequate sleep
- Adequate diet (feel free to send nutritious snacks with your student)
- Adequate hydration (feel free to send water bottles with your student)
- Physical Activity
- Hygiene (deodorant is a great invention)

Limit screen time, especially social media time. You can monitor screen time on your student's device through ScreenGuide. If you would like to learn more about parenting strategies re: screen time and social media, enroll in our free course: <https://bit.ly/375HbV6>



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Organization leads to success. Successful middle school students are organized. You know your child best. Each week, teach them how to organize their obligations. Help them set goals and track their progress to accomplishing the goals.

Celebrate any and all successes. Students need to feel that there is a large group of people rooting for them.



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Reach out if you need help. We recognize that middle school students sometimes need extra help. We have many resources in school to help students through challenges. Please let someone know (teacher, counselor, administration) if you need to expand your support network with your student.