



Back-to-School Checklist



WEEK BEFORE



- Get back into a routine (bedtime and wake-up times)
- Stock up on school supplies
- Ensure school uniform fits
- Label all belongings
- Cover school books
- Complete school paperwork



NIGHT BEFORE

- Pack school bag
- Lay out uniform
- Pack lunchboxes
- Go to bed earlier
- Set an alarm
- Charge your phone for first day photos!



FIRST DAY OF SCHOOL

- Get up earlier than normal
- Eat a wholesome breakfast
- Take photos
- Have fun at school!

