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: APROPRIATE 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.