BACK TO SCHOOL

Years 1 and 2 (ages 5 to 7)

The year they are expected to start managing themselves a bit more, and the year uniform stops fitting halfway through.

UNIFORM AND KIT

- [ ] Try on last year's uniform before buying anything
- [ ] Check the uniform policy for any changes
- [ ] School shoes fitted, with a little growing room
- [ ] Name everything, including shoes and water bottle
- [ ] PE kit, indoor and outdoor
- [ ] Coat, and a spare jumper or cardigan
- [ ] Book bag or rucksack checked for holes
- [ ] Water bottle and lunch box
- [ ] Spare socks and pants in the bag
- [ ] Wellies if outdoor learning continues
- [ ] Book bag replaced if last year's is falling apart

BAG AND EQUIPMENT

- [ ] Reading record and book bag
- [ ] Named water bottle
- [ ] Lunch box, or check the hot dinner menu
- [ ] A simple pencil case if the school asks for one
- [ ] Nothing valuable, and no toys from home

PARENT ADMIN

- [ ] Check term dates and INSET days
- [ ] Confirm start and finish times
- [ ] Put term dates in the family calendar
- [ ] Update contact and emergency contact details
- [ ] Medical form updated, inhalers and EpiPens in date
- [ ] Check free school meals eligibility
- [ ] Top up the school payment app
- [ ] Book breakfast club or after school care
- [ ] Return photo and trip consent forms
- [ ] Save the absence reporting number
- [ ] Check the school app or portal login works
- [ ] Check whether you qualify for a uniform grant
- [ ] Sign up for any clubs before they fill
- [ ] Check the reading scheme expectations

BACK TO SCHOOL

Years 1 and 2 (ages 5 to 7)

THE ROUTINE RESET

- [ ] Move bedtime earlier by fifteen minutes every few nights
- [ ] Bring the morning wake up time back a week before
- [ ] Practise the whole morning routine once, start to finish
- [ ] Wind screens down in the hour before bed
- [ ] Get back to a proper sit down breakfast
- [ ] Walk or drive the school route at the right time of day
- [ ] Reintroduce a short daily reading habit

SKILLS TO PRACTISE

- [ ] Doing up buttons and zips
- [ ] Changing for PE without help
- [ ] Tying shoelaces, if their shoes have them
- [ ] Telling an adult when something is wrong
- [ ] Remembering to bring their things home
- [ ] Reading a few pages every day
- [ ] Using a knife and fork properly
- [ ] Carrying a dinner tray

TALKING ABOUT IT

- [ ] Ask what they are looking forward to
- [ ] Ask what they are worried about, and name it rather than brushing it off
- [ ] Arrange to see a classmate before term starts
- [ ] Agree exactly what happens at drop off
- [ ] Agree who is collecting them, and when
- [ ] Talk about which adult to go to for help

THE NIGHT BEFORE AND FIRST MORNING

- [ ] Uniform out and named
- [ ] Bag packed by them, not by you
- [ ] Lunch made or lunch money ready
- [ ] Shoes by the door
- [ ] Alarm set
- [ ] An early night for everyone
- [ ] Photo at the door if you want one
- [ ] Say goodbye once, then go

Notes and anything else to remember: