BACK TO SCHOOL

Years 3 and 4 (ages 7 to 9)

Junior school brings more homework, more equipment and a lot more independence than infants did.

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
- [ ] Check whether the PE kit requirements have changed
- [ ] Trainers for outdoor PE as well as plimsolls
- [ ] A rucksack rather than a book bag, if allowed

BAG AND EQUIPMENT

- [ ] Pencil case with pencils, rubber and sharpener
- [ ] Colouring pencils
- [ ] Ruler and glue stick
- [ ] Reading record and homework folder
- [ ] Named water bottle
- [ ] Recorder or instrument if they play one

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 clubs and any music lessons
- [ ] Check whether swimming lessons start this year
- [ ] Ask what the homework expectations are

BACK TO SCHOOL

Years 3 and 4 (ages 7 to 9)

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
- [ ] Agree a regular slot and place for homework
- [ ] Restart daily reading

SKILLS TO PRACTISE

- [ ] Telling the time on an analogue clock
- [ ] Packing their own bag the night before
- [ ] Looking after their own belongings
- [ ] A quick times tables refresh
- [ ] Handwriting, ten minutes at a time
- [ ] Tying shoelaces properly
- [ ] Remembering PE days without being reminded
- [ ] Getting themselves dressed on time

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: