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MERRYHILL SUMMERLIN

TOUR TODAY!

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## BACK TO SCHOOL TIPS FOR 6TH GRADERS: HOW TO MAKE THIS YEAR YOUR BEST YET!

1. **Get organized:** Help your child stay on top of their assignments and due dates by using a planner or calendar. Make sure they keep their backpack and locker clean and organized. And don't forget to label everything with their name!
2. **Get enough sleep:** Make sure your child gets enough sleep every night so they can be alert and focused during the day. And if they're having trouble sleeping, try some relaxation techniques like deep breathing or meditation.
3. **Eat a healthy breakfast:** Eating a healthy breakfast can help your child stay focused and energized throughout the day. So skip the sugary cereal and go for something like oatmeal, eggs, or whole-grain toast.
4. **Be prepared:** Make sure your child has all the supplies they need for class. And don't forget to pack a water bottle – staying hydrated is important too!
5. **Get involved:** Encourage your child to join clubs or sports teams to meet new people and try new things. And don't be afraid to step out of their comfort zone – they might be surprised at what they can do!
6. **Ask for help:** Nobody knows everything – not even teachers! So encourage your child to ask for help if they need it. Whether it's from a teacher, a parent, or a friend, there's always someone who can help them out.

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