

Back to School Checklist

Your step-by-step guide to getting your child ready for the new term

1 Shopping

- ☐ Check uniform and PE kit still fit
- ☐ Buy replacement shoes if needed
- ☐ Stock up on stationery and school bag essentials
- ☐ Label all new belongings

2 Routine

- ☐ Start shifting bedtime back to term-time hours
- ☐ Reduce screen time before bed
- ☐ Practise school-time wake-ups a few days before term
- ☐ Bring mealtimes back in line with the school day
- ☐ Build in quiet, focused activities to rebuild attention span
- ☐ Get outdoor or physical activity earlier in the day

3 Emotional readiness

- ☐ Talk openly about any first-day nerves
- ☐ Reassure without dismissing worries
- ☐ Re-familiarise your child with the school routine

4 Practical

- ☐ Complete and return any school forms
- ☐ Confirm school start/finish times and after-school clubs
- ☐ Test the journey to school if it's new
- ☐ Set up a folder for school paperwork
- ☐ Check the school calendar for inset days and half-terms
- ☐ Sync up with other parents on lift-shares or club runs

5 Academic

- ☐ Check in on what your child covered last year
- ☐ Look out for signs of summer learning loss
- ☐ Consider a short tutoring session to close any gaps

Want to give your child the best possible start?

A short catch-up session before term starts can make all the difference. Browse tutors on FindTutors and find the right match for your child, it's free to look, compare, and get in touch.