



# A SUCCESSFUL SCHOOL YEAR

## CULTIVATE A GROWTH MINDSET



People who recognize that **intelligence can be developed** have what is called a **growth mindset**. Children with a growth mindset see their schools as a place to learn and grow, and focus on learning as opposed to looking smart. They know that effort is the key to success and they thrive when facing challenges. These students end up doing better in school and on tests. For information on how to develop a growth mindset, visit: [www.mindsetonline.com](http://www.mindsetonline.com).

## REST, RELAX, AND GET ENOUGH SLEEP



Sleep is essential to maintaining health, and to being able to learn efficiently and remember what is learned ([click here](#) for more info).

Your brain also benefits from downtime, stress management, and practicing mindfulness. Our schools use the MindUp curriculum to teach students mindfulness.

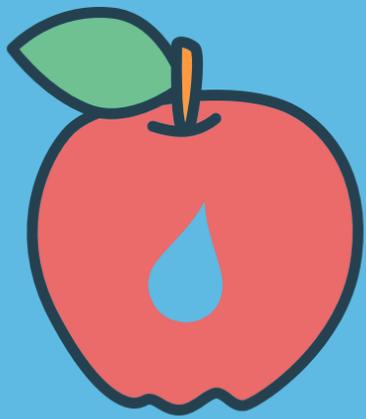
## GET PLENTY OF EXERCISE



Exercise is good for your body, but did you know it is also good for your brain?

Check out this [New York Times piece](#) to learn which type of exercise is best for the brain.

## HYDRATE AND EAT HEALTHY FOODS



Your brain needs fuel to function, and research has linked diet not only to physical health and well-being, but to mental health and even brain plasticity. [Click here for more info](#).

Staying hydrated is also important to a brain that is about 75% water - **even mild dehydration can impair cognitive performance and mood!**

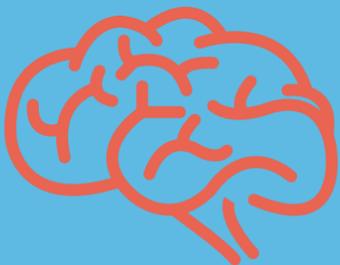
## ESTABLISH A MORNING ROUTINE



Having a morning routine provides stability, increases confidence and independence, builds healthy habits, and helps children feel safe and secure.

Here are some tips on [establishing a morning routine](#).

## TRAIN YOUR BRAIN



Keep your brain active throughout your lifetime by learning new things and continuing to challenge yourself.

Students of all ages - children and adults - are strengthening their brains through cognitive training programs such as the ones available at Eaton Arrowsmith School. After cognitive training, their brains are better prepared to take on the complexities of school and life. Learn more at [www.eatonarrowsmith.com](http://www.eatonarrowsmith.com).