



FOOTNOTE TUTORING Co.

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BACK-TO-SCHOOL CHECKLIST

This checklist will help you as you prepare your kids to head back to class by reintroducing successful school-year habits!



REINTRODUCE BEDTIMES AND WAKE-UP TIMES. Why? Poor sleeping habits can have an impact on student performance, so the sooner you get your child on a regular sleep schedule, the better. Starting the school year will be easier for you and your child, and will help avoid morning and evening rushes.



MAKE SURE CHILDREN ARE READING AND WRITING A LITTLE EVERY DAY. Why? Reading and writing helps get children's minds working and helps keep their brains sharp. Getting back into the habit of reading and writing a bit each day will help maintain school skills like penmanship and vocabulary so your child can start the school year strong.



LIMIT SCREEN TIME DURING AFTER-SCHOOL HOURS. Why? During the school year, after-school hours should be reserved for homework and extra-curricular activities. Start getting into this routine in the weeks leading up to school. The sooner kids turn off the TV and turn on their minds during this timeframe, the less of a hassle homework will be during the school year.



PLAY BOARD GAMES TO CHALLENGE THE MIND. Why? If children do not have homework to do. Use TV-free time to play board games and word/card games with kids during what has now become the homework hour. This will help kids get into the habit of doing mind engaging activities during this time, so when homework starts coming home again, they already have a routine in place.



GET AN ALARM CLOCK. Why? For children who can tell time, an alarm clock can help them develop time management and organization skills they'll need during the school year. This will help kids take ownership of their activities and help avoid rushed mornings.



BUY A FAMILY WALL CALENDAR TO HANG IN A VISIBLE LOCATION. Why? A wall calendar makes a great organization tool. Have kids write down their commitments like soccer, dance class, birthday parties, etc. When school starts, use the calendar to note the due dates of big projects, standardized testing dates, and school holidays.



HAVE KIDS SELECT THEIR CLOTHES THE NIGHT BEFORE. Why? Picking out clothes is a great way for children to develop organizational habits. Having everything picked out and ready the day before also helps cut down on school-day morning rushes and last-minute scrambles.



BEGIN TALKING ABOUT SCHOOL. Why? Ask your child how he or she feels about school, about the teacher(s) and other learners. Preparation can help make the transition back to class much less stressful and less difficult for students. Talking about experiences in school can help kids find it easy to open up to you about challenges, and you can help them manage expectations, set goals, and have a smoother approach to their learning just by listening to them sharing.



TAKE A TOUR OF YOUR CHILD'S NEW SCHOOL. Why? If your child is starting at a new school, it can be intimidating. Getting to know the way around helps lessen school-related anxiety and boost confidence. Take a tour of the new school, find out teachers' names, the location of classrooms, and where the bathrooms are located.



REVIEW LAST YEAR'S REPORTS. Why? Unless problems were addressed over the vacation period, it's likely they may return again this year. Remind yourself of weak areas so you can make a plan to address problem areas early on. These are especially important to bring them up during a parent-teacher consultation meeting.



BUY NEW SCHOOL SUPPLIES. Why? Being prepared with the right supplies is an important part of performing well in school. New stationery also holds a certain magic for getting kids excited about hearing the school bell ring again.