



# Back To School Checklist



Check the school calendar to make sure you are aware of all the important dates: social events, registration, meet the teacher, etc.



Get all dr's appointments, shots, medicines, and paper work taken care of



Go through clothes to get rid of items that don't fit or are too worn out. Plan a fun shopping outing!



Get school supply lists, check on what you already have first, then buy the things you still need.



Figure out your transportation plan - start times, bus routes, walking routes, etc.



Make haircut appointments



Adjust schedules so that internal clocks are ready for an early school wake up












Do some meal planning for breakfasts, school lunches, and snacks



Plan time with friends to get excited about renewing those connections!











# Healthy Snack Ideas

-  Yogurt with fresh fruit
-  Healthy granola bar
-  Veggie sticks with ranch dressing
-  Fruit and nuts
-  Ants on a log
-  Hard boiled egg and a piece of fruit
-  Cheese and crackers
-  Fruit and a piece of cheese
-  Guacamole and tortilla chips



# Parent Reward Chart

-  Hugged my kid for no reason
-  Helped my kid clean their room
-  Took a calming breath before responding
-  Played a board game with my kid and had fun
-  Apologized when I got upset
-  Showed grace to my kid when they got upset
-  Did something silly just to make my kid laugh
-  Did something just for me because when I am not calm neither is my kid

Who is "Parent/Guardian #1"?	
<b>Parent/Guardian #1</b> Last Name _____ First Name _____ Employer _____	<input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Stepmother <input type="checkbox"/> Stepfather <input type="checkbox"/> Other _____
<b>Parent/Guardian #2</b> Last Name _____ First Name _____ Employer _____	<input type="checkbox"/> Mother <input type="checkbox"/> Father <input type="checkbox"/> Stepmother <input type="checkbox"/> Stepfather <input type="checkbox"/> Other _____
<b>Suggestion: Set up a joint email address in gmail that forwards to all parents/guardians</b>	

You will get a lot of email from many different sources - the principal, your child's teacher, your room parent, the PTA, extra-curricular groups, etc.

The best way to make sure everyone has all the information they need is to set up a joint email address that forwards to all your child's parents/guardians, and then enter that joint email address for Parent #1 on every form. That way even if only Parent #1 is emailed, everyone will still get the information.

A Gmail account with forwarding is a great way to do this.

You can use the joint email at doctor's offices and outside of school activities too! This keeps everyone informed and saves Parent #1 from having to be the sole information gatekeeper.



# Instead Of How Was Your Day?



What did you eat for lunch?



Did someone do something funny?



What did you do at recess?



Did anyone do something kind?



Who made you smile?



Which of your teachers would survive a zombie apocalypse?



Who do you want to make friends with but haven't yet?



What challenged you today?



What new fact did you learn today?



Who brought the best food in their lunch today? What was it?



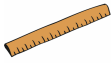
Did you sing any songs?



If one of your classmates could be teacher for the day, who would you pick and why?



Did anyone push your buttons today?



What is your teacher's most important rule?



What was your favorite subject today?



Who did you play with at recess today?



Did anything make you feel scared today?



If you could teach any subject, what would it be?



What book did you read?



Did anyone cry today?



What did you do that was creative?



Tell me about 3 different times you used your pencil today.



Did anyone get hurt today?



What's the one thing from home you wish you had at school?



Was anyone absent today?



Who did you sit next to at lunch?