

Tips to help your Grade 8 child succeed at McRoberts





1. Help them organize their binder.



2. Make
agenda use
habitual.



3. Have them pack their backpack at night.

4. Don't hesitate to check in with a teacher.





5. Put limits on cell phone use.

6. They need
a good sleep.



6b. HOW to help them get a good sleep

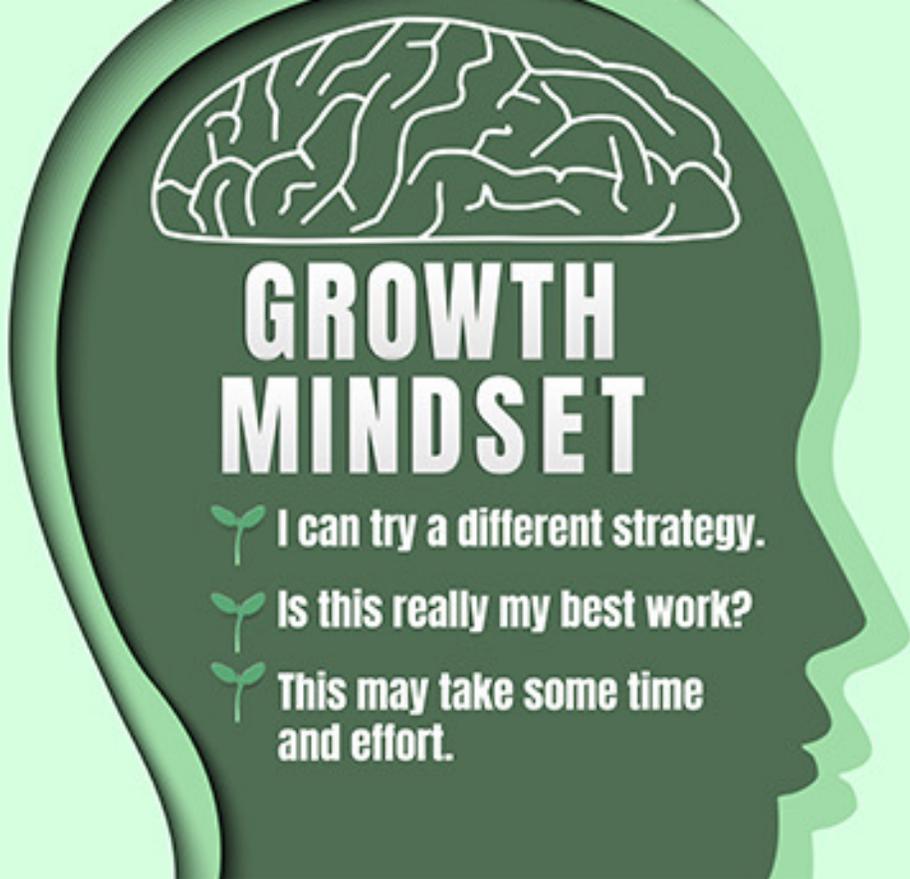
- Avoid screen time before bed
- Be mindful about overscheduling them
- Start homework early
- Encourage THEM to research ways to be better sleepers



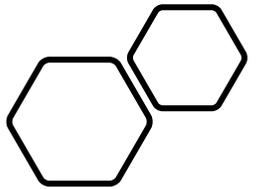
7. Encourage reading.

8. Encourage them to ask questions and go to Personal Learning Time (PLT)





9. Talk about and model a growth mindset





10. Not everything is for marks, but that doesn't mean that it isn't important.



BONUS

Encourage your kids to advocate for themselves and teach them how.