



Back-to-School Prep

Above all, it's important to remember that the most successful parent/teacher relations are built on preparation, ongoing dialogue and mutual respect. Teachers are your children's allies and champions in education and your continued partnership with them will be key in helping your children achieve their academic goals.

It's hard to believe how fast summer flies by and the first day of school comes around the corner. Start planning early, with our tips below, and you'll be at the head of the class in no time.

- **Check-Ups & Immunizations** – Check with your school to see what immunization shots and forms are required. Also, take your child in for a physical or eye exam before schools starts. Good vision is critical to good grades — so it pays to get it checked!
- **Shopping for School Supplies** – Looking to save on back-to-school items? Check to see if your state participates in sales tax holidays, and you may be able to save money on clothes, shoes and other supplies. Most of the days for savings on school supplies occur the first week of August.
- **Start the Routine Early** – With later bedtimes over the summer, children need to ease back into their school routine rather than having a sudden change their first day of school. Starting to get them back on track with their school routine a few weeks early will make waking up for their first day of school a breeze.
- **Don't Ditch Good Habits** – If you and your child fell into a good summer learning routine, try not to forsake all of the fun reading, writing and art activities that kept them engaged all summer.
- **Plan Healthy Meals** – Nutrition is an important factor in academic performance, and eating healthful, balanced breakfasts and lunches keeps kids alert throughout the day. Children eating healthy meals also earn higher grades than those who have an unhealthy diet.
- **Review the Route Safety Rules** – Whether children take the bus, walk or you drive them; go over how they will get to and from school and safety rules associated with the mode of transportation.