

A LIGHTHOUSE PARENTS' GUIDE TO BACK TO SCHOOL

Here at Lighthouse, we recognise that transitioning and the back to school period can be difficult for all involved.

Here's a handy checklist of what to buy and top tips from us!
Why not let the kids get involved by packing their own bag and checking off the list?



UNIFORM CHECKLIST

- ☐ Polo Shirts / Shirts
- ☐ School Jumper / School Cardigan
- ☐ Trousers
- ☐ Skirts
- ☐ Blazer
- ☐ Tights
- ☐ Socks
- ☐ School Shoes
- ☐ PE Kit
- ☐ PE Shoes
- ☐ School Bag
- ☐ PE Kit Bag
- ☐ Spare clothes (for potential accidents)

GOING TO A NEW SCHOOL?

Starting a new school can feel like a big adventure - new friends, new classrooms, and lots of exciting things to discover!

Here's some tips:

- Start earlier bedtimes this week, before term starts!
- Reintroduce a morning and evening routine
- Visit or walk past the school before the first day
- Practise packing their own bag
- Encourage independence at an age appropriate level (opening lunch boxes, tying laces, zipping coats or packing/making some of their own lunch, getting uniforms out and ready)
- Talk through what their day might look like
- Read a 'starting school' or 'back to school' story together - we love the following, which are available on YouTube as Read Aloud stories: The Crayons Go Back To School and Why Do I Have To Go To School? (Lift the flat book)

SCHOOL BAG CHECKLIST

- ☐ Lunch Box
- ☐ Water Bottle
- ☐ Pencil case if in KS2
(including some pencils, a rubber, a ruler, a handwriting pen and any fun stationary that will motivate us to create!)
- ☐ Reading or phonics borrowed books
(Especially the old ones you forgot to hand back in months or years ago... oops!) They would prefer to have them back late rather than never, trust us!
- ☐ Coat

PARENTS PREP LIST

(SUGGESTED) To Do List: (Other than to survive the final weekend of Summer..)

- Save the school's contact details on your phone
- Make sure your school log-in works (Parent Pay/ Dojo/ SeeSaw etc.)
- Select the first week's lunch options for school dinners on the system
- Mark key dates in your diary (inset days, term dates, parent evenings)
- Set up a 'school station' at home (bag, shoes, coat, homework spot)
- Create a weekly lunch/snack plan or timetable with your child to ensure they will eat their lunch
- Have a 'rainy day' bag in the car for school pick-ups and drop-offs (umbrella, spare shoes, waterproof coats)
- Plan in something fun for YOU to do next weekend, or a treat in the fridge ... you deserve it too - summer is a WILD time to be a parent!!

TOP TIPS FOR A SMOOTH START TO A GREAT NEW YEAR

- Easy said than done... but try not to overload the first week and try to keep evenings calm.
- Praise effort, not just achievement!
- Keep communication open with your little one and listen to how they feel. September can bring big feelings!
- Expect tiredness (and sometimes tears)... it's all normal!

BACK TO SCHOOL ACTIVITY SHEET



GRAMMAR CHECK!!

These sentences are a bit messy! Can you fix them by adding capital letters and full stops?

1. yesterday i went to the park with my friend

2. can we have pizza for tea

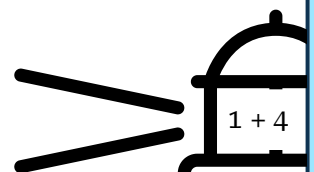
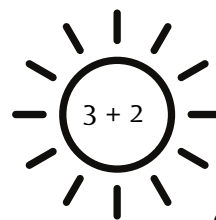
3. my cat is called whiskers she loves fish

4. wow that is amazing

5. on monday we are going back to school

COLOURING IN WITH MATHS

Colour this in using maths! Key:



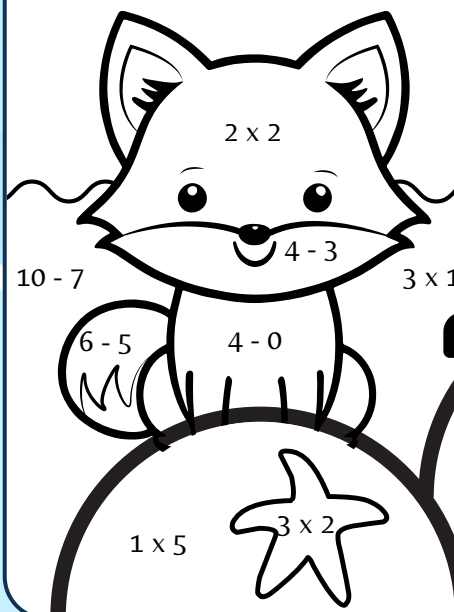
7 - 5

4 - 3

5 - 3

1 x 1

7 - 2



WORDSEARCH!

Lets practise our capital letter matching skills!

FIND THE FOLLOWING WORDS:

books, fox, homework, maths, pupil,
reading, school, seal, teach

X	E	A	T	W	L	K	T
H	O	M	E	W	O	R	K
S	M	A	A	L	A	E	S
B	C	T	C	T	P	A	P
O	V	H	H	M	U	D	E
O	V	S	O	F	P	I	N
K	Q	C	E	O	I	N	S
S	L	P	E	X	L	G	S

TIMES TABLES PRACTISE

FILL IN THE BLANKS

Count in 2s:

2 4 6 8 10

16 18 22 24

Count in 11s:

11 33 44 55 77

99 221