








## Golden Ideas for Preparing Children for Success

-  Successful students need 8-10 hours of sleep every night to be alert and focused in school.
-  Successful students need a healthy breakfast to be mentally alert in school.
-  Successful students spend time reading at home.
-  Successful students arrive ready and on time for class.
-  Successful students complete their homework with parent involvement.

**Will your child be successful?**



In collaboration with **Rockford Health System**

[www.GoldenAppleofRockford.com](http://www.GoldenAppleofRockford.com)

# Our Mission

*Golden Apple Foundation inspires, celebrates, and supports educational excellence in our community.*



**Pledge Your  
Commitment!**

Share with your child the “**Golden Ideas for Preparing Children for Success**” and pledge the following commitment with your child:

**“I believe that education is important. I will commit to doing my part to live the 5 Golden Ideas for Success.”**

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Parent Signature

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Student Signature

