



## From the Superintendent's Desk - Tips for School Success!

For parents, caregivers, and students, here are tips for a successful 2017-18 school year.

### Well-Being

- **Attitude is Important** – Whether it's a first impression or the way you act when you are frustrated, your attitude is a choice. Perhaps the most important choice you make every day!
- **Personal care** – Make a plan to get plenty of sleep, reserve time to study, and prepare healthy regular meals (yes, students can help with food preparation). Try to make time for at least five family meals per week.
- **Listen to Your Heart** – Those who believe they are contributing to the well-being of humanity tend to feel better about their lives. Most people want to be part of something greater than they are, simply because it's fulfilling.

### Positive Relationships

- **Take Time for Friends and Even Make a New Friend** – Connecting with old friends and meeting new people is a great way to energize yourself. Take the initiative to branch out! It will help relieve your own stress, and ease your new friend's stress, as well.
- **Be true to yourself** – This is important on every level, from the social to the ethical to the 'resume' level. When you let your authentic self shine through, the image you project will be much more powerful. This is not just about getting into college or building a career, it is a key life skill to successfully navigating the world.
- **Ask for help** – In addition to your parents, the adults in school care about you and want to see you succeed. Sometimes the most difficult part is taking the first step and asking for help. A trusted adult or fellow student will often listen and try to help. [Fred Rodgers](#) said: *When I was a boy and I would see scary things in the news, my mother would say to me: "Look for the helpers. You will always find people who are helping."*

### Academic and Personal Achievement

- **Make good decisions** – It really is as simple as choosing and then doing the right thing! Making good decisions is not always easy; however, they will consistently result in fewer struggles, warmer friendships, and more learning in school.
- **Get involved** – Find the groups and activities that tap into your genuine interests. Intrinsic motivation will get you further and help make this a more pleasant school year. By choosing to spend your time with people having similar interests you will have both social time and a chance to build your resume.

- **Plan for success** – Identify or build a special place for homework. This means finding a quiet location where you can focus on your studies. Your personal school space should include plenty of room for supplies and books with access to technology that will allow you to spend quality time reading, creating, and calculating.

I am always looking for new ways to learn and share success strategies. If you have additional tips for school success, please send to [k.steinhaus@laschools.net](mailto:k.steinhaus@laschools.net). We may even post your ideas on the LAPS Web page.

A handwritten signature in black ink that reads "Kurt A. Steinhaus". The signature is written in a cursive style with a large, sweeping flourish at the end.

Dr. Kurt Steinhaus

*Superintendent*