BACK-TO-SCHOOL READINESS TIPS

Life & Work Connections wants to help you get back-to-school ready. The University of Arizona is pleased to support employees and students planning for the 2018/2019 academic year. Adult and youth readiness tips are as easy as A-B-C.

- **Add** school readiness activities into your schedule for a successful summer to fall transition.
- **Build** student achievement throughout the year with encouraging words.
- **Check** out wellness topics (such as vaccinations and health management) in school and childcare environments.

GENERAL PLANNING TIPS

Review this resource in its entirety, as select sites for younger children may be useful for families with older students. Experts remind us to:

- Establish a **bedtime** and **wake-up routine** for consistency throughout the year.
- Get to know teachers. Beyond orientation and open house opportunities, promote shared communication with scheduled, parent-teacher conferences.
- Learn how to **safely pack** healthy lunches and snacks for your children.
- Organize clothing by season or activity, and determine sizes that need to be replaced. Select clothing sets (tops, bottoms, shoes and outerwear) the night before, to help morning routines.
- Set up a central staging area. Place all school related items (backpacks, lunches and papers) at this site. This will save time during school departures and when returning home.
- Update **medical** and contact records. Work with your children’s health care providers on school **immunization** requests. Annually, verify the availability and reference information of individuals who serve as emergency contacts.
- Talk about bullying. **Help** your children recognize the signs of bullying (including cyberbullying), how to avoid being victims of bullying and what to do if they witness bullying.
- Practice open communication with your children. From the excitement of back-to-school, to talking about everyday classroom concerns, show ongoing interest in their experiences throughout the school year.
- Anticipate increased **traffic** congestion in school zones. Proceed with care and caution.
- Check **Homeroom**, the U.S. Department of Education official blog, for back-to-school tips for parents, or access the **Parent Power** booklet.
**BACK TO SCHOOL RESOURCES BY AGE**

**YOUNG CHILDREN**
The American Academy of Pediatricians gives suggestions on back-to-school related topics like making the first day easier and choosing a backpack. Additional back-to-school resources can be found at KidsHealth, a health related, educational site. Great Schools, a national non-profit organization, offers tips, including back-to-school shopping lists. News for Parents provides reliable information on how to manage homework. Edutopia, an educational foundation, delivers resources to help parents during back-to-school. Reading Rockets, a national multimedia literacy initiative, offers a parent involvement checklist to improve parent–school partnerships. PBS Parents has educational topics that are useful throughout the year.

**MIDDLE AND HIGH SCHOOL**
Older children have unique planning needs during middle and high school grades. KidsHealth, offers tips on transitioning to middle school and News for Parents also has suggestions for doing well in middle school. Discover ways to help teenagers succeed in high school with the brochure for parents, published by the National Education Association, or the guide for parents from KidsHealth. Expect More Arizona, a non-profit educational advocacy organization, has Grade by Grade Academic Sheets available in English and Spanish.

**YOUNG ADULTS**
Are your children ready for post-secondary education? KnowHow2GO provides steps to be college-ready. Great Schools explores the road to college. Additionally, check out admission requirements from the University of Arizona. For adults returning to school, strategies to manage existing responsibilities and studies are available.
HEALTH AND SPECIFIC NEEDS
Resources are available for parents with dependents of all ages, who have health and specific needs. Federal and state regulations guide such resources. The Individuals with Disabilities Education Act (IDEA) “...is a law that makes available a free appropriate public education to eligible children with disabilities throughout the nation and ensures special education and related services to those children.” Explore IDEA topics at the site, including information about an Individualized Education Program, or IEP. The Center for Parents Information and Resources also offers IEP information. LD Online, a resource for children, adolescents and adults regarding learning disabilities and Attention Deficit Disorder (ADHD), offers back-to-school tips for children with specific needs. Various organizations provide school resources concerning diabetes, autism and learning disabilities. Individuals pursuing post-secondary education will find helpful information from the Office of Civil Rights.

ADDITIONAL RESOURCES
Check out the following resources that may be useful throughout the year:

- Pima County Public Library
- Phoenix Public Library
- School District Information
- National Crime Prevention Council
- Drug-Free Kids
- Arizona Department of Child Safety
- Expect More Arizona