



How to...

TIME FOR LUNCH

The average lunch period for US middle and high school students is 30 minutes.



Get set for returning to school

Prepare yourself for the year ahead with these simple steps.

Depending on where you live, you may be heading back to school soon or have already started. It's normal to feel both excited for a new academic year and sad that the summer break is ending. You may also feel a little nervous about having new classrooms and teachers to meet. If so, you're not alone! Here are some ways to prepare for the year ahead.

Focus on the positive

There are many great aspects of going back to school. You may get to see friends more frequently, for example. If you didn't see your classmates much this summer, now you will. If you developed a new interest in anime or chess over the summer, you could find out whether there is a club you could join at school. If not, perhaps you could start one. Maybe you want to try out for the school musical or compete in an after-school sport. Try making a list of the ideas you come up with in a notebook so you can review them and feel inspired by them.

Get plenty of sleep

Most kids need between 9 and 12 hours of sleep a night to feel energized and rested the next day. If you were able to sleep in on summer mornings, you may need to adjust your sleep schedule for school. Ask a parent what time you will need to leave for school each day. Then think about what you have to do in the

morning before leaving home, such as getting dressed and eating breakfast. Once you know what time you need to wake up each day, you can count backward to decide what time you need to go to bed each night.

Gather supplies

If you receive your school supplies list in advance, start looking around your house for items you may already have and don't need to buy. Ask a parent if unused school supplies are stored somewhere at home. Check your desk or room for pencils, pens, sticky notes, and folders from last year that you could use again.

Then put these items in your backpack so it's ready for your first day. Tell a parent about any items you still need to get and select a day that you can shop for them. Print out your class schedule and get familiar with it. Place it in your backpack so you'll be able to refer to it during the first weeks of school.

Savor summer moments

Fall doesn't officially begin until September 22, so even though school may have already begun, you can still enjoy summer activities. Talk to your family about activities you'd like to do one more time. This could be a trip to the local pool, getting ice cream, or having a sleepover. If you have a favorite summer meal, like grilled foods or corn on the cob, ask a parent if you could have those for dinner one night to celebrate the start of school.



Get plenty of sleep.

4 tricky situations to be aware of

Make back to school smoother by planning out how you want to handle common problems.

Lockers can be tough to use.

If you have a locker this year, you may need a few days to learn how to open it.

Some schools allow students to come in to practice before school officially opens. If you have trouble opening your locker between classes, head to class and explain the situation. Your teacher will know how to help.

The hallways can be confusing.

If you can't find your classroom or aren't sure of the quickest route to the cafeteria or playground, speak up! Remember that you don't have to figure everything out yourself. Ask a teacher for help.

Everything may feel new.

Even if you're not new to your school, you might find yourself in a class or activity where you don't know many other students. This can feel stressful, but it's also a great way to make new friends.

You might be tired.

Even with a good night's sleep, new situations like the first week of school can be draining. That's common! Try to have some relaxing evenings at home so you can recharge and get used to the new schedule.

