

Back-to-School Countdown: A 4-Week Plan to Get Ready



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

Week 1

<p>Casually talk to your child about the school year ahead. Encourage them to express their hopes, dreams and any concerns they may have.</p>	<p>If you're anticipating any problems this school year, start to think of when you can meet their teacher to discuss.</p>	<p>Book an appointment with your child's doctor to complete all required health exams and discuss any medication adjustments.</p>	<p>Encourage your child to connect with their classmates. Schedule playdates for younger kids, and encourage older kids to call or text their classmates. This can take some of the social pressure off on the first day back.</p>	<p>Rehearse things your child might want to say when their teacher or other students ask them what they did over the summer.</p>	<p>Encourage your child to start thinking about which activities they want to be involved with after school this year.</p>	<p>Let your child pick out a new outfit (or two) for the new school year. This will help them feel confident and able to focus on school instead of their appearance.</p>
--	--	---	---	---	---	--

Week 2

<p>Think of a scripture that really speaks to your family. Use it to help guide your family this new school year.</p>	<p>Write an introduction letter to your child's teacher expressing his/her strengths, weaknesses and any challenges they frequently experience. Include strategies that have worked in the past.</p>	<p>Practice the morning commute to school with your child a few times . If bussing, walk to the stop together. Ask what they would do if they missed the bus and come up with a plan.</p>	<p>Organize a three-ring binder to keep your child's school records. Make a section for new forms and paperwork. Plan to bring this binder to all school meetings.</p>	<p>Talk to your child about where they can go at school for emotional support. This will help them feel more at ease and comfortable when going back to school.</p>	<p>Shop for school supplies together. Involving your child in the planning stages can help smooth the transition to school.</p>	<p>Start, or continue to read aloud to your child (or encourage them to read alone). This will help maintain their reading and language skills.</p>
---	---	---	---	--	--	--

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------

Week 3

<p>Show your child how to pray to God for positive solutions to items that are not in their control. This will help to ease any anxiety or worries they have. Let them know that they are never alone, and part of God’s family.</p>	<p>Start adjusting eating and sleeping schedules for younger children around their school schedule. Encourage older children and teens to do the same so they are well adjusted when school begins.</p>	<p>Organize your family’s school schedule by creating a shared online or colour-coded wall calendar. Start using it now so it becomes familiar.</p>	<p>Ask your child what they might want to bring for lunch. Pack healthy snacks to help them stay energized and focused throughout the day.</p>	<p>If your child has an IPP, prepare for a team meeting at the start of the school year. Brainstorm with your child about possible goals they wish to achieve.</p>	<p>Find out when the school is open, and visit it together before September, if possible. If needed, Familiarize your child with the school layout, classrooms, nearest bathrooms, etc.</p>	<p>Discuss when, and where your child will complete their homework. Help create a space where they can keep school supplies and other materials they may need.</p>
--	--	---	---	---	--	---

Week 4

<p>Reflect on this year’s Division theme, “Through God, All Things Are Possible.” Ask them what this means to them.</p>	<p>How can you streamline your family’s morning routine? Think of ways to make before and after school as simple as possible.</p>	<p>Help your child prepare for social situations by role-playing different scenarios; how will they handle problems on the playground? How will they self-advocate in the classroom?</p>	<p>Find out when the school hosts its “Meet the Teacher” night and plan to attend it. Generate a list of questions for teachers and counsellors about your child’s specific needs.</p>	<p>Go over your child’s schedule together. Have them point out the classes they think they will enjoy. Encourage them to enjoy other classes and try new things this year.</p>	<p>Help boost your child’s self-esteem by highlighting their strengths. Let them know that their strengths outweigh their challenges.</p>	<p>Take some time to relax and do something fun together!</p>
--	---	---	---	---	---	---

Have a blessed school year!

Document adapted from understood.org

