



Back to School Guide



Simple Ways to Prepare for
a Great School Year!

BACK TO SCHOOL
SUCCESS IN



3 Key Steps

ORGANIZATION

Put systems in place that will help your children to be successful.

PREPARATION

Think about how you can prepare in advance in the mornings and evenings to make school days less hectic.

IMPLEMENTATION

Preparation and organization work only if they are applied in your day to day life.



Create To Do Lists for Each Child

School Supplies

Book bags
Lunch Boxes
Pencils, Notebooks, Binders, etc.

School Forms

Medical Forms
Emergency Cards
Sports Forms

Clothing & Shoes

Complete List of Shoes,
Shirts, Coats, Pants, Skirts,
Socks, Uniforms, & Gym
Clothes

Finances

Tuition Payments,
Deposits, & School
Supply Fees



Home Preparation

Having your house organized to a degree that will make your mornings easier will be a life saver and save you from being a grump. Just a few small practical steps will make a big difference.



Keep It, Give it Away, or Throw it Away-Before school shopping have your kids try on the previous year's clothes & shoes. Make 3 piles for them to either **keep** the clothes that fit, **give them away** if not, or **get rid** of them if torn or beyond repair.

Laundry- Wash and iron the first week of school clothes so everyone is prepared for the week.

Label Everything! Label clothes, lunchboxes, & school supplies with their name as soon as you get them,

Create a Space for the Stuff: Designate an area for book bags, shoes, etc.

Meal Prep: Plan lunches in advance. Stock up on the food you'll need to prepare lunch. Purchase zip lock baggies, plastic containers, and anything else you'll need to make lunch.



Save the Date

Extracurricular Activities

Back to School Night

Orientation

Half Days & Holidays

Parent - Teacher Meetings

School Pictures

School Events, Field Days &
Class Parties

PTA Meetings

Most Schools post their calendar for the entire year in advance. Jot down those dates on your personal calendar and a family calendar as well, so that everyone stays in the loop.

Practical Tips



Carpools: At least one week before school starts, confirm the schedule, and the pickup and drop off times. Always have a backup plan in place.

Summer Homework: Create a schedule/timeline for your kids to complete their summer homework so they aren't rushing to finish it the day before school starts.

Adjust Bedtime: Get back into school mode by gradually adjusting bedtimes and by waking up a little earlier in the days leading up to the first day of school. This will make the first day less painful.



Final Tip... Have a Family Meeting



Communications is key to a successful and less stressful school year. Schedule a family meeting to discuss bed times, homework, expectations, and anything your kids want to talk about. Kids need to know that you're interested and available.



A new school year is exciting, but can also be nerve-wracking. Keeping an open line of communication can help alleviate some of that anxiety. Make the meeting fun! Order a pizza for dinner, or dine out at a favorite restaurant, and make sure you get a yummy treat to celebrate a new school year!.





BACK TO SCHOOL CHEAT SHEET

2 WEEKS BEFORE SCHOOL STARTS

- Create a list for each child's school supplies, clothes and forms.
- Mark your calendar with important dates and create a family calendar.
- Follow up on summer homework.
- Sort clothes by either giving it away, keeping it or getting rid of it.
- Start adjusting bed time.

1 WEEK BEFORE SCHOOL STARTS

- Prep a Week's Worth of Clothes.
- Grocery shop for lunch items.
- Confirm Car pool arrangements.
- Label School Supplies.
- Have a Family Meeting and schedule a fun activity!

THE NIGHT BEFORE SCHOOL

- Pack Lunches the night before.
- School supplies should be ready to go and in a designated area.
- Clothes should be laid out.
- Alarms set.
- Lots of kisses and prayers!