

# When School Bells Ring: A Checklist for Parents

As summer draws to a close, it's time to prepare for the start of school. Use this handy checklist to make sure you and your child are ready to tackle the new year.

## **Immunizations**

Make sure all your child's health records are up to date. If it's time for an immunization, it may be a requirement for actually starting classes, so make this a priority.

## **Organized Routines**

Establish a morning routine and implement it a week or two before that first day. One quick tip: do as much as possible the night before. For example, prepare lunches and lay out clothes.

## **School Supply List**

Review the school supplies needed for your child's grade level. These are usually posted in the various outlets for supplies. Consider taking your child with you to purchase supplies - it's fun and can also be a good learning experience.

## **Emergency Information**

Are the various emergency contact numbers on file with the school up to date? Prepare new contact information if needed.

## **Registration**

Most schools set aside specific times for registering new students. This helps with assigning students to classrooms, allocating books and supplies, and so forth. Find out the correct time to bring your child if s/he will be registering for the first time.

## **School Bus Schedules**

Identify the bus stop for your child and check the time schedule. Encourage your child to arrive at the bus stop about five minutes ahead of schedule each morning.

## **Dress Codes**

If it's a new school for your child, ask about the school's dress code ahead of time to ensure s/he has the proper attire.

## **Special Needs and Special Circumstances**

Talk to the teacher and school nurse about any medical conditions or special needs your child may have. And talk to your children about what to do in special situations, such as an unexpected early dismissal from school.



## **School Schedules**

Find out what time the school day begins and ends for each child.

## **School Lunches**

Be sure your child has lunch money, a sack lunch or previously purchased lunch tickets. If your child participates in special meal programs, such as free or reduced lunches, check on the necessary arrangements to ensure everything is in order.

## **Study Aids**

See that your child has a quiet study area for homework. Establishing a set routine for getting homework completed can also be a useful strategy. Make yourself available for help if possible, or review assignments for accuracy when they are completed.