



Your 2015

Off to School CHECKLIST

Your January Stress Free sanity saver

Welcome to the start of the 2015 school year!

The following checklist has been created to help you enjoy the last of the school holidays while making sure that you and your kids are ready to return to school.

Print out the following page, stick it on the fridge and get set for school with your sanity in tact!

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The month before:

Purchase uniforms, lunch box, drink bottle, school shoes, extra school socks.

Purchase any school supplies requested by the school **not** your child.

Time to re-focus reading with your child if not done over the holidays.

3 weeks before:

Create a space for library bags, books, hats, sporting equipment and school backpacks. Being sorted helps save sanity.

Grab some homework supplies like a USB stick, pencils, rubbers, crayons, glue stick and paper. Many teachers have students leave pencil cases at school.

2 weeks before:

Print off holiday snaps (Prep-2) for kids to show class and new teacher.

Start to slowly return to term bedtime routines.

Begin using lunchboxes and drink bottles for school starters.

Drive past the school and introduce positive school talk.

For older students remind them of happy moments from 2014.

Start to wake the kids closer to school time.

The week before:

Let kids choose some lunchbox snacks for first week back.

Check school policies on allergies and nuts for school starters.

Arrange a playdate with a friend from last year.

The Night before:

Set the alarm clock and lay out clothes for the next day. Pack all lunch boxes and school bags.

Check a school hat/raincoat/jumper is in the bag - cover all bases

Charge the camera/phone for those first day photos.