

Healthy habits for learners

Research shows that to be an effective learner, students need to adopt healthy habits that support their lifestyle. Learning to manage their time, health and work habits will help contribute to their success in and out of the classroom.

- **Eating Right.** Students should eat a balanced diet comprised of healthy, whole foods outlined in the Canadian Food Guide.
- **Don't skip breakfast.** Research says it is important for students to eat within 30 minutes of waking up in order to have proper energy for the day ahead.
- **Consistent bed times.** Getting a solid 8 hours of sleep is vital. Help your student set sleep and wake schedules that avoid late nights.
- **Get up and move.** When working on school assignments, encourage your student to get up to walk, stretch and move every 30 minutes. This will help with their energy levels and focus.
- **Limit screen time.** Research shows that students who have limited screen time behave better, get more sleep, and score better on tests. Students should avoid looking at screens immediately upon waking up or right before going to bed.
- **Remove distractions.** Support your students focus by removing unnecessary distractions. Encourage them to turn off their phone notifications and to focus on one task at a time.
- **Plan ahead.** Help your student plan ahead by checking in with schedules consistently. It is important to be on top of upcoming events, assignments or commitments.
- **Break down big tasks.** When possible, help break big tasks into manageable small tasks. By working on one at a time, it can help reduce stress.
- **Create a space to learn.** Create a space in the home where your student can do school work and stay focused. Keep this space available and stock it with items that are essential to learning (paper, pens, pencils, sharpener, glue, ruler, etc.).
- **Organize.** At the end of each school day, your student should organize the materials they have collected. It is recommended that papers are kept in a secure binder and files are saved on a computer or flash drive that is accessible.
- **Ask for help.** Encourage your student to ask for help when having trouble. It is recommended they find a buddy in their classes that they feel comfortable working with and reaching out to.
- **Relax.** Meditation, stretching, breathing exercises and many more options can help with relaxation and stress management for busy students.