

The logo for Medirite Plus, featuring the word "Medirite" in teal and "Plus" in red script, followed by a green plus sign. The background is a chalkboard with various school-related drawings like a globe, a pencil, and a graduation cap.

Medirite<sup>Plus</sup>+

A large green rounded rectangle containing the title text. A pink eraser is on the left and a yellow pencil is on the right, both appearing to be on the chalkboard background.

# Your Guide to a Successful School Year Ahead

(YES, EVEN YOU PARENTS!)





Hey there, intrepid learners and parents! It's time to buckle up for back-to-school. Think of us as your educational tour guides, we're here to help!

Enjoy this cool compilation of tips, tricks and advice plus some essential products so the kids (and you) can master the school year with flying colours!

# GETTING ORGANISED

## MASTERING THOSE SCHEDULES, ONE STEP AT A TIME

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### 1. A STUDY SANCTUARY

Set up a quiet and comfortable study space for your child. A dedicated area helps to create a focused environment. If possible, bling it up a little with some posters, a pretty plant or even a lucky charm, which should come in handy. Which should come in handy during those hectic Math study sessions!

### 2. PLAN LIKE A PRO

Embrace the power of schedules. Create a weekly plan that includes homework, after-school activities and downtime. A visual schedule helps everyone stay on the same page. Learn to love the planner. Note down assignments, project due dates and sports practice days. Bonus points for using colourful pens and stickers!

### 3. HOMEWORK HELPERS

- Make sure your child has been to the bathroom, had a snack and is fully focused on the tasks ahead. Getting them into the right frame of mind is just as important as doing the homework itself.
- Keep homework time consistent, so that it becomes a routine. Children will find it easier to focus when it becomes a part of the schedule.
- Keep track of your child's mood when they're doing homework. Notice when and where their energy levels lack, when they get peckish and when they get bored and work this into your homework schedule.
- Try tackling the "difficult" homework first. Help your child figure out the tough subjects. Encourage them to do this work first. This way, they're most alert when facing the biggest challenges. Easy material will go faster when fatigue begins to set in.
- Think creatively when it comes to playdates – why not a homework buddy? Pair your child with a study buddy, if possible. They can help each other with homework and make it a more enjoyable experience.

# 5 (QUICK) WAYS TO IMPROVE YOUR CHILD'S VOCABULARY

SO EASY, YOU'LL BE POSITIVELY JUBILANT, ELATED, THRILLED, EXUBERANT... YOU GET THE IDEA...

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*"Words are, in my not-so-humble opinion, our most inexhaustible source of magic."*

**- Dumbledore, Harry Potter**

- 1** Create a word wall at home where the whole family can pin letters of the alphabet to create words and sentences. You can even make your own version of Wordle by giving clues to a new word every day.
- 2** Learn about fears and phobias together – an inspired way of sounding out new and complicated words.
- 3** Scrabble, I Spy and Hangman are all ideal for learning new words and boosting everyone's vocabulary.
- 4** Encourage reading progress with a special time for reading every day. It could be a chapter before bed or story time in the bath. The key is consistency!
- 5** Create a "word of the week" related to a special theme, for example, Christmas. Find a word together and pin it on the fridge or your word wall (mentioned above) and try to find synonyms or antonyms related to the word.

# GOOD TO KNOW:

*Children who read for at least 20 minutes a day are exposed to almost 2 million words a year!*

## HEALTHY INSIDE AND OUT

FOR YOURSELF, YOUR KIDS AND  
YOUR MENTAL HEALTH

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### STAY WELL ALL-YEAR ROUND

**For Your Child:** Beyond academics, prioritise your child's overall well-being. Ensure they get enough sleep, enjoy a daily physical activity and maintain a balanced diet. A healthy lifestyle contributes to improved concentration and a positive attitude toward learning.

**For Yourself:** Model a healthy lifestyle by incorporating regular exercise, sufficient sleep and nutritious meals into your routine. When you practise self-care habits, you set a positive example for your child and you have therapeutic ways of managing stress.

### TALK IT OUT

**For Your Child:** Talk and talk some more. Make it a practice to regularly check in on your child's feelings about school, friendships and concerns. Create a safe space for them to express themselves, helping you understand their needs and concerns.

**For Yourself:** Prioritise open communication within the family. Share your own experiences, challenges and triumphs. By creating a supportive environment where everyone feels heard, you strengthen family bonds and build resilience.

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## **CELEBRATE LITTLE AND BIG ACHIEVEMENTS**



**For Your Child:** Acknowledge and celebrate your child's non-academic achievements, such as personal growth, kindness or overcoming a phobia. Reinforce the idea that success extends beyond grades and includes personal development.

**For Yourself:** You're a superstar, too! Recognise and celebrate your own achievements, both big and small. Balancing family responsibilities, work and personal pursuits is an accomplishment in itself. Cultivate a positive mindset by appreciating your efforts.

## **PRIORITISE QUALITY TIME**

**For Your Child:** Set aside dedicated family time, whether it's a weekly game night, outdoor activities or shared meals.

Quality family time strengthens bonds, provides emotional support and contributes to your child's overall happiness.

