

BACK TO SCHOOL

PREPARATION



Oak Grove
School District 68

BACK TO SCHOOL PREPARATION: HELPFUL TIPS FOR PARENTS AND STUDENTS

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Tip #1: Restart your sleep routine. Be sure to get at least 8 hours of sleep a night. Plan your bedtime and have your son or daughter set an alarm.

Tip #2: Shop for school supplies as a team. Pick out backpacks, lunch boxes, pens, binders, ect... Choose items that get your son or daughter excited for school.

Tip #3: Get organized! Set up a homework station, prepare a location for important papers, and identify a location to recognize your child's success.

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Tip #4: Create some goals. Think about what you want to accomplish this year. Be sure to make your goals S.M.A.R.T. (specific, measurable, attainable, relevant, and time).

Tip #5: Take a deep breath and prepare your child for back to school. Visit the school, meet your new teacher, play at the school park, get together with school friends. This is a good opportunity to discuss stress management.

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Tip #6: Re-establish school routines. Practice getting back into the rhythm of the school routine. You can do this by having them wake up at the same time every day, and eat around the same time they would at school. This will help them be rested and ready for the big day.

Tip #7: Prepare for the unexpected. It can be difficult to find a sitter when your child is sick. Before school even begins, it's a good idea to have a sitter already lined up in case you get that phone call home from the nurse saying your child is ill.

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Tip #8: Turn off the TV and video games. Summertime is sometimes filled with video games and TV programs. Children are usually in shock when they begin school and realize that six hours of their day is going to be spent learning and not playing games and watching TV. Ease your child into the learning process by turning off the electronics and encouraging them to read or play quietly.

Tip #9: Review school material and information. Check information regarding new teachers, important dates to remember, emergency forms, transportation routines, and mark down all important dates on your calendar.

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Tip #10: Most importantly, spend some quality time, talk, laugh, ask questions, and support each other throughout the year!



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