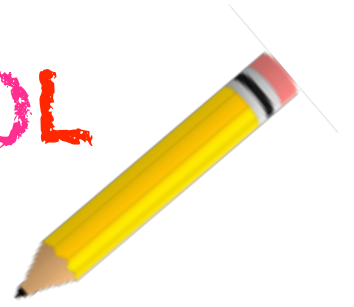


BACK TO SCHOOL CHECKLIST



SCHOOL STARTS: _____

6 WEEKS BEFORE

- Schedule doctor and dentist appointments as needed
- Research and sign up for sports/after-school activities

4 WEEKS BEFORE

- Purchase the school uniform - including shoes, belt, etc.
- Purchase school supplies

3 WEEKS BEFORE

- Create a summer scrapbook with your child
- Buy some books about going back to school
- Review your emergency plan (who will pick up your kids in case you can't?)
- Plan a play date with old school friends
- Create an 'organisation station' by the door

2 WEEKS BEFORE

- Review the basics (letters, number, etc)
- Plan your back to school morning, afternoon and evening routines
- Start getting back into the school year bedtime routine

- Make sure your child knows how to open and close her/his lunchbox, go to the bathroom by her/himself, hang her/his coat, etc.
- Go through and organise school supplies
- Create a homework station

1 WEEK BEFORE

- Plan next week's school lunches and shop for groceries
- Schedule a haircut if needed
- Go to school orientation and familiarise your child with the school
- Ask your child if s/he has any questions or concerns s/he might want to discuss

THE NIGHT BEFORE

- Lay out clothes, shoes and packed backpack for the next day
- Prepare lunch and snacks
- Plan what to make for breakfast
- Have a calm evening
- Set your alarm!

THE FIRST DAY OF SCHOOL

- Prepare a little surprise (his/her favourite breakfast/a cute pencil)
- Make time for photos
- Arrive to school early