



Back-To-School Checklist

Community Outreach Resource Network

By: Yolanda Burse

FIRST STEPS

- _ Call the school district with questions about your child's school
- _ Find out what day classes start and what time your child should arrive
- _ Enroll your child (if she is not already registered from the previous year)
- _ Fill out emergency contact sheets and any other required forms

CHECK MEDICAL REQUIREMENTS

- _ Make sure your child has all required immunizations
- _ Schedule a physical exam for your child if needed to participate in school activities
- _ Get your child's vision checked before school starts if he is due for an exam
- _ Notify the principal's office, the school nurse, and your child's teachers about any health problems or medications



PLAN HEALTHY MEALS

- _ Have nutritious food on hand for breakfast and after-school snacks
- _ Find out how much school breakfasts and lunches cost
- _ Find out whether snacks and drinks are available at school or can be brought from home
- _ Ask where to obtain weekly school lunch menus
- _ Alert school staff if your child has a severe food allergy

ARRANGE TRANSPORTATION

- _ Practice getting to school with your child
 - BUS: Make sure she knows where and when to be picked up before and after school
 - BICYCLE: Review road safety and make sure he/she has a helmet
 - ON FOOT: Walk the route together and review pedestrian safety guidelines
- _ Arrange a carpool if necessary and introduce your child to the other adults and children
- _ Compile contact information of parents who can pick up your child in an emergency



STOCK UP ON SCHOOL SUPPLIES

- _ Check the school website or call for a list of required supplies
- _ Find out whether students will store supplies at school or bring them home each day
- _ Buy a backpack or bag to carry daily items
- _ Review the school dress code
- _ Buy school uniforms and gym clothes, if necessary

LEARN ABOUT THE SCHOOL

- _ Find out whether the teacher prefers to communicate by phone, e-mail, or written note
- _ Know what your child is expected to learn in her/his grade level
- _ Familiarize yourself with the information on the school website
- _ Note the phone numbers for checking school closures or reporting absences
- _ Find out the procedure for taking your child out of school early
- _ Read the school handbook and make sure your child understands the rules
- _ Review the school's federal "report card"

PLAN TO BE INVOLVED

- _ Mark school events on the family calendar
- _ Attend the back-to-school program
- _ Schedule and attend parent-teacher conferences
- _ Meet leaders of the parent-teacher

MAKE AFTER-SCHOOL PLANS

- _ Arrange child care or after-school activities
- _ Choose extracurricular activities carefully to avoid overscheduling
- _ Make sure your child knows where to go after school each day

HELP YOUR CHILD PREPARE FOR SCHOOL

- _ Arrange for your child to play with others in his age group before classes start
- _ Discuss your child's feelings about starting school and talk over any concerns
- _ Talk with your child about her daily school schedule
- _ Talk about peer pressure with your child
- _ Have your child memorize your home address and home and work phone numbers
- _ Tour the school with your child so she can find her classrooms, the restrooms, and the cafeteria
- _ Arrange a time for you and your child to meet his new teachers

LAY THE GROUND RULES

- _ Establish a firm bedtime before school starts
- _ Determine where and when your child will do homework
- _ Figure out a plan for balancing homework and play time
- _ Set rules for the time spent on TV, video games, and computer use for non-school projects

