REAPS READER

Have you helped the environment today?

Ten top tips for settling back into school

1. Make a firm decision to stick to your new routine and timetable – this will help you get back into the swing of things more easily. Get up when your alarm goes off and get to wherever you need to be on time –whether it's the school bus stop or your science lesson.

2. Your first day back is a good chance to clean your desk area and make sure you've got a healthy and hygienic new work station! You can always jazz it up with some fun stationery or pictures if your teacher says this is okay.

3. Try to make sure you take some healthy food to school. Pick snack foods that boost your health like fresh fruit and low-fat dairy products. Also try to drink water throughout the day. This will help to keep you active and your brain sharp.

4. Put yourself fully into any sports or exercise you do. Really making an effort will help to make up for any lack of activity of the Christmas period and get you going again. Go on, blow away those cobwebs!

5. Pay attention to the way you sit in your chair at your desk or assemblies. Try sit as straight as possible. Good posture is great for your back and is good training for later life! It will also help you to feel more alert and you'll be more comfortable.

6. Remember these helpful phrases in replying to other kids who are bothering you:
   > "I don't like what you are doing."
   > "Please do NOT talk to me like that."
   > "Why would you say that?"

7. If you walk or cycle home from school, remember to make sure you're seen. Wear bright clothing or reflective stickers on your bag and jacket and always pay special attention if it's dark. Try to buddy up with someone who lives near you so you're not on your own.

8. If you get homework to do, don't groan – just try and get it done as soon as possible. The longer you leave things, the worse they feel and the bigger the job seems. Do it straightaway, and then you can relax and enjoy yourself without the thought of it bothering you.

9. Always prepare for the next school day where you can. Put anything you need to take in your bag and lay out your clothes ready. Being prepared always helps to keep you feeling on top of things and much more relaxed.

10. Get as much sleep as you can! School can be tiring and if you're getting up early and running around a lot of the day, you need to recharge. Make a set time to go to bed at night, this way you're less likely to have problems sleeping. Then you'll be raring to get back to school the next day!

Happy New Year