

Back to School Checklist

Three weeks before school starts

- Designate a school calendar where you can record all school related events
- Write in all meeting times, first day, orientation meetings, teacher's in service days, and any other activities that you are already aware of
- Declutter clothing
- Search flyers and sales ads for back to school sales
- Shop for back to school supply lists from individual teachers
- Reach out to your emergency contacts to make sure phone numbers, addresses, and plans are correct in case of a school emergency
- Create a designated spot in your home to keep school papers and art projects
- Order uniforms if school requires them (especially those requiring

Two Weeks Before School Starts

- Go school shopping for supplies and clothes, if necessary. (backpacks, pencil boxes, etc.)
- Ease into school bedtimes and waking times
- Go over your back to school morning, afternoon, and evening routines; print and post if possible
- If child care is necessary, make and confirm those plans
- Create a lunch-packing station in your kitchen
- Designate and supply a homework area where students can complete assignments without distractions

One Week Before School

- Decide on a menu plan for the first two weeks of lunches
- Shop for groceries
- Create about 5-7 meals to add to your menu for quick and healthy breakfasts
- Start following routines, especially morning routine
- Decide on homework times and screen time rules for after school and weekends
- Collect supplies that are missing from lists
- Time to adjust bedtimes and rising times so students can ease into waking up earlier
- If necessary, try a test drive to the school, especially if it's a new school, or you have moved or practice walking to the bus stop, etc.
- Wash all clothes and organize in drawers
- Get haircuts if needed

The First Week of School

- The night before the first day of school, charge camera
- Using teacher instructions, *help* your child organize supplies, folders, lockers, etc. accordingly
- Replenish supplies or fill in any missing items as they come up
- Put all new information acquired from teachers on the family calendar
- Fill out the forms given to your student
- Put money in your child's school lunch account if required.
- Evaluate and adjust everything as needed