

Back to School Checklist

Make sure you have or buy:

- ____ School Supplies (check with school or district)
- ___ Backpack
- ___ Lunch box
- ___ Reusable water bottle
- ___ Lunch cooler
- ___ School clothes / uniform
- <u>School shoes</u>
- ____ Special uniforms/shoes for sports and activities
- ____ Lanyard (if needed for school ID)
- ____ Lunch and snack supplies (many classrooms are nut-free!)

Make sure you do:

- ____ Go to any meet the teacher/roundup/orientation events at school
- ____ Get any last minute shots or physicals for school or athletics
- ____ Have a copy of shot record or special medical needs/allergies forms
- ____ Make arrangements for before/after school care
- ____ Go over transportation with your kids (bus, carpool, walk, bike?)
- ____ Get back in your regular routine for bedtime and wake up time

Other things you might want to do:

- ____ Make a daily routine for your family that fits your new schedule
- ___ Get a back to school haircut
- ____ Clear out and clean up your homework spot so it is ready for use
- ____ Make a meal plan for the first week of school
- ____ Do a last minute fun summer activity with your kids

Master Shopping List

Clothes/Shoes

School Supplies	
Miscellaneous	

Grocery Shopping List

2019	Complete	Clutter	Control

Daily Routine

Morning		
Afternoon		
Evening		

Meal Plan - Breakfast

Monday	Shopping List for the week
Tuesday	
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Wednesday	
Thursday	· ·
Friday	
Saturday	
Sunday	

Meal Plan - Lunch/Snacks

Monday	Shopping List for the week
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	
Junday	

Meal Plan - Dinner

Monday	Shopping List for the week
Tuesday	i
Wednesday	
Thursday	
Friday	
Saturday	
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Sunday	

Jomework Planner

