

# Back to School

A Guide For Parents & Students



## RESOURCES

For more tips and tricks on starting the school year, including some fun and games, but sure to check out the following webpages:

[www.school.familyeducation.com](http://www.school.familyeducation.com)

[www.kidshealth.org/teen](http://www.kidshealth.org/teen)

[www.schoolfamily.com/back2school](http://www.schoolfamily.com/back2school)

**“Education is not preparation for life; education is life itself.”**

*John Dewey*

## BEFORE SCHOOL STARTS

### Mark Your Calendar

Write down all important dates, especially back-to-school events and upcoming holidays.

### Buy School Supplies Early

Try to get your supplies as early as possible, and have backpacks packed a week or two before school starts. Some teachers require specific supplies, so be sure to have everything you need! It may be helpful to save the receipts in case you buy something extra you do not need.

### Routines

Plan to re-establish the bedtime and mealtime (especially breakfast) routines at least one week before school starts. This is especially true if you have spent your summer staying up late and sleeping in!

### Turn Off The TV

Play quiet games, do puzzles, or read as

an early morning activity instead of watching TV. This will ease you into the school routine and learning process. These are also good activities to do before you go to bed at night!

### Visit Your School

Meeting staff and locating your classrooms, locker, and the lunchroom will help ease pre-school jitters. It is also a great time to ask questions!

### Homework

Choose a desk or table that is big enough to spread out papers and books. Be sure to have all your supplies nearby, such as: pens, pencils, paper, highlighters, and a calculator. This spot should be quiet (turn off cellphones and iPods) and have good lighting. Refrain from doing homework in front of the TV or on a comfy bed, as the letters may all start to look like: Zzzzzzz!!

## FIRST WEEK OF SCHOOL

### Lunches

Make lunches the night before. This reduces early morning stress and allows more time to get ready and eat a good breakfast. If you buy your lunch, make sure your lunch money is set out the night before. It is also helpful to pack your backpack and set out your clothes before you go to bed!

### Set Alarm Clocks...

... and get out of bed when they go off!

### Extra Time

Make sure you have enough time to get up, eat breakfast, and get to school. You do not want to be running late and forget something important!

### After School

Make a routine for when you do your homework, when you eat dinner, and when you get to have fun! Having a set time for everything will make you more organized and will help to reduce anxiety.