**For Yourself:** Set aside time for rest and relaxation. Yes, that includes time for a salon visit. Whether it's reading a book, enjoying a hobby or spending time with loved ones... whatever floats your boat and improves your mood.



# BACK-TO-SCHOOL CHECKLIST

DON'T LEAVE THE HOUSE WITHOUT THESE!

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Your kids are excited to get back out there, but do they have everything they'll need for this new stage of learning and activities?

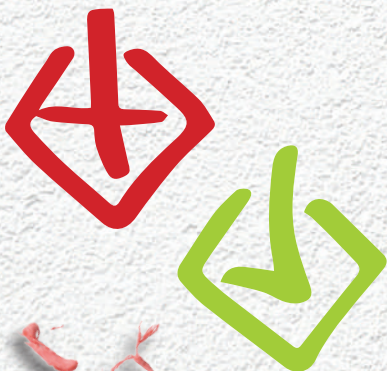
Keep this checklist handy for everything parents should consider to help keep their kids safe, healthy and prepared when they head out the door.

## FOR KIDS

- Extra set of clothes for extramurals (if necessary)
- Sporting gear for activities
- Sanitiser or wipes
- A healthy lunch and snacks
- Bottle of water
- Backpack (don't forget the homework!)
- All books/textbooks/stationery needed for the day
- Any required medication (if necessary)
- A healthy attitude for the day ahead!

## FOR YOU

- A healthy lunch and snacks
- Bottle of water/refillable water bottle
- Laptop, cellphone and charger
- Notebook and planner
- House keys, car keys
- Sanitiser or wipes
- Hairbrush for those flyaways
- Any required medication (if necessary)
- Wallet, ID and driver's license
- Work access card
- A healthy attitude for the day ahead!



# HEALTHY, TASTY AND TOTALLY DOABLE LUNCHBOX TREATS

DON'T LEAVE THE HOUSE WITHOUT THESE!

Some tasty and healthy lunchbox ideas – for you and the kids.

**Turkey and Avocado Wrap:** Wholegrain tortilla filled with lean turkey slices, creamy avocado and a sprinkle of cheddar cheese.

- Packed with lean protein from turkey and healthy fats from avocado, this meal supports muscle health and provides long-lasting energy for your day.

**Hummus Veggie Bento Box:** A variety of colourful veggies like cucumber, cherry tomatoes and carrot sticks served with wholegrain pita bread and a side of hummus for dipping.

- Hummus is a yummy source of plant-based protein and the veggies offer a dose of vitamins and minerals, supporting your immune system and overall well-being.

**Quinoa Salad with Berries:** Quinoa mixed with fresh berries (blueberries, strawberries) and a handful of nuts (like almonds or walnuts) for added crunch.

- Quinoa packs a protein punch, while berries provide antioxidants and nuts contribute heart-healthy fats, creating a nutrient-rich salad that supports heart health and boosts your antioxidant intake.

**Salmon and Cream Cheese Pinwheels:** Wholegrain wraps spread with a thin layer of cream cheese and filled with smoked salmon, baby spinach and cucumber slices.

- Rich in Omega-3 fatty acids from salmon and the creamy goodness of cheese, these pinwheels support brain health and offer a delicious way to get essential nutrients.

**Greek Yoghurt Parfait:** Greek yoghurt layered with granola, fresh fruit (such as sliced banana or berries), and a drizzle of honey.



- Greek yoghurt is a protein powerhouse, and combined with granola and fresh fruit, this parfait is excellent for digestive health, providing probiotics, fibre plus loads of vitamins.

Chicken and Vegetable Skewers: Grilled chicken skewers with bell peppers and cherry tomatoes, served with a side of wholegrain crackers.

- Grilled chicken is a lean protein source and the vegetables provide an array of vitamins and minerals, supporting muscle health and overall immune function.

Egg Salad Lettuce Wraps: Egg salad made with Greek yoghurt, mustard and diced veggies, wrapped in large lettuce leaves instead of bread.

- Using Greek yoghurt in the egg salad adds protein and reduces saturated fat. Lettuce wraps keep it low-carb and provides a refreshing alternative to traditional bread.

Brown Rice Sushi Rolls: Sushi rolls filled with brown rice, avocado, cucumber and a strip of grilled chicken or tofu.

- Brown rice gives you fibre and nutrients, while avocado provides healthy fats. This sushi option is a heart-healthy choice that supports digestion and satiety.

Sweet Potato and Black Bean Quesadillas:

Wholegrain tortillas filled with mashed sweet potato, black beans and a sprinkle of cheese, then lightly grilled.

- Packed with fibre from sweet potatoes and black beans, these quesadillas are not only tasty but also support digestive health and provide long-lasting energy.

Fruit Kebabs with Yoghurt Dip: Skewers with a mix of fruits like melon balls, grapes, and pineapple chunks, served with a side of vanilla yoghurt for dipping.

- Colourful fruits offer a range of vitamins and antioxidants, while yoghurt provides calcium and probiotics, making this a tasty and nutritious snack that supports bone health and gut flora.

