



## PROVEN PRACTICES

### *for communities to support kids as learners*

1. Families do many things to help their kids be successful. Communities that provide knowledge and skills for families to encourage their kids as learners increase student achievement.
2. Communities that focus on helping kids develop specific knowledge and skills have a greater effect on school achievement than communities that provide more general forms of educational support.
3. Kids' learning is enhanced when adults continually communicate with each other and provide kids with consistent guidance and support.
4. To successfully connect with families and communities, school programs invite involvement, are welcoming, and address specific needs of kids and families.
5. Kids learn more at school when supported by parents, school staff, and community members.
6. When parents share ideas with each other on how to help their kids at home, they create support for all kids.

## PROVEN PRACTICES

### *for families to support kids as learners*

1. Good nutrition helps kids learn.
2. Physical activity helps kids learn.
3. Sleep helps kids learn.
4. Routines at home help kids learn.
5. Learning at home helps kids learn at school.
6. Love and limits help kids thrive and learn.

## PROGRAM PRINCIPLES

*the power of one • all families have strengths  
• community culture affects the potential  
of every child • communities with common goals  
strengthen student learning*



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# Being healthy helps kids learn.

## Good nutrition helps kids learn.

1. Kids are more likely to get to school, actively participate and do better on tests when they eat nutritious meals and snacks every day.
  - a. Grains 6 ounces (at least 3 ounces whole grains)
  - b. Veggies 2½ cups
  - c. Fruits 1½ cups
  - d. Milk 3 cups (2 cups for kids 2–8)
  - e. Meat or beans 5 ounces
2. Kids who are overweight are absent more and more likely to report being harassed, discouraged, and discriminated against.

## Physical activity helps kids learn.

1. Kids and their families need 30 to 60 minutes of daily physical activity.
2. Kids' overall fitness impacts their standardized test scores in math and reading.
3. Kids need time away from TV, computers, and gaming to explore and learn in different ways.
4. Kids who are active are better at planning, making decisions, coping with stress, correcting mistakes, and memorizing.
5. Kids who are active have more positive general well being, motivation, and self-confidence.

## Sleep helps kids learn.

1. Kids who lose even one hour of sleep have difficulty memorizing, concentrating, organizing, and focusing on tasks.
2. Kids need sleep based on their ages:
  - a. Birth to 3 years old: 14–16 hours/day
  - b. 3 to 6 years old: 10 ¾–12 hours/day
  - c. 6 to 12 years old: 10–11 hours/day
  - d. 12 to 18 years old: 8 ¼–9 ½ hours/day

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