🎉 SMART STUDY + WELLNESS TIPS FOR RMS MIDDLE SCHOOLERS 🎉

2025–2026 Marking Period 1

Below are additional middle school-friendly study, wellness, and mindfulness tips to help middle schoolers thrive academically and socially.

🌟 Shout-out to RMS 7th Grader **Fay Morrison** for sending in this helpful article & accompanying tips for her peers & our school community! 🌟

📘 Article Fay Shared:

https://www.mometrix.com/academy/best-study-snacks/

🍎 1. STUDY & SNACK SMART

💪 Choose strong, steady-fuel snacks like:

- Whole-grain crackers
- Apples + sunflower seed butter
- Nuts or trail mix
- Veggies + hummus

⚡ Avoid sugary snacks—they cause a quick crash and make it hard to focus!

💧 Drink water before AND during studying—your brain works better hydrated!

🔗 Healthy Snack Info:
https://www.childrens.com/health-wellness/sugar-and-kids-how-much-is-too-much

🔗 Sugar & the Brain:
https://www.adelaide.edu.au/research/news/list/2024/09/09/unpacking-sugars-effects-on-kids-brains

🧘 2. WELLNESS & DE-STRESSING

🧠 Try the 5-4-3-2-1 calming method—perfect for stress or overwhelm.

🤸 Take movement breaks every 25–30 minutes (stretch, quick walk, shake it out!).

😴 Aim for 9–10 hours of sleep—middle school brains grow FAST.

🎵 Listen to calming music or background sounds while working.

📱 3. SMART SOCIAL MEDIA & PHONE HABITS

🚫 Make a phone-free study zone—keep devices in another room.

⏱️ Set limits for social media (ex: 30 minutes after school).

💭 Before scrolling, ask: "How will this make me feel?"

🌈 Post positive, kind things—it builds a better school community!

✨ 4. QUICK HABIT BOOSTERS

🥪 Whole-grain + protein snack → Better brain fuel

🚰 Water first → Clear thinking

⏳ Study timer + breaks → Less stress

📵 Phone-free homework → Better focus

🌙 Limit screens at night → Better sleep, better mood!