



# IT'S THAT TIME AGAIN!

Here's a great checklist to help make Back-to-School a cinch!

## BACK to SCHOOL Check List

### Health & Safety

- ☐ Organize your child's medical history records and emergency medical contact information
- ☐ Schedule medical, dental, and vision check-ups before school starts
- ☐ Notify school about any health issues
- ☐ If your child needs medication during school hours, make arrangements
- ☐ Fill out emergency contact sheets and any other required forms
- ☐ Help kids stay active and ready to learn
- ☐ Get kids up to date on vaccines
- ☐ Help kids make healthy food choices
- ☐ Learn special tips on getting kids to school safely
- ☐ Get the facts on school and youth violence prevention

### School Essentials

- ☐ Backpack
- ☐ Lunch box
- ☐ 3 ring binders
- ☐ Folders
- ☐ Pencils
- ☐ Pens
- ☐ Pencil sharpener
- ☐ Erasers
- ☐ Notebook paper
- ☐ Ruler
- ☐ Uniforms
- ☐ Gym Clothes

### Transportation

- ☐ If your child walks to school, make sure they understand potential traffic dangers by practicing getting to school
- ☐ If your child takes the bus, establish a safe, visible pick up/drop off spot
- ☐ If your child drives to school, make sure they obey all the laws and wear seatbelt
- ☐ Gather contact information of parents who can pick up your child in emergencies

### Meal-Planning

- ☐ Plan and shop for bag lunches & snacks
- ☐ Arrange payment for school lunches
- ☐ Plan and shop for weeknight dinners
- ☐ Alert school if your child has food allergies

### Miscellaneous

- ☐ Arrange after school care
- ☐ Get back into earlier bedtime/morning routines
- ☐ Take your child for a back-to-school haircut

WHILE YOU'RE WORKING ON THIS LET **OCT** HANDLE ALL YOUR **TITLE NEEDS**! WE'RE READY TO WORK FOR YOU!