LINCOLN PARK MIDDLE SCHOOL

Healthy Habits for Middle School Success…

...and how to help your student practice them

Sleep!
9-12 hours for 10-12 year olds; 8-10 hours for teens. Regular bedtimes and wake times help regulate sleep.

Tech!
Monitor screen time (including phones, video games, computers, and TV). Keep track of how your child uses social media and what games or sites they visit. Turn off screens 30-60 minutes before bedtime.

Eat!
Encourage enough water, plus fruits and veggies for your student every day. Remind your student to pick up breakfast at school. When schedules allow, turn off screens and eat meals as a family to talk about what's happening in everyone's day.

Move!
Encourage 30+ minutes per day of active movement.

Infinite Campus!
Check IC and teacher websites with your student as part of a daily or weekly routine so you both have up to date grades, attendance, and homework.

For more information:

Sleep strategies for teens
https://m.kidshealth.org/CHW/en/teens/tips-sleep.html?ref=search

More sleep info from American Thoracic Society
https://www.thoracic.org/patients/patient-resources/resources/healthy-sleep-in-teens.pdf

Screen time & tech use recommendations for teens (This article was written during pre-Covid times)
https://m.kidshealth.org/CHW/en/parents/screentime-teens.html

"Secret" apps and other apps parents should know about (Available apps change all the time. So do popular apps or how they are used.)
https://www.familyeducation.com/mobile-apps/a-complete-guide-to-potentially-dangerous-apps-all-parents-should-be-aware-of

General info by category and age group
www.KidsHealth.org

TeensHealth from KidsHealth.org
https://kidshealth.org/en/teens/?WT.ac=p2t

Strategies for parents when talking to kids about Coronavirus.
https://kidshealth.org/en/parents/coronavirus-how-talk-child.html?ref=search#catbehavior

Local resources:

ISD 709 Infinite Campus Parent Portal
https://www.isd709.org/departments/technology/infinite-campus

St. Louis County Public Health & Human Services
(Click *Children & Family Services* for in-home or mental health support)
(Click *Economic Services and Support* for SNAP, health insurance, and other financial support programs)
https://www.stlouiscountymn.gov/departments-a-z/public-health-human-services

Lake Superior Community Health Center (near Denfeld)
https://lschc.org/

Human Development Center (Mental Health providers with offices at Lincoln Park Middle School - they are seeing students via telehealth during Covid-related school closures)
https://www.humandevelopmentcenter.org/