



Back to School Checklist



First Steps

- ☐ Log on to Leal Elementary Website, www.leales.us for information, calendars, and Resources
- ☐ Mark your calendar with the first day of school, days off, and early release days
- ☐ Sync our [Google Calendar](#) with your calendars
- ☐ Enroll your child (if she is not already registered from the previous year)
- ☐ [Parent Portal](#)- Authorize Forms & Update Information & Contacts

Check Medical Requirements

- ☐ Make sure your child has all required immunizations
- ☐ Schedule a physical exam for your child if needed
- ☐ Get your child's vision checked before school starts if they are due for an exam
- ☐ Notify the school office, the school nurse, and your child's teachers about any health problems or medications

Stock Up on School Supplies

- ☐ Check the school website for suggested supplies. [Link Here](#)
- ☐ Buy a backpack for daily items (Let the office know if you have any financial challenges)
- ☐ Review the school dress code [Link Here](#)
- ☐ Buy school clothes appropriate for learning and playing

Learn About the School

- ☐ Know what your child is expected to learn in her grade level: [Content Standards Overview Link](#)
- ☐ Familiarize yourself with the information on the [school website](#)
- ☐ Note the phone numbers for checking school closures or reporting absences
- ☐ Thoroughly read the [school handbook](#) for procedures, information, and requirements
- ☐ Read the school handbook with your child so they understand the rules

Plan To Be Involved

- ☐ Mark school events on the family calendar
- ☐ Attend the back-to-school meetings the first few weeks of school
- ☐ Schedule and attend parent-teacher conferences
- ☐ Meet your principal and AP at the new parent meeting, or at the parent group meetings
- ☐ Check website for [PTA](#) and [LEAP](#) Parent Group information to become involved

Plan Healthy Meals

- ☐ Have nutritious food on hand for breakfast and after-school snacks
- ☐ Find out how much school breakfasts and lunches cost, this year all meals are free.
- ☐ Only healthy snacks may be sent to school. All food and water must be sent with the student, parents are not allowed to drop off
- ☐ Check the district [Nutrition Services website](#) for monthly school lunch menus
- ☐ Alert school staff if your child has a severe food allergy

Arrange Transportation

- ☐ Practice getting to school with your child
 - **BUS:** Make sure she knows where and when to be picked up before and after school
 - **BICYCLE:** Review road safety and make sure he has a helmet. Permit Needed
 - **ON FOOT:** Walk the route together and review pedestrian safety guidelines
- ☐ Arrange a carpool if necessary and introduce your child to the other adults and children
- ☐ Compile contact information of parents who can pick up your child in an emergency
- ☐ Ensure you are aware of traffic rules, do not park in middle of street, jay walk, or allow your child to do the same. Our adults are role models, please ensure you set a great example.

Make After-School Plans

- ☐ Arrange childcare or after-school activities.
- ☐ Choose extracurricular activities carefully to avoid overscheduling
- ☐ Make sure your child knows where to go after school each day
- ☐ [ABC offers after school programs](#)
- ☐ [Leal LEAP foundation](#) organizes afterschool enrichment programs

Help Your Child Prepare for School

- ☐ Arrange for your child to play with others in his age group before classes start
- ☐ Discuss your child's feelings about starting school and talk over any concerns
- ☐ Talk with your child about his daily school schedule
- ☐ Talk about peer pressure with your child
- ☐ Have your child memorize your home address and home and work phone numbers
- ☐ Tour the school map with your child so she can find her classrooms, the restrooms

Lay the Ground Rules

- ☐ Establish a firm bedtime before school starts. Children need 10 hours of sleep minimum
- ☐ Determine where and when your child will do homework
- ☐ Figure out a plan for balancing homework and playtime
- ☐ Set rules for the time spent on TV, video games, and devices use for non-school projects