

Eight tips to start the new school year

Read the following text about how to start a new school year and manage the stress

Tips for a new school year start

The summer holiday is over. It is time to think of the new school year. And while some are eager to know their new teacher and meet their friends to tell them about all their summer adventures, others are more worried about the new year. Here are some tips for a smooth school year start that will help you beat the stress and organize your study environment.

Reconnecting with a healthy lifestyle

During holidays, children have often been allowed to sleep late and eat a little of what they wanted at any time. The first thing to do is to help yourself make a smooth start and not to wait until the last day to find a healthy lifestyle. You should get used to have regular and reasonable hours of sleep and to eat healthy food. This of course needs several days of "rehabilitation". The ideal thing is to start reconnecting with a healthy lifestyle one week to ten days before school starts.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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