



BACK TO SCHOOL CHECKLIST

**2022 is the new year we have all been looking forward to.
A year of possibility, of opportunity and perhaps a sense of normality.**

Game on, 2022! Let's do this.

Football

- Find your local club
- Apply for your \$100 Active Kids vouchers at service.nsw.gov.au
- Register for MiniRoos at playfootball.com.au
- Invite friends to join your kid's MiniRoos team

Do you need the following?

- Uniforms
- Shoes
- Bag
- Hat
- Lunch bag, box and drink bottle
- Stationary supplies
- Technology

Food

- Stock up on fast breakfasts
- Research easy school lunches
- Make a supermarket shopping list
- Meal prep for busy nights

Relationships

- Talk to your kids about how they are feeling about starting or going back to school
- Work with your kids on their goals for the new school year
- Discuss your expectations with your kids
- Chat to other parents about their back-to-school plans

Everything else

- Schedule haircuts
- Create, clean, or organise study spaces
- Organise afterschool and holiday plans
- Stock up on kids party gifts
- Download back to school apps
- Labels with your kid's name on it

Stress less

- Go over the school calendar and add it to your family calendar
- Transition to earlier bed and wake up times
- Do a trial-run of the first day of school (if your kids are new to school or anxious about returning)

