

# Freshman Survival Guide: Healthy Lifestyle Choices

Courtesy of Fenton's Social-Emotional Learning (SEL) Program

## Step 1: Acquire Good Time Management Skills

High school takes a lot of time! The amount of time you spend on homework and after-school activities will increase greatly this year. Plus, you will still have to find time for your friends, family, and home responsibilities. Here are some suggestions for successfully managing your time so you don't become overwhelmed:

*Use your Fenton assignment notebook every day. Write in your:*

- Homework assignments, tests & quizzes
- Club meetings, practices & competitions, volunteer hours
- Home responsibilities, time with friends & family
- Time for yourself to rest & relax

After doing this, if you find that you have too many activities and too little rest time, you may need to make some hard decisions and cut back on some things. Ask your parents for help with this.

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## Step 3: Eat healthy & Exercise

Eating the wrong types of foods and not getting enough exercise will lower your energy levels and keep you from accomplishing your goals. Here are some tips to help:

- Always eat a healthy breakfast. Include whole grains, fruit, and protein (like peanut butter) for energy.
- Drink plenty of water. Carry a water bottle with you at school (most classrooms allow water).
- For lunch, avoid high-fat and high-sugar foods, which will just cause your energy to crash around 6<sup>th</sup> period. Instead, eat whole grains, fruits & vegetables, lean meats, and low-fat dairy products.
- According to the Centers for Disease Control & Prevention (CDC), teens should engage in 60 minutes of exercise per day. Use your time in gym class wisely! Additionally, a brisk walk or run after school will improve your energy and mood.

## Step 2: Get Enough Sleep

Did you know that the average high school student has a biological need for **9 hours of sleep a night?**

Not getting enough sleep will affect your grades, your performance in extra-curricular activities, and your mood.

People who don't get enough sleep also tend to be more overweight and get sick more often. Here are some tips to help you avoid these problems:

→ Set a bedtime for yourself and stick to it.

→ Turn off your cell phone so that it does not keep you up (use an alarm clock to wake up instead).

→ Take a short nap after school to keep up your energy (but not too close to bedtime!).

## What is Fenton's Social-Emotional Learning (SEL) Program?

- Fenton's Social-Emotional Learning (SEL) program is here to:
  - Help you improve your emotional health
  - Help you improve your relational / social skills with significant peers and adults in your life
  
- Fenton's Social-Emotional Learning (SEL) program will focus on topics like:
  - Stress management
  - Career goals
  - How to help a friend in crisis
  - Diversity
  - Leadership skills
  - Conflict resolution, bullying & abusive relationships
  - Peer pressure, drug & alcohol abuse
  - Community service
  
- To participate in the SEL program, each month:
  - Listen to announcements for the **SEL Topic of the Month**
  - Talk to teachers, coaches, parents, and friends about the topic
  - Participate in individual, classroom, and school-wide activities to help you improve yourself in that area

