# **TOP TEN TIPS to Get Your Child to School on Time**

# 10. Know what "on time" means.

Our campus opens at 7:00 AM, and class begins at 7:45 AM sharp. Your child is to stop in at the office for a pass if they arrive after 7:45 AM.

#### 8. Consider eating breakfast at school.

Ms. Lamekia is ready for you to come eat a hearty breakfast in the cafeteria beginning at 7:00 AM each morning. Your child may even qualify for free or reduced priced breakfast apply online <u>https://www.lunchapplication.com/</u>

#### 6. Start an evening routine.

This might include your child setting their backpack by the door, putting their homework in the backpack, and getting pesky items like shoes and coat ready by the door as well. Could you get lunch and breakfast set out before you head to bed? Then follow this routine up with getting to bed at a good time. School and play are hard work and students need more sleep than you might expect!

## 4. Trick yourself!

Set the clock on the microwave or in the car a few minutes fast so you can leave some flex time for yourself and your child. This may work for a chronically late spouse or partner as well!

#### 2. Empower your child to do <u>their</u> part.

Whether they are in Kindergarten or 6<sup>th</sup> grade your child CAN and SHOULD have some ownership in their daily routines. If your child can't yet tie their shoes, choose a breakfast item or select an appropriate outfit, think about how over time, with guidance and feedback, they CAN do it! I have heard it said, "Your child will be as independent as you allow them to be!" Let's add, as independent as you allow, expect and guide them to be!

## 9. Know why it matters to be on time.

In the first few minutes in your child's class they talk through the schedule, complete classroom jobs, turn in homework, put away and obtain materials, do the Pledge of Allegiance, take lunch count, start a morning meeting and get rolling in the routine of the day. Missing any part of this is a big deal!

## 7. Consider taking the bus.

If a bus is offered near your home, it's a good, predictable way to go. The bus gives you a chance to get your child ready and we take it from there our friends in Transportation get our students to school on time, like clockwork! If your child has not tried it, now might be the time!

## 5. Establish a morning routine.

You might consider a checklist or a schedule with simple pictures of the step by step of the routine. If you don't want to be getting your child ready for work when he's 21, this is a great step toward independence and a tool that can help him get there! An alarm clock is another powerful tool and makes you less of the enemy at wake-up time! Most devices have alarms on them as well. Give it a shot!

## <mark>3. Have a Plan B.</mark>

What should your child do if they wake up before you do? What will you do if your car won't start? What about if you are too sick to drive your child to school? Plan ahead for these scenarios and you'll have less stress!

## **1.** Do <u>your</u> part as an act of LOVE.