

## **Back-to-School Preparation List**

Getting ready for school can be a lot of fun as long as everything doesn't happen at the last minute! Beat back to school stress, and spread out everything that needs to get done over these next few weeks of summer so that by the time school starts, you and your kids can relax and step confidently into the new school year.

### **I. MEDICAL REQUIREMENTS**

Schedule doctor and dental appointments. Washington State law requires full immunizations of all students. Athletes in middle and high school need an athletic check-up.

- **Immunizations.** We need to ensure your child is up to date with vaccines such as those to prevent meningitis, polio, measles, mumps and rubella, pertussis (whooping cough), diphtheria, tetanus, chicken pox and others, depending upon their age
- **Allergies.** It's important to review any medication, food, insect (stings, etc.) or other allergies, as well as to provide medications for relief in case of an allergic reaction.
- **Medications.** Update your child's medication list and provide prescriptions or needed notes for school and for the school nurse. In this way, medications can be safely stored and administered during school if needed.
- **Physical examination.** Time to check your child's hearing, vision and general health, as well as, complete any needed forms for school and sports participation.

[The District Website contains all necessary forms for the above criteria.](#) You may also contact your individual school during the middle of August when the offices open.

### **II. ROUTINE ADJUSTMENTS**

Work with your child on their sleeping and eating schedules to help make the transition back to school smooth. In addition, kids need help organizing their rooms and study spaces. A lot of kids have grown into a summer schedule where they sleep in late, eat breakfast and lunch at odd hours and let their bedrooms look like the aftermath of a tornado ruin.

#### Sleep:

Many of today's children do not get enough sleep, often because they are always on-the-go! Without an efficient amount of sleep, children may experience three basic learning problems: (1) Difficulty in paying attention; (2) Difficulty in learning new information; (3) Difficulty in retaining new information.

To help prevent your child from turning into a 'school-age zombie,' here's a sleep guide that is age specific:

- Ages 3 through 5 need 11 to 13 hours of sleep a night.
- Ages 5 through 11 need 10 to 11 hours of sleep a night.

- Teenagers need 8.5 to 9.5 hours of sleep a night.

### Organization:

Encourage your child to clean and organize their rooms. Many bedrooms become disasters over the summer. Now is the time to help them get organized and school-bound!

- Store school supplies in an easy-to-locate place.
- Create/prepare a homework and studying space. Find a place for your child to do their homework. If it's a designated space for homework (such as a desk in their room), help them set it up with supplies. If it's a shared space, create a folder, backpack, or box where they can keep track of their homework supplies.
- Set up a homework time now. Get kids in the habit of reading books during the homework time so that when school starts, they're ready to start doing homework again.

### Eating:

A healthy, nourishing breakfast each morning is essential!

A nutritious morning meal isn't always easy when everyone's rushing to get to the bus or school on time, but with a little planning, even eating on the way to school can be done in a healthy way.

Carbohydrates, fats and protein are an essential part of the morning diet. Yogurt, fruit, string cheese, hardboiled egg, granola bar, lean meat, oatmeal, or toast w/ peanut butter can be (easily) prepared before school and provide a healthy start to the day.

A child who is hungry has trouble concentrating and staying alert. It can also lead to weight gain as your child may look to "quick-fix" high-calorie snacks or overeat when food is available. This makes it important to plan ahead and involve the kids in choosing their breakfast and snacks for the day.

### **III. EMERGENCY CONTACT LIST**

It is crucial to update your children's emergency contact information. Provide your child's school with the most up-to-date contact numbers and email addresses for yourself, close relatives or even trusted neighbors (in the event you cannot be reached) to ensure a path of rapid communication is achieved in the event of an emergency. Whenever you move, change phone numbers or change contact individuals, you should contact your school immediately.

#### **IV. BACKPACK PREPARATION/SCHOOL SUPPLIES**

##### Backpack:

Some kids' backpacks are packed like luggage, as if they were going to sleep-away school. This is often too much weight.

Try to limit the load to 15 percent of your child's body weight. Also, choose one with broad shoulder straps and a waist strap to keep the pack firmly secured.

Backpacks loaded with too much weight or unevenly balanced can cause shoulder and back injuries to your child.

##### Supply Lists:

Access your child's school supplies list from the list of schools below:

- [Monte Cristo Elementary 2014-2015](#)
- [Mountain Way Elementary 2014-2015](#)
- [Middle School 2014-2015](#)

#### **V. OTHER SUGGESTIONS FOR PARENTS**

- Make sure your child is properly registered for school, particularly if he or she is going to a new school.
- Encourage your child to finish up any summer homework that was assigned.
- Create a budget for back-to-school shopping. Make sure your child knows what the budget is. Start shopping for school supplies 2-4 weeks before school starts.
- Plan some play dates for your child before school starts. Often kids get disconnected from their school friends during the summer because they don't see them every day. Help them reconnect by inviting some school friends over to play.
- Confirm any before and after school care that your child needs during the school year.
- Create a route for getting to/from school. Even if your child rides a bus, get a copy of the bus schedule and follow it with your car. That way your child can see where the bus goes, where it stops and how long it takes approximately. Some kids get very anxious about their bus routes, particularly if they have to change buses or the bus stops at multiple schools.
- Review the District Calendar. Get the dates on your calendar for any back-to-school activities offered by the school. (The meet-your-teacher date, student orientation, parent orientation, and any other activities.) It's a good idea to read through the entire calendar and highlight any other important dates (school conferences, parent orientation, school holidays, late-start, and early-release days). If you keep a family calendar at home, transfer all these dates onto your calendar.

- Visit the local Granite Falls library with your child. Check out resources to help you research projects, practice for tests, schedule free tutoring sessions, and access around the clock information services by IM, chat, email, and phone. Go say hi to your friends at the library today!
- Visit your child's school and find your child's classroom. Look for the cafeteria, the bathroom, the gym, the outdoor playground, and the front office. Anxiety goes down when kids get the chance to walk around a school before it starts. For those entering middle school or high school for the first time, have them walk through their schedule with you.
- Sit down with your child and help them set goals for the upcoming school year. This list may contain personal, social, educational or occupational goals. For anyone, goals can sometimes be difficult to reach. The first step is to determine the goal(s) that is desired. Second, work out the particulars on how to reach that goal. You can help them map out realistic expectations that are specific and have deadlines. Work with them on ways you can help support their goals.
- Register with [Flash Alert](#) to receive information re. school closures/delays. Flash Alert and School Messenger will allow the district to inform families when/if there is an emergency situation occurring.
- Get excited about school starting. When kids see that you value education, they'll be more apt to value it as well.