Many factors contribute to success at school. The Town High 5 focusses on 5 areas that help our students achieve to their full potential.

1. **Rest.** Teenagers need a lot of sleep. A well rested and alert student performs best in class.

2. **Nutrition.** Good food is vital fuel for the day. Eating the right food will ensure you have the energy needed to keep your brain working.

3. **Emotional Support.** Students need to have someone encouraging and supporting them on a daily basis. Parent/carer involvement in school really boosts results.

4. **Attendance.** Missing school dramatically impacts on student performance. Regular attendance boosts results.

5. **Gear for the day.** It is hard to do a good job without the right tools. Students need to attend with all the gear they need to get the job done. If students, parents & carers are meeting these 5 key needs, they are working in partnership with teachers to attain the best possible education outcomes.

See the Town High 5 Program to find out more about the importance of attendance to success.
1. Rest

Not enough sleep can have negative effects on our mood, behaviour, decision making, and health! When teenagers don’t get enough sleep it makes it really hard for them to learn at school.

Lack of sleep can cause:
- Concentration difficulties
- Memory loss
- Poor decisions
- Moodiness and aggression
- Depression
- Poor sporting performance

Some tips for a good night’s sleep include:
- Have a relaxing bedtime routine.
- Avoid loud music and computer games prior to bedtime.
- Turning off mobile phones
- Keep your room dark at night.
- Don’t drink any caffeine after sundown
- Go to bed 10 mins earlier every week until you are getting enough sleep

See the Town High 5 Program to find out more about the importance of Rest & Learning.

2. Nutrition

Students get the most out of their education when they are regularly eating nutritious and healthy food. Without lots of healthy food, adolescents are prone to weight gain, high blood pressure, fatigue and concentration problems.

Young people should eat a wide variety of nutritious foods like:
- plenty of vegetables, legumes and fruits
- lots of cereals (including breads, rice, pasta and noodles), preferably wholegrain
- include lean meat, fish, poultry and /or alternatives (nuts or legumes).
- include reduced fat milks, yoghurts, cheeses and or alternatives.
- choose water as a drink.

See the Town High 5 Program to find out more about the importance of Nutrition & Learning.

3. Emotional Support

Young people get the most out of education when they are being emotionally supported at home and have a sense of belonging in their community.

Students without emotional support can become disengaged from their learning at school and fall behind their peers.

Some simple ways to provide emotional support are:
- Maintain regular contact through family mealtimes
- Spend time talking together.
- Make sure students have someone to confide in.
- Help young people feel loved and loveable.
- Plan family activities together.

See the Town High 5 Program to find out more about Emotional Support and Learning.