

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

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- ✓ 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.

