

THE STARTING SCHOOL CHECKLIST

GENERAL



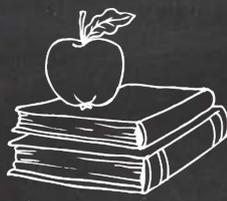
- Labels for all clothing, shoes, drink bottle, containers, backpack etc
- Uniform, including school hat
- Comfortable shoes that can be worn a whole day
- Sunscreen
- Lunchbox (that your child has practised opening) and understands their morning and afternoon tea break up
- Freezer brick to keep lunch cold through summer
- Drink bottle
- Backpack
- Spare clothes and shoes in case of an accident in a plastic bag (which can then be used for dirty clothes)
- If this is your child's first year, walk past the school, talk about how exciting it is, go play in the school playground. Get them comfortable with the idea

FOR HOME



- Find a place to keep the backpack when your child gets home
- Check the backpack every day for notes and any half eaten food.
- Find a place to keep the notes & copy important dates onto a calendar
- Create a system to store the copious amount of art and creations sent home
- Bookmark the school website, join their facebook page and subscribe to their newsletter to keep up to date

LUNCH



- Get lunch ready the night before or at least pre-planned, you will be surprised how time flies in the morning
- Fill drink bottles and keep them in the fridge
- Put the freezer brick back in the freezer
- Make a batch of muffins, biscuits, slice on the weekend so you have snacks ready to go

PLANNING



- Be organised and be on time. It is not fair on your child if they are late
- Be on time/early to pick your child up
- If you have to do other drop offs of children or go to work make a plan so this can happen seamlessly

COPING



- Be prepared for tears and be ready to stay a while
- Pack tissues for you and your child
- If your child is not coping discuss tactics with the teacher. eg shorter days, your child starting a little later when everything is settled

PARENT HELPERS



- Participate in as much as you can
- This helps you know what your child is doing and gives your child such excitement and pride that their parent helped out