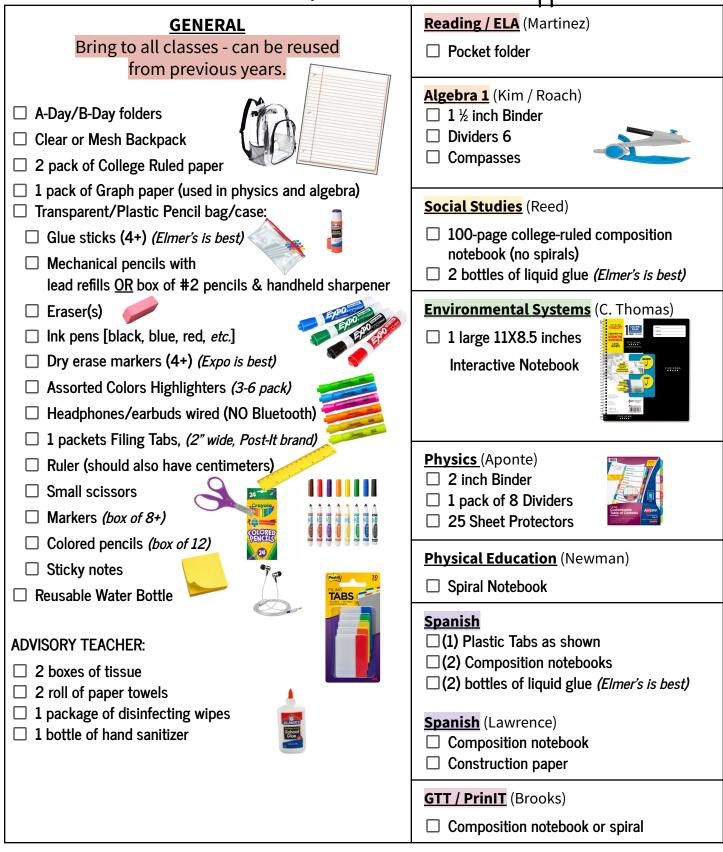


Back to School News (2023-2024)

8th Grade Edition School Supplies



Uniform Requirements (with ID badge) - visit <u>https://levinesstores.com/</u>

<u>Shirt</u>	<u>Bottoms</u>	Shoes	<u>Jacket</u>
<u>RED</u> Collared Shirt	<u>BLACK</u> Uniform Loose-Fit Slacks or <u>BLACK</u> Knee-Length Skirt (Girls)	Closed-Toe	Zip Up - needs to be unzipped and show the uniform shirt
	(not leggings/ spandex/ jeans/ denim)		

Tips to Guarantee Success in 8th Grade

Study Skills	<u>Organization</u>	Mental/Physical Health	<u>Communication</u>
 Designate a place to study without distractions Keep Track of Assignments - keep a planner / calendar Estimate the length of time for each assignment Review your notes the night before a test & ask a friend or family member to quiz you. Use colors and pictures or images in your notes. 	 Create Goals and Keep Deadlines Break up assignments and projects into smaller goals & make a to-do list for each one. Celebrate the wins! If you forget to turn in an assignment, do it the day you remember. Better late than never! Keep an A-day folder and a B-day folder & color code your classes. 	 Exercise - try to at least get 20 minutes of brisk walking a day Eat Healthy - make sure to eat fruits and vegetables each day Get Enough Sleep - students your age need 9-10 hours of solid sleep a night so make sure to plan for good rest! Value Yourself Respect Others 	 ★ Join 8th Grade <u>Student</u> Remind @desa-8-stu 1. Listen to understand. 2. Straight Talk - be honest (respectfully)! 3. Be aware of your non-verbal communication. 4. Notify your teachers if you need support or if you'll be absent. 5. ASK FOR HELP - it's better to ask for help than to struggle alone.

 \rightarrow <u>Parent</u> "Remind" group \rightarrow code: @desa-8-pa

remind