Back-to-School Survival Guide & Planner

Tips for a Smooth Transition into a New Academic Year
Back-to-School Survival Guide

1. Establish a Routine
   - Set regular wake-up & bedtime schedules to ensure enough rest.
   - Plan consistent meal times & incorporate healthy snacks.

2. Prepare in Advance
   - Make a list of school supplies & shop early.
   - Organize backpacks & school essentials.

3. Review Academic Materials
   - Spend time refreshing your child’s knowledge of key concepts from the previous year.
   - Familiarize yourself with the upcoming curriculum.

4. Visit the School
   - Attend orientation events to learn about the school.
   - Meet teachers & staff for a positive connection.

5. Encourage Goal Setting
   - Discuss goals for the new academic year.
   - Break down long-term goals into smaller milestones.

6. Create a Study Space
   - Designate a quiet, well-lit area for studying.
   - Stock it with necessary supplies.

7. Build Healthy Habits
   - Encourage regular exercise & outdoor activities to keep your child physically active.
   - Promote balanced meals & encourage nutritious choices for lunch & snacks.

8. Foster Time Management Skills
   - Teach your child to use a planner or calendar to schedule homework, activities, & deadlines.
   - Help them prioritize tasks & manage their time effectively.

9. Promote Open Communication
   - Establish an environment where your child feels comfortable discussing any concerns or challenges.
   - Encourage them to share their experiences & celebrate successes.

10. Manage Technology Use
    - Set boundaries on screen time to ensure it doesn’t interfere with homework & studying.
    - Encourage the use of educational apps & websites for supplemental learning.

11. Encourage Extracurricular Activities
    - Explore after-school programs/clubs that align with your child’s interests.
    - Engaging in extracurricular activities promotes social interaction & personal growth.

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# Back-to-School Weekly Planner

## Goal for the Week

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## Breakfast | Lunch | Snacks

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## Extracurricular Activities

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## Homework & Assignments Due

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## Chores

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## Supplies Needed

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## Notes

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