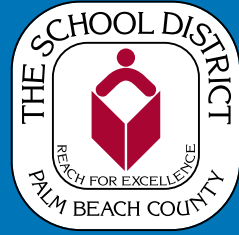


Academic Success Starts Today

Resources for Educators, Students & Families





Your **BEST** Choice!

About this book

For years, strategies have been suggested to be implemented the day before or the day of a test, but in order to have a true impact these strategies need to be implemented well in advance of any testing. This booklet was designed with consistency in mind. It is the routines that are learned and utilized each day that lead to success, and this booklet provides various strategies and links to resources, that students may find beneficial. Some of the most successful people in history used these techniques.

Steve Bonino

“A Goal Without a Plan... is Just a Dream. You can do anything you set your mind to when you have vision and determination...and this is a powerful resource on how to setup a routine to which you can adhere.”

Karen Whetsell

“Being successful in school starts today! When students develop a positive attitude, have focused thinking, practice healthy habits, and use study strategies that work; they are more likely to do well in class and on tests. The *Academic Success Starts Today* guide is designed to get you and your students started on this journey. Inside you will find tools, strategies, print materials and online resources to incorporate into your school day. I encourage you to take a few minutes, several times a week to share these valuable success tips.”



Benefits

- 1 Ability to Achieve Goals**
- 2 Confidence**
- 3 Healthy & Fit**
- 4 Mentally Prepared**
- 5 Well Rested**

Ever notice a student leaving a test feeling they could have done better?

They thought they knew the answers to the questions but weren't able to translate that knowledge into a successful test grade.



"I never could have done what I have done without the habits of punctuality, order, and diligence, without the determination to concentrate myself on one subject at a time."
CHARLES DICKENS

"When I am ... completely myself, entirely alone... or during the night when I cannot sleep, it is on such occasions that my ideas flow best and most abundantly."
WOLFGANG AMADEUS MOZART

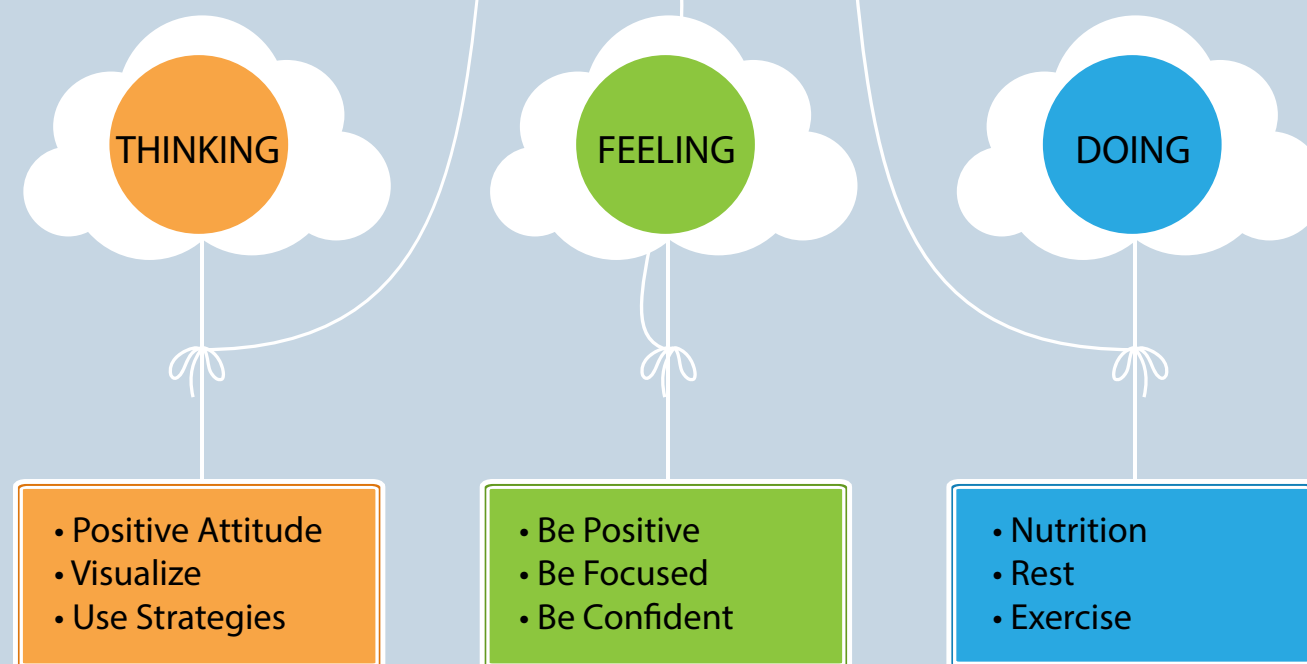
"Order and simplification are the first steps toward the mastery of a subject."
THOMAS MANN

"I keep to this routine every day without variation. The repetition itself becomes the important thing; it's a form of mesmerism. I mesmerize myself to reach a deeper state of mind."
HARUKI MURAKAMI

Which quote resonates with you?

Use the resources on the next pages to teach test ready thinking, feeling and doing strategies. Make these strategies a habit of the mind...for all students.

Keys to Success



Think your way to success!

Create your positive attitude by thinking empowering thoughts.
Picture yourself reaching your goal, doing well or making the grade.
When you do that, what do you see?
Have a plan to use learning strategies that work!



“You have to learn the rules of the game. And then you have to play better than anyone else.”
ALBERT EINSTEIN

“The game has its ups and downs, but you can never lose focus of your individual goals and you can’t let yourself be beat because of lack of effort.”
MICHAEL JORDAN

“Probably my worst quality is that I get very passionate about what I think is right.”
HILLARY CLINTON

“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.”
BARACK OBAMA

Do you agree with these quotes?



Resources:
Log In Instructions Found on Page 12

GoNoodle - ***5 Brain Breaks Perfect Before a Test***

Creating a Classroom that Flows

HealthTeacher - ***Ready, Set, Test! (Interactive lesson)***

Positive thinking leads to positive feelings.

Think “I can do it” and feel powerful.
Be optimistic about your ability to achieve and celebrate your successes,
even the small ones.

Pay attention to what is important and focus on it.
Know when to shift your focus from work to learning to fun.
When the chips are down and the stress level is rising,
take steps to be calm, confident and composed.



“There are no secrets to success. It is the result of preparation, hard work, and learning from failure.”
COLIN POWELL

“Passion is energy. Feel the power that comes from focusing on what excites you.”
OPRAH WINFREY

“Whether you think you can, or you think you can’t—you’re right.”
HENRY FORD

“I proved to myself that if I believe in something and set my mind to it I could actually accomplish it.”
SALMA HAYEK

***What feelings do these quotes
generate for you?***



Resources:
Log In Instructions Found on Page 12

HealthTeacher - ***Managing Stressful Feelings (lesson plan)***

GoNoodle - ***Airtime Space***

Optimism - A Key Ingredient to Happiness

Wellness comes from action.

It is important to maintain a healthy body. Wellness does not come from sitting still, it comes from action. You must eat well for your body to have energy to function, rest well to allow your body time to reenergize, and exercise to keep your heart and body fit. It is action that leads to success.

Set your goals for a healthy diet, adequate rest, and an exercise plan. Start today! One step at a time will move you along the path to wellness.



“However difficult life may seem, there is always something you can do and succeed at.”
STEPHEN HAWKING

“Doing the best at this moment puts you in the best place for the next moment.”
OPRAH WINFREY

“I always wanted to have my own album recorded and released before I graduated high school.”
CHRISTINA AGUILERA

“The philosophy of the school room in one generation will be the philosophy of government in the next.”
ABRAHAM LINCOLN

What steps will you take today?



Resources:
Log In Instructions Found on Page 12

Nutrition Education - ***School Food Service***
HealthTeacher - ***Wake Up Sleepy Head (lesson plan)***
HealthTeacher - ***What's on My Plate (Interactive lesson)***

Success is **Routine**

HealthTeacher and GoNoodle Log In Directions

THINKING

FEELING

DOING

1. Go to - **www.healthteacher.com**
2. Click Sign Up to create your account.
3. Select I have an activation code.
Enter activation code "palmbeach22".
4. Create your Free HealthTeacher
and GoNoodle Account.
5. For GoNoodle Activities you will need to select a class
to view lessons.



Join the growing list of individuals who have
used a routine to attain test success and go on to become...

Healthy, Wealthy, & Wise!

Training for success through physical activity and health

Regular physical activity is one of the most important things you can do for your health. It can help:

- Control your weight
- Reduce your risk of cardiovascular disease
- Reduce your risk for type 2 diabetes and metabolic syndrome
- Reduce your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

If you're not sure about becoming active or boosting your level of physical activity because you're afraid of getting hurt, the good news is that moderate-intensity aerobic activity, like brisk walking, is generally safe for most people.



