

BACK-TO-SCHOOL RESET CHECKLIST

FOR PARENTS

No laminator required

A realistic one-page reset for a calmer September.

Tick what matters. Ignore what doesn't.

BEFORE TERM STARTS

- ☐ Confirm the first day, start time and transport
- ☐ Check uniform, shoes and PE kit still fit
- ☐ Check and label bags, lunchbox and bottle
- ☐ Top up accounts and add dates to the calendar
- ☐ Restock food basics and reset bedtimes
- ☐ _____
- ☐ _____
- ☐ _____

SCHOOL ADMIN

- ☐ Read the latest school emails
- ☐ Return forms and update contact details
- ☐ Check medication arrangements
- ☐ Confirm care and collection arrangements
- ☐ Keep school details and reminders in one place
- ☐ _____
- ☐ _____
- ☐ _____

THE NIGHT BEFORE

- ☐ Lay out uniform, socks and shoes
- ☐ Pack school and PE bags
- ☐ Prepare lunch and an easy breakfast
- ☐ Fill water bottles and charge devices
- ☐ Add forms or money and check the timetable
- ☐ Put bags and coats by the door and set alarms
- ☐ _____
- ☐ _____
- ☐ _____

FIRST-WEEK SANITY SAVERS

- ☐ Keep evening plans light
- ☐ Choose quick, familiar meals
- ☐ Keep an emergency breakfast ready
- ☐ Give children jobs they can manage
- ☐ Ask what felt easy or difficult today
- ☐ Remember: a forgotten kit is not a catastrophe
- ☐ _____
- ☐ _____
- ☐ _____

STILL TO BUY OR SORT

IMPORTANT DATES AND REMINDERS

