

BACK TO SCHOOL PREPARATION TIPS



Photo credit: Lion's Academy, 2021

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BACK TO SCHOOL PREPARATION TIPS

The end of the holiday is fast approaching! Here are some preparation tips for your return to virtual or onsite school:

- ✓ Prepare a back to school shopping list
- ✓ Prepare an online school checklist
- ✓ Recap school and classroom rules
- ✓ Create a daily schedule
- ✓ Create a daily routine
- ✓ Talk about back to school jitters or blues.



Photo credit: Demander, D., 2019

BACK TO SCHOOL SHOPPING LIST

ONLINE

- ✓ Device
- ✓ Headphones with Mic
- ✓ Webcam for Desktop only
- ✓ Printer + Printing Supplies

UNIFORM

- ✓ School Shirt
- ✓ House T-Shirt
- ✓ Pants or Skirt
- ✓ Tie
- ✓ Belt
- ✓ Shoes
- ✓ Socks

BACKPACK

- ✓ Textbooks
- ✓ Notebooks
- ✓ Pens/Pencils
- ✓ General Art Supplies

OTHER

- ✓ Facemask
- ✓ Hand Sanitizer
- ✓ Hand Soap
- ✓ Disinfectant spray or wipes.



Photo credit: AdobeStock, 2021

ONLINE SCHOOL CHECKLIST

- ✓ **Ensure all electronics are working properly.**
- ✓ **Update all apps used for online schooling and learning.**
- ✓ **Write down your credentials to log into your online classes.**
- ✓ **Do a couple of test runs to refresh your memory on launching the apps and using the features.**



Photo credit: Freepik, 2021

RECAP ONLINE CLASSROOM RULES

WHEN ONLINE

- ✓ Be ready; place textbooks and stationery nearby
- ✓ Dress appropriately.
- ✓ Sit in a quiet well lit location.
- ✓ Avoid background distractions; no pets allowed!
- ✓ Login to class on time.

- ✓ Mute your mic; use the “raise your hand” feature.
- ✓ Turn on your camera.
- ✓ Pay attention; be respectful to others.



Photo credit: Shabrina, 2021

RECAP SCHOOL RULES

Read your school's Student Handbook to recap the expectations of the student and the consequences of misbehaviour.

- ✓ **School Rules.**
- ✓ **Dress code.**
- ✓ **Types of misbehaviour and consequences.**

Check your school's social media pages and your email for updates on schedules and other important events.



Photo credit: Shutterstock, n.d.



Photo credit: Looka, 2021

CREATE A DAILY SCHEDULE

A daily schedule keeps you focused on what needs to be done each day.

For example:

- ✓ Time to wake up or go to bed.
- ✓ Meal and snack times.
- ✓ Chores or other responsibilities.
- ✓ Doing homework, assignments and revision.
- ✓ Breaks, spiritual growth, exercise and family time.



ACTIVITY PLANNER

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

6:00 AM
7:00 AM
8:00 AM
9:00 AM
10:00 AM
11:00 AM
NOON
1:00 PM
2:00 PM
3:00 PM
4:00 PM
5:00 PM
6:00 PM
7:00 PM
8:00 PM
9:00 PM
10:00 PM

REACH OUT.COM

Icons: alarm clock, pencil, peace sign, notebook, flexing arm, coffee cup, smiley face, hearts, stack of books, pencil.

The image shows a grid for an activity planner. The title 'ACTIVITY PLANNER' is at the top center. Below it are five columns for the days of the week: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, and FRIDAY. To the left of the grid are time slots from 6:00 AM to 10:00 PM in one-hour increments, with 'NOON' for the 12:00 PM slot. The grid is currently empty. At the bottom left is a logo for 'REACH OUT.COM'. At the bottom right are several colorful icons: a flexing arm, a blue coffee cup with steam, a yellow smiley face with rosy cheeks, two red hearts, a stack of three books, and a yellow pencil.

Photo credit: ReachOut Parents, n.d.

CREATE A DAILY ROUTINE

A routine keeps you focused on the step by step procedure when completing each activity on your daily schedule.

For example, to get dressed in the morning requires one to organize their outfit and take care of their personal hygiene, etc.

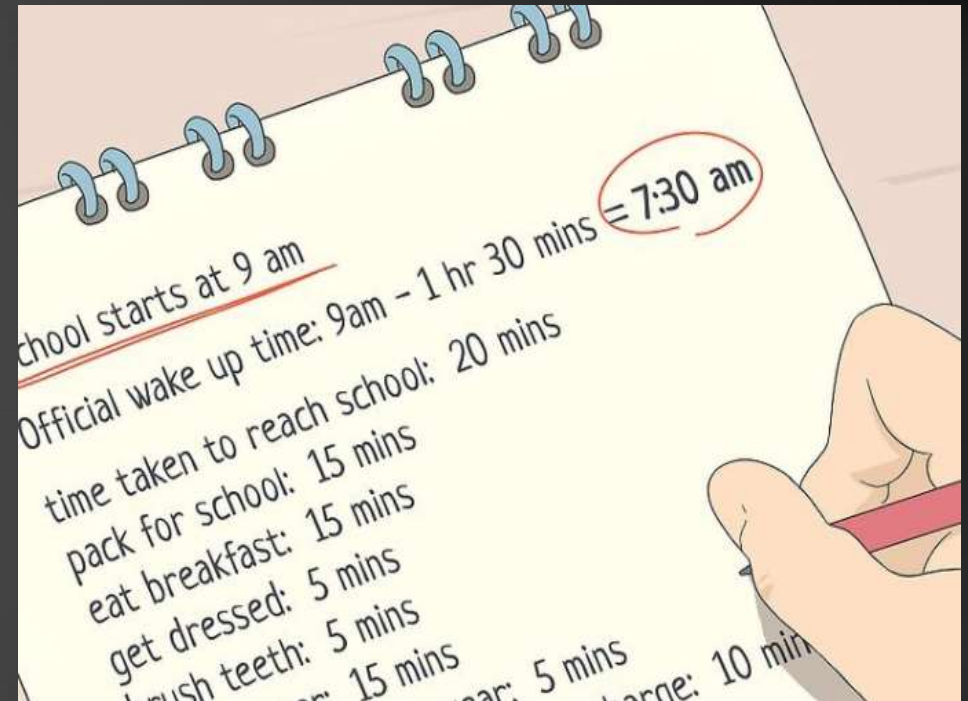


Photo credit: WikiHow, 2021

BACK TO SCHOOL JITTERS OR BLUES

Feeling nervous before school reopens is natural – even for teachers. You can cope with these feelings by:

- Expressing your fears to someone or discussing the scenarios that worry you. For example: dealing with bullies, making friends, contracting the Covid19 virus, etc.
- Practicing breathing exercises to calm your nerves.



Photo credit: EmojiSky, 2021

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