Improve Your Mental Health and Mood

Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and may help you sleep better. Research has shown that doing aerobic or a mix of aerobic and muscle-strengthening activities 3 to 5 times a week for 30 to 60 minutes can give you these mental health benefits. Some scientific evidence has also shown that even lower levels of physical activity can be beneficial.

Eating FOR SUCCESS!

Good Nutrition has been shown to improve concentration, memory and the ability to think more quickly.



The **dinner** you eat the day before a big test may impact your test-taking abilities.



It is important to stay **hydrated** for optimal concentration and mental alertness.



Eating healthy **snacks** before and after the test may make it easier for you to concentrate.

Build a balanced and healthy meal by including foods from each of the following food groups:

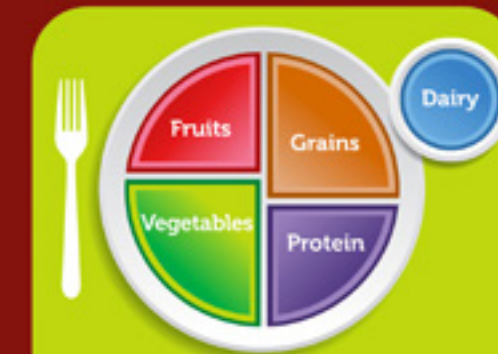
Grains — Bread, pasta, cereal, rice, and crackers. Make sure to choose mostly whole grain.

Vegetables — Can be raw, cooked, fresh, frozen, canned, dehydrated, whole, cut-up, or mashed.

Fruits — Can be eaten fresh, canned, frozen, dried, whole, cut-up, or pureed.

Dairy — All fluid milk products and foods made from milk, such as cheese and yogurt.

Proteins — Foods made from meat, poultry, seafood, beans, peas, eggs, soy, nuts, and seeds.



Choose **MyPlate.gov**



How important is Breakfast?

* Children who eat breakfast at school, closer to class and test-taking time, perform better on standardized test than those who skip breakfast or eat breakfast at home.

* School Breakfast is offered **FREE** to all students every day! Eating a nutritious breakfast may improve children's speed and memory while taking standardized tests.

* Children who eat breakfast show improved thinking abilities, attention, and memory.



School Food Service Department
The School District of Palm Beach County, Florida
*Your **BEST** Choice!*



Your **BEST** Choice!

More Resources

Kids First

Thinking

Grit and Perseverance

<https://sites.sas.upenn.edu/?q=duckworth/pages/educators-0>

Self - Efficacy: Helping Children Believe They Can Succeed

http://www.palmbeachschools.org/annualreport/sfs-pdf/test-success/Thinking_SelfEfficacy.pdf

Student Success Skills

<http://www.studentsuccessskills.com/>

Trying Out WOOP (Wish, Outcome, Obstacle, Plan)

http://www.palmbeachschools.org/annualreport/sfs-pdf/test-success/Thinking_WOOP-Worksheet.pdf

Doing

HealthTeacher - Sleep is Awesome (interactive lesson)

Kids Eat Right

<http://www.eatright.org/kids/>

How to Read a Nutrition Facts Label

<http://www.palmbeachschools.org/annualreport/sfs-pdf/test-success/nutritionfactslabel.pdf>

10 Tips to Make Celebrations Fun, Healthy, & Active

<http://www.palmbeachschools.org/annualreport/sfs-pdf/test-success/DGTipsheet20MakeCelebrations.pdf>

Feeling

Optimism and Well-Being

<http://www.nasponline.org/publications/cq/38/7/Optimism.aspx>

The Seven Ingredients of Resilience

http://www.palmbeachschools.org/annualreport/sfs-pdf/test-success/Feeling_SevenIngredientsofResilience.pdf

Test and Performance Anxiety

http://www.nasponline.org/resources/principals/Anxiety_NASSP_Oct09.pdf

<http://www.schoolcounselor.org/magazine/blogs/january-february-2004/helping-children-overcome-test-anxiety>

HealthTeacher - Stress Me Out (lesson plan)

GoNoodle - Stretching, Yoga, Test! (Interactive lesson)





REACH FOR EXCELLENCE

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Your **BEST** Choice!