

Back to School Checklist



School Shopping

Turn shopping for clothes and supplies into a fun experience! By getting excited about their back-to-school materials, students will have a more positive outlook on the school year ahead—and observing your enthusiastic attitude places a higher value on their education.



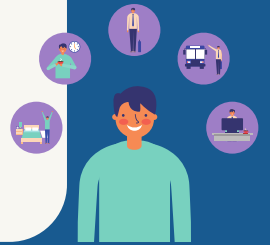
Plan Ahead

Review the academic calendar before school starts to identify early release and no school dates. Make arrangements for these days ahead of time to avoid stress later on. If possible, maintain your routine on these days and build in some learning activities like visiting a museum, volunteering together, or exploring nature!



Ease Into a Routine

Start transitioning into a school schedule one to two weeks before school starts. Adjusting to earlier wake up and bedtimes can take some time, so practicing beforehand will be a big help! Explain that getting enough sleep will give them energy and prepare their brain to learn.



Homework Area

Designate a place for homework that is away from distractions to strengthen focus. Display their artwork, projects, or tests they are proud of. Build time into your routine to review their assignments, help them study, and provide support when they need help.



Be Actively Engaged

Meet your child's teacher(s) and communicate any important information they may need to know—such as allergies and medical concerns, or things that help your child calm down when they are upset. Be sure to know who the school's administrators are, who the Youth Resource Deputy is, and who the school counselors are too!



Discuss Action Plans

Have conversations with your student about what to do if certain situations occur, such as what to do if they experience bullying, miss the bus, or get lost. Review emergency contact numbers and store a list in their backpack for safe keeping. This is a tough subject, but your child will have lockdown drills that can be scary; hearing about them from you ahead of time, and reassuring them that they are for safety reasons, can help reduce their anxiety in the moment.



Be Informed

Acknowledge the fact that your child may be exposed to social media apps or websites that you would not allow. Stay current on the apps used most often by students and if your child has a cell phone or tablet, establish an agreement for its use.

