

# Back to School Checklist

Take the stress out of going back to school by ticking off the items on the checklist!

## School supplies

- ☐ Bag with name tag
- ☐ Pencil case with pencils, crayons, rubber and pencil sharpener
- ☐ Glue stick, ruler and child-safe scissors (all items labelled)
- ☐ Wide-ruled exercise book, tissues, plastic folders



## Lunchbox Essentials

- ☐ Lunchbox or lunch bag
- ☐ Plastic drink bottles with non-drip caps
- ☐ Groceries for packed lunches

## Apparel (all items labelled with child's name)

- ☐ Uniform and matching socks
- ☐ Comfortable shoes with slip-proof soles
- ☐ Raincoat and wellies
- ☐ Comfortable sports shoes



## Things to complete

- ☐ Meet the teacher and take a school tour
- ☐ Practise toilet and hand washing routines
- ☐ Talk about being respectful of other people and their things
- ☐ Practise getting dressed and eating independently
- ☐ Talk about sharing and taking turns with peers
- ☐ Be able to read and point out their name
- ☐ Set a bedtime and morning routine that works with school

