

BACK TO SCHOOL TIPS FOR A SMOOTH START

Elementary School Students

- If your children are going to a new school, check with the school to see what information or identification will be required on registration day.
- Confirm what time school starts on the first day.
- Get your children settled with their new routine by having them shift to their school bedtime and wakeup schedule the week before school begins.
- Have your children select their clothes the night before the first day. This helps start the morning on a calm note.
- Meet your children's teacher and school principal. You can get important information about your children's progress by talking to school staff.
- Get involved in the school community. Contact your local school board or the Parent Advisory Council at your child's school for volunteer opportunities.

Intermediate/Middle School Students

- Talk to your children about the upcoming school year. Be positive and remind them of the friends they will meet, the new things they will learn and the fun they will have.
- Review their class schedule with them to ensure that all of the classes are correct.
- Help your children figure out a plan for getting to classes on time, especially if classes are at opposite ends of the building.
- Encourage your children to check out the school before the first day. Have them locate the gym and library to help get them acquainted with the facilities.
- Continue to be involved in the school community as this is a great way to get to know your children's teachers and other parents.
- If your teenagers are going to a new school, have them arrange a visit to learn where to find their classrooms, the library, gym and cafeteria so they will feel more comfortable.
- Have them practise with their combination lock to ensure they know the combination and that it works properly.
- Encourage your teenagers to review their schedule and make an appointment with a counsellor if there are any conflicts.
- Continue to be involved in the school community.

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