



# BACK TO SCHOOL

## A CHECKLIST



Be ready and organized for the new school year with these tips from K5 Learning.

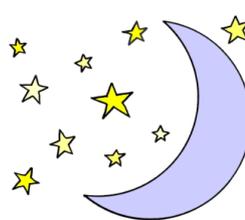
## GET BACK INTO YOUR ROUTINE

### EAT



The whole family will need lots of healthy food to keep up with busy days. Time to review the breakfast, lunch, snacks and dinner plans.

### SLEEP



Get plenty of rest. Take a week or two to adjust to getting up earlier.

### GOALS



Have a family meeting about expectations at home and at school. Set goals for the coming school year.

### MORNING MADNESS



Deal with the morning madness – make a practice run, including getting to school on time.

## GET ORGANIZED



Designate a quiet space for homework and study.



Clean out the kids' closets and give away clothes that don't fit.



Gear up - make sure to get everything needed: backpack, school supplies, clothes, shoes.



Label all clothes and supplies.



Brainstorm breakfast, lunch, snack and dinner ideas and stock up the kitchen.



Make and freeze dinner ahead of time to ease stress during busy days.



Arrange transportation: school bus, car-pooling, walk or bike.



Have easy access to immunization records, report cards, birth certificates, registration confirmations.



Check that appointments are scheduled with doctors, dentists and opticians.



Have a central calendar to track family events, school calendar, assignments and extra-curricular activities.

## FIRST DAY OF SCHOOL

... start as you mean to go on.

Choose and lay out clothes and pack lunches the night before.

Get enough sleep. Wake up bright and early. Eat a nutritious breakfast.

Arrive at school early to locate new classrooms.

