

10 NEEDS

for a Healthy Adolescence and Educational Experience at Credo High School

1: PROPER NUTRITION

Have a hot, nutritious breakfast every day before school. Breakfast, snack and lunch should contain lots of protein, and no sugar or food additives.

2: ADEQUATE SLEEP

Be in bed on school nights early enough to get sufficient sleep. Most young adolescents still need 8 to 10 hours of sleep each night.

3: MINIMAL MEDIA

Aim for minimal media exposure on Sundays through Thursdays. Movies, TV or games emphasizing violence, or content that is too adult-oriented, should be monitored.

4: QUIET TIME

Provide some daily quiet time, without a radio, CDs or other screens and computers. Give your youth the gift of silence.

5: TIME IN NATURE

Spend some time in nature every day. Experience the weather; pay attention to the seasons, moon and stars.

6: CHORES AT HOME

Assign some responsibilities for taking care of the home, pets and yard.

7: APPROPRIATE DRESS

Pay attention to warmth. Students need to dress appropriately for the activities they participate in during the school day such as farming or blacksmithing.

8: CULTIVATE REVERENCE

All spiritual traditions offer practices that help develop the reverence for life that supports home, school and community relationships. If need be, create your own.

9: SUPPORT YOUR STUDENT'S EDUCATION

Help develop healthy homework habits, participate in school activities, and communicate your concerns honestly with your student's teachers.

10: SUPPORT THE CREDO HIGH COMMUNITY

Get to school on time. Plan vacations only during breaks. Support the school's conduct code, including never allow students to use drugs or alcohol in your home. Adolescents need shared values and alignment among their adult role models.