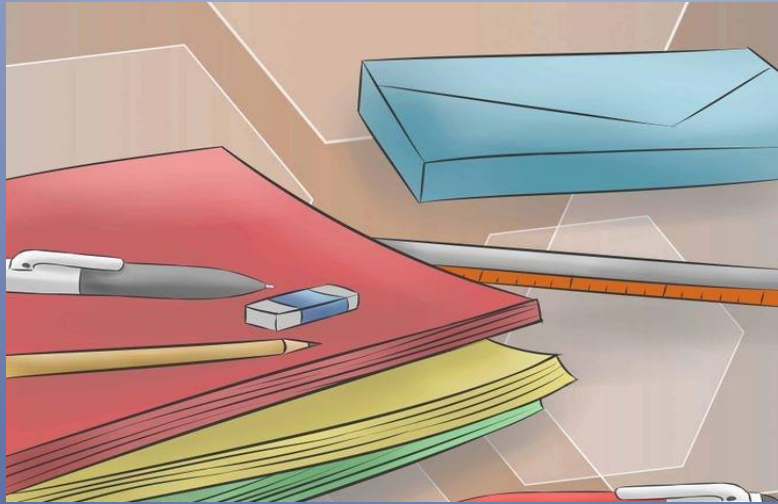


# Preparing for School



**Get the stationery and books ready.**

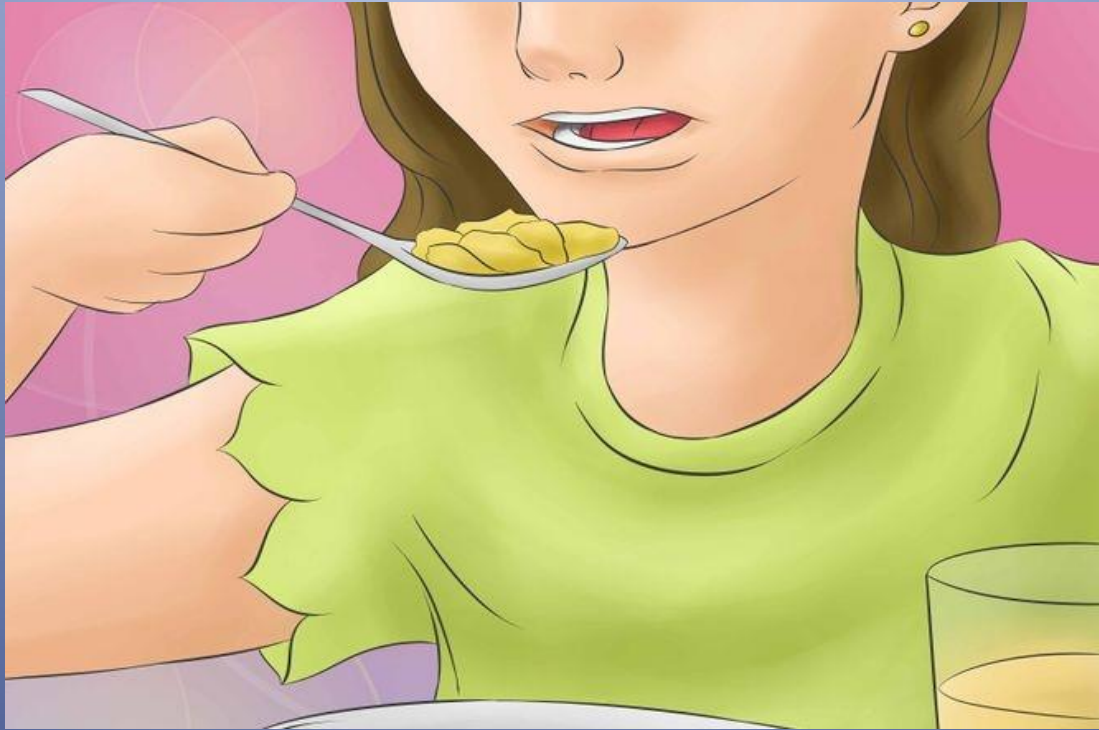
Your child will need some pencils, an eraser, a ruler, a sharpener and a set of 12 coloured pencils.

He/She will also need a story book.



## **Get a good night's sleep.**

Sufficient rest is important as it will help your child learn better in school. Try to get at least 9-10 hours of sleep.



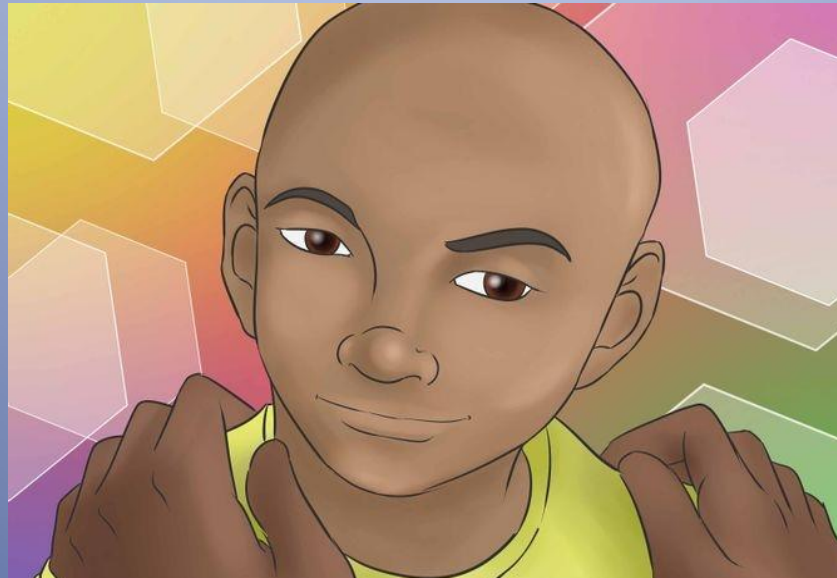
## **Eat a good breakfast.**

Eating breakfast will help your child concentrate better in class. A good breakfast will ensure that your child has the energy to get through class until recess time.



**Get the uniform ready.**

Lay out your child's uniform for school the night before.



**Talk to your child to find out about his or her concerns about going to school.**

Ask him/her about how he/she felt about making new friends. You can ask about the day in school and maybe even share some pointers on adjusting to the new challenges in school.