# BACK TO SCHOOL



Years 5 and 6 (ages 9 to 11)

The last two years of primary, when independence matters more than anything you can buy.

## 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
- [ ] Uniform bought with a growth spurt in mind
- [ ] Full PE kit including outdoor trainers
- [ ] Anything needed for the residential trip

## BAG AND EQUIPMENT

- [ ] Pencil case with a handwriting pen
- [ ] Ruler, protractor and rubber
- [ ] Homework diary or planner
- [ ] Reading book of their own choosing
- [ ] Named water bottle
- [ ] Calculator if the school asks for 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
- [ ] Pay the deposit for the residential trip
- [ ] Check SATs dates for Year 6
- [ ] Note the secondary school application deadline for Year 6

# BACK TO SCHOOL



Years 5 and 6 (ages 9 to 11)

## 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 homework routine they run themselves
- [ ] Agree screen and phone rules for term time

## SKILLS TO PRACTISE

- [ ] Managing homework without being chased
- [ ] Using a diary or planner properly
- [ ] Walking part or all of the route alone, if you are ready
- [ ] Handling small amounts of money
- [ ] Packing for a trip themselves
- [ ] Speaking up to a teacher when stuck
- [ ] Basic laundry, so PE kit gets washed
- [ ] Waking to their own alarm

## 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
- [ ] For Year 6, start talking about secondary early and calmly

## 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:**