Back-to-School Checklist for Parents

FIRST STEPS
✓ Look on the school district website for parent information www.sd34.bc.ca/parents-students/parent-links
✓ Find out what day classes start and what time your child should arrive (remember the first day is a half day)
✓ Enroll your child at your catchment area school (if she/he 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 an annual physical exam for your child
✓ Get your child’s vision checked before school starts, if s/he is due for an exam
✓ Notify the principal’s office, Fraser Health's Nursing Support Services contact, and your child’s teachers about any health problems or medications.
STOCK UP ON SCHOOL SUPPLIES
✓ Check the school website or call for a list of required supplies
✓ 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
✓ Know what your child is expected to learn in his/her grade level
  www.bced.gov.bc.ca/irp/welcome.php
✓ Familiarize yourself with the information on the school website
  www.sd34.bc.ca/schools
✓ Note the phone numbers for 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 code of conduct
✓ Find out whether the teacher prefers to communicate by phone, e-mail, or written note.

PLAN TO BE INVOLVED
✓ Mark school events on the family calendar
✓ Attend the back-to-school program/event
✓ Schedule and attend parent-teacher conferences
✓ Meet leaders of the Parent Advisory Committee
✓ Volunteer at the school (see office for volunteer forms.)

PLAN HEALTHY MEALS
✓ Have nutritious food on hand for breakfast and after-school snacks
✓ Plan healthy snacks and drinks
  www.fraserhealth.ca/your_health/school_health/school-nutrition/
✓ 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 has a helmet
  • ON FOOT: Walk the route together and review pedestrian safety guidelines
  (continued....)
✓ 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

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 office.
✓ Arrange a time for you and your child to meet his new teacher, and Principal.

LAY THE GROUND RULES
✓ Establish a firm bedtime at least a week before school starts
✓ Determine where and when your child will do homework
✓ Set rules for the time spent on TV, video games, and computer use for non-school projects.

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