

BACK-TO-SCHOOL READINESS CHECKLIST

KP Carter Writes • Rockstar Reader Club: Beyond the Book

Welcome to the New School Year! Use this actionable checklist to align physical preparations, emotional readiness, and personal wellness for a confident and stress-free transition.

FOR PARENTS & FAMILIES

PHYSICAL & HOME SETUP

- ☐ Supply Audit: Cross-check school supply lists and organize materials.
- ☐ The "Launchpad": Designate a specific spot near the door for backpacks, shoes, and lunchboxes.
- ☐ Rockstar Reading Nook: Set up a quiet, comfortable reading space stocked with age-appropriate books, bookmarks, and good lighting.
- ☐ Sleep Sync: Shift bedtimes and wake-up times 15–30 minutes earlier each day during the week before school starts.
- ☐ Welcome to the New School Year! Use this actionable checklist to align physical preparations, emotional

EMOTIONAL READINESS & CONNECTION

- ☐ The "Highs & Lows" Chat: Ask your child, "What is one thing that excites you and one thing that makes you feel uneasy about school?"
- ☐ Normalize the Jitters: Reassure them that feeling nervous about a new grade or teacher is completely normal.
- ☐ Teacher/School Intro: Show your child a picture of their new teacher or walk past their classroom building to build familiarity.
- ☐ Goal Setting: Work together to set at least 2 simple goals for the year (e.g., "Read 15 minutes every day," or "Make one new friend").

FOR EDUCATORS

INTERNAL SELF-CARE & ENERGY CHECK

Done	Focus Area	Actionable Daily Practice
☐	Hydration Station	Set up a large water bottle at your desk and set a goal to drink throughout the day.
☐	Nourishment Pack	Stock your desk drawer with healthy, high-protein snacks and your daily vitamins.
☐	2-Minute Breath Anchor	Establish a daily ritual to practice deep breathing right before students enter the classroom.
☐	Work-Life Boundary	Pick a hard cutoff time each evening to close your laptop and turn off school notifications.

Rockstar Reader Tip: Print this checklist and display it on your refrigerator or classroom bulletin board. Let your child or students check off items as you complete them together!

