

BACK TO SCHOOL CHECKLIST:



from your friends at



mabel's labels

TM

www.mabel.ca

and



www.VolunteerSpot.com/school

check it off!

Clothes:

- Fashion Show: try on last year's clothes. What fits?
- Review the school's dress code policy.
- Make a list of what each child needs.

Mabel's Labels Hint:

Label all clothing you send to school.

School Supplies:

- Get the required supply list from the school.
- Watch the local paper for sales and clip coupons.
- Do the kids need a new lunch box, water thermos or backpack?

Mabel's Labels Hint:

Label all school supplies in case they get lost.

Organize:

- The kid's rooms, closets and homework area.
- Where will backpacks, lunch boxes go?

Forms & Medical:

- Are your children's immunizations and physical exam up to date?
- Complete all necessary medical forms.
- Verify expiration date of medication to be kept at school.
- Food Allergies: Visit www.foodallergy.com for a food allergy plan.
- Meet with the school if your child needs any accommodations.

Mabel's Labels has special labels to keep children with food allergies safe.

Before / After School Care & Carpool:

- Confirm policies and necessary medical forms.
- Set schedule for school and sports carpool.

VolunteerSpot's online sign-up calendar keeps track of whose turn it is to drive to practice.

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Plan to get involved at school:

Plan (at least) three ways to participate each term:

- Classroom: reading to the class, help at a party or field trip
- School event such as a carnival, book fair, science day or holiday performance.
- Fundraiser such as an auction, bake-sale, or product sale.

Hint from VolunteerSpot: Our online sign up sheets make volunteer scheduling easy. Even busy parents can be volunteer leaders!

Get to know the Teacher and Parent Leaders:

- Mark your calendar for:
 - Meet the Teacher Night/ Back to School Night and Parent-Teacher Interview/Conference
- Attend the parent leader meetings (School Council, PTA or PTO)

VolunteerSpot makes scheduling teacher-parent meetings quick and easy online!

Start the adjustment for back to school routine:

- What time will you and the kids wake up? Consider alarm clocks.
- Will clothes be laid out the night before?
- What will breakfast be?
- Make a homework routine – what time? where in the house?
- Make a chart of the routine for younger kids.
- Review the plans with the kids.
- Move up bed time and wake up time.
- Start the kids making their breakfast and lunch (if applicable).

Extracurricular Activities:

- Create a calendar with the before and after school activities.
- Do last year's sports/dance shoes fit?
- Buy all necessary equipment (sports, music, drama, etc.)

Hint from VolunteerSpot: Use our online scheduling calendar to keep track of the sports snack schedule.