

# 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





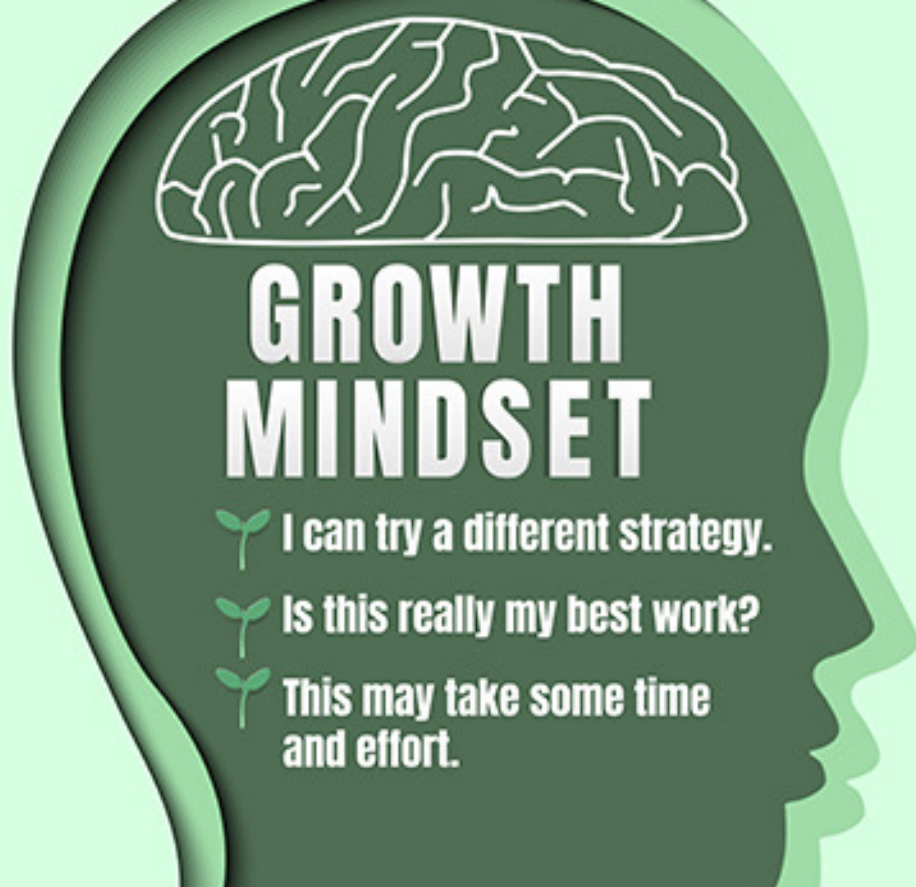
7. Encourage reading.

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

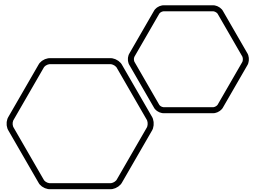
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9. Talk about and model a growth mindset







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.