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**Breaks are Better:**

**Student Responsibilities**

**Before School**

* **Check in each morning with \_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* **Earn points at check-in if you attend check-in and have your signed home note.**

**During School**

* **Carry your BrB card with you all day**
* **During class periods, make sure you are working to meet your goals. For example, turn in class assignments and participate in class.**
* **If you need a break, ask for a break appropriately. Take a break if your teacher gives permission and get back to work when the timer goes off. If your teacher tells you to wait, continue working until a break is okay.**
* **At the end of each class period, show your teacher your BrB card.**

**After School**

* **Check out each afternoon with \_\_\_\_\_\_\_\_\_\_\_\_**
* **Review your BrB card.**
* **At home, show your parent(s) your homework tracker and have them sign the bottom. Return the signed portion to school the next day.**

**Student Signature Date**

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References:

Anderson, C., & Boyd, J. *Breaks are better: Implementation manual*. Eugene, OR:

University of Oregon. Retrieved from <http://www.warrencountyschools.org/userfiles/1410/my%20files/breaks%20are%20better%20manual.pdf?id=525179>