

Top tips for a successful start to the school year

by Elizabeth Gale of [Shanghai Community International School \(Pudong Campus\)](#)
Headteacher gives advice for settling back into the school routine



For many lower school students, the first day of school doesn't only mean new teachers and new friends; it may also be a source of anxiety, particularly for those who have not had a structured schedule during the course of the summer.

Below are a few Back-to-School tips to help ease your child back into their school routines.

- Get back in the routine. Switching from a summer to a school schedule can be stressful for everyone in the household. Therefore, it is important to re-establish bedtime, mealtime, reading and homework routines. Discuss the importance of routines and how they help ensure a healthy and balanced life.
- Set education goals. Review material sent home from the school and help your child set goals at the very beginning of the year. This will get them excited about school and learning and help start the year on a positive note.
- Develop a relationship with your child's teacher. Take the time to meet your child's teachers at the beginning of the school year. Teachers are a great source of information and developing a relationship early in the year will benefit both you and your child tremendously.
- Homework routine and place. Designate a specific time and place for homework. Help your child discover a regular, quiet place where he or she can study. Ensure the area is free from potential distractions and that study tools (pencils, paper, etc.) are at your child's fingertips to keep them

focused. Make it clear that education is a top priority in your family: show interest and praise your child's work.

- Emphasize organization. All children benefit from being organized. Work with your child to determine the best method for them to use.
- Encourage learning at home. Promoting learning outside of the classroom helps children perform better in school. To nurture reading skills, spend at least one hour per week – 10 to 15 minutes a day – reading with your child. To enhance math proficiency, allow your child to help plan the next family trip and encourage them to compute miles, cost of gas, expenses for food, hotel and entertainment.

By following these tips you will help inspire a love of learning as you transition back into the new school year and minimize academic and social emotional stress for your child.