



BACK TO SCHOOL TRANSITION

August, 2026

A POSITIVE TRANSITION BACK TO SCHOOL

It's that time of the year again, it is time to get ready for another year of school! It can be difficult to go from the summer break back to a new school year, regardless of what grade you're in. However, a bit of preparation and a positive mindset can help you feel ready for back-to-school!

HERE ARE TEN TIPS TO HELP MAKE THE MOST OF THIS TIME:

1. **Start Early:** Begin getting ready a week or two before school starts to make the transition easier.
2. **Gather Supplies:** Make a list of school items you need and check what you already have. If you need help, contact the school or ask the teacher.
3. **Set Goals:** Talk with your child about what they hope to achieve this school year and write down a few simple goals.
4. **Create a Study Space:** Set up a quiet, comfortable area for homework and learning.
5. **Build Routines:** Practice regular wake-up times, meals, and bedtimes before school begins.
6. **Talk About Feelings:** It's normal to feel nervous. Encourage your child to share any worries and offer support.
7. **Focus on the Positive:** Help your child look forward to learning new things, seeing friends, and making new connections.
8. **Get Involved:** Sports, clubs, and committees can make school more fun and help children feel connected.
9. **Stay Connected with Teachers:** Ask questions and seek support early if concerns arise.
10. **Celebrate the First Day:** Make the first day special with a favorite breakfast, photos, or another fun family tradition to start the year on a positive note.

LOOKING FOR MORE INFORMATION? CHECK OUT THIS ADDITIONAL RESOURCE:



School Mental Health
By Your Side