



NOVATO
UNIFIED
SCHOOL
DISTRICT



San Jose
Middle School

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Parent Checklist for Scorpion Success

Focus: Academics • Routines • Wellness • Connection

Use this checklist to reflect on how you're supporting your child's academic growth and wellbeing at home.

Academic & Time Management

Study Support

- My child has a quiet, organized space to do schoolwork
- We set a regular time for homework or studying each day in our household
- I check **Aeries with my child daily** to review grades, missing work, and attendance
- I help my child break big tasks into smaller, manageable steps
- My child **reads at least 20 minutes daily**, during the day or at bedtime
- I take away my child's phone/electronics until homework is completed
- I check my child's **planner** and **completed homework daily**
- My child and I proactively communicate with teachers early in the school year to share any concerns, ask questions, and clarify assignments or expectations to ensure a strong partnership and timely support
- My child and I discuss academic goals and how to stay on track
- I hold my child accountable for their behavior and actions

Routine & Planning

- We follow a consistent weekday routine (morning, after school, bedtime)
- My child uses tools like a calendar, planner, or checklist



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- We talk about how to manage time and avoid last-minute

Wellness, Sleep & Screen Time

Healthy Sleep Habits

- The bedroom is screen-free at night
- We have a calming bedtime routine (reading, quiet time, no electronics, etc.)
- My child has a consistent bedtime & I make sure they enough sleep for their age

Recommended Bedtimes (if waking at 7:00 AM):

Ages 6–9: 8:00–8:30 PM

Ages 10–12: 8:30–9:00 PM

Ages 13–18: 9:30–10:30 PM

Screen Time & Emotional Support Suggestions

- We limit non-school screen time to 1 hour daily, with no screens 30–60 minutes before bed, and maintain screen-free zones in the house like bedrooms and meal times
- I check in daily to listen and support my child’s feelings, encourage open talks about school and friendships, and spend quality, distraction-free time together
- I promote healthy coping strategies such as journaling, art, music, breathing exercises, and physical activity

Quick Tips for Success

- Check Aeries and planner daily
- Encourage daily reading (20+ minutes)
- Stick to routines—especially sleep and tech limits
- Praise effort, not just results
- Promote balance: movement, quiet time, and breaks
- Stay present—your support makes a difference