



# GETTING BACK-TO-SCHOOL READY

article courtesy of Athena Learning Center

“Are you ready for school to start?” This is the dreaded question adults seem to ask kids this time of year and kids roll their eyes and sigh. “NOOO!” But it is a fact that school will be starting soon, and kids, as well as parents, can do some things to make going back to school a little easier.

The key is to start preparing early. Get eyes checked and get dental appointments scheduled during the summer. The back-to-school section has already appeared at most stores, so get your supply lists and get shopping. If you wait, the selection may not be good, not to mention the crowds.

Organize!! This means planning ahead. Check with your school now to see if your child needs additional vaccinations, athletes need physicals, or if you are changing schools, you might have to dig out birth certificates. Start getting to bed earlier BEFORE school starts. Don't wait until the day before.

Plan your mornings. Morning schedules that are calm and well planned make for a better day at school. A hectic, hurried morning causes an anxious child and a stressful day. The night before each school day, have backpacks packed with homework, and have musical instruments and athletic

gear all in one spot every night. This includes what to wear. Regularly check school websites for announcements and permission forms.

Plan breakfasts and lunches. Pack lunches the night before, and set out your non-perishable breakfast items after dinner to save time.

Plan bathroom times. If the bathroom becomes a battle ground, schedule times for each child. Decide who goes first and set a timer to keep them on schedule.

How are your kids getting to school? Plan your route. Traffic is heavier on school morning, so plan extra time. If you are carpooling, get the schedule and make sure your child knows who is picking them up. Also, inform the school who is allowed to pick up your child, and if needed, who is not. If they are bus riders, make sure they know which bus they are to ride. For young kids, take them on a practice run to help them know where to go and where the buses are parked at the end of the school day.

Plan the year. Get a calendar that the whole family can see. Put it on the refrigerator and make sure it is large enough for all of the kid's activities. Add weekly church, club, and organization activities for the whole year. Add any due dates of

big projects, and mark the end of each six weeks, final exams, STAAR test dates, and holidays. Buy each child a planner. Show them how to use it.

Some schools require them, but it is a good skill to teach your child, and it is great for them to learn how to organize their school work. You and your child should both check their planners weekly, and show them how to add assignments and plan time to complete them.

Plan your evenings. Plan your meals for the week. Not only will you know what to cook, you will save money. Cook things ahead of time and freeze meals for those nights that you are at late practices or games. Have an evening plan. What is bedtime for each child and how long will it take for them to get ready for bed?

Keeping a strict sleep schedule is essential for your child to be successful at school. The first week is going to be crazy, but with a little planning, you can make it a little easier, for the both of you.

*At Athena Learning Center, we can help get your child organized and on the road to a successful school year. We are your full encompassing tutoring center. Call us anytime at 979.314.9132.*

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