



# BACK-TO-SCHOOL CHECKLIST

# Use this checklist to help transition your child back to school, or to school for the first time.

## Clothing/attire

- ☐ Check the school's dress code and be aware of what is allowed or not allowed (including footwear).
- ☐ Pack a change of clothes for possible accidents, and find out if you need to send anything for special classes like P.E., art class, etc.
- ☐ Check to make sure your child's backpack can fit all of his/her supplies and materials. Make sure the backpack is comfortable to wear even when full or heavy.
- ☐ Talk to your child about being responsible in carrying only necessary materials to and from school.

## Nutrition

- ☐ Find out when, where and how much time your child will have for lunch.
- ☐ If hot lunch is offered, find out where to get the menu, how lunch is paid for and how much it costs.
- ☐ If packing a cold lunch, ask how it will be stored and pack accordingly (e.g. brown bag, reusable bag, ice packs, etc).
- ☐ Find out if beverages are provided at school or if you need to pack a drink.
- ☐ Ask if water bottles are allowed at school or how your child can stay hydrated during the school day.

## Medical

- ☐ Check to make sure your child has all required immunizations.
- ☐ Work with the school to ensure others in his/her class have been immunized (this is specifically for medically fragile children).
- ☐ Review all necessary forms, emergency contacts and emergency/health care plans for accuracy and completion.
- ☐ Notify school staff (school nurse, office administrators, teachers) of any medical conditions your child has, particularly allergies, asthma, diabetes or any other conditions that may need to be managed during the day.
- ☐ Complete any necessary paperwork for medication administration or care.
- ☐ Talk to your child's teacher(s) about how your child's condition may impact his/her ability to learn or function in the classroom.
- ☐ Put a plan in place to ensure all necessary information is shared with any substitute teachers, coaches or volunteers who may take over leading the classroom while my child is present.





## Transportation and safety

- ☐ Find out when the school day starts and ends, and print a copy of the school calendar for easy reference.
  - ☐ Plan for a reliable way for your child to get to and from school every day.
    - **Bus** - If your child is riding the bus, find out the scheduled pick-up and drop-off times, save the bus company's contact information, and make sure the bus driver/bus company has emergency contact information and is aware of any medical conditions your child has.
    - **Car** - If getting picked up and dropped off, be sure to understand the school's policies.
    - **Walk** - If your child is walking to school, go over a safe, direct walking route with your child and find out if there are crossing guards directing traffic. Go over safety with your child, including looking both ways before crossing and never accepting rides from strangers.
    - **Bike** - If your child is riding a bike, check the policies for biking to school and locate a place to lock and store the bike on school grounds.
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