

## Back to School Tips



### Be Proactive

- ☑ Over the summer: Make dentist and doctor's appointments for your child. Make sure immunizations are up to date. Visit the library weekly.
- ☑ By August: Make sure your child is enrolled in school for the fall and has school supplies and clothes/uniform.
- ☑ At the start of school: Fill out all forms that come home, send in your contact information, and post the school calendar where everyone can see it.

### Create a Routine

- ☑ In the morning: Wake your child up in time to have breakfast at home or at school, and get to school early. Give your child their own alarm clock and help them use it.
- ☑ After school: Ask your child about their day, check for notes from school, review the day's homework assignments, and make sure there is a place and enough time to complete the homework.
- ☑ At night: Set bedtimes that allow for a story or reading and 8-10 hours of sleep.



### Get Involved

- ☑ At the start of a new grading period: Help your child set goals for good grades.
- ☑ At the end of a grading period: Check your child's report card for grades and attendance. (Good attendance is less than 2 days missed per quarter). Put the report card up on the refrigerator.
- ☑ During the school year: Go to school events, join the PTA/PTO, attend parent-teacher conferences, and get to know your child's teacher.
- ☑ Anytime: Ask for help when you or your child needs it.
- ☑ All the time: Praise your child for working hard and learning!



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