

# High School Checklist

By Kimberly French

## ☐ School supplies

- ☐ **Basics** You know you will need paper and pencils, binders, folders, a ruler, and a calculator (if your school allows them). Your school should let you know how much of each item to buy.
- ☐ **Specialty items** Different teachers will require specific sizes of binders; and map pencils, a compass, and other such supplies will be needed for different classes.
- ☐ **Backpack** Spend the money to get a good one - wear and tear will take its toll, and buying quality means not having to replace it before the year's end.
- ☐ **Clothes** If your school requires uniforms, buy early and have a tailor custom fit them to your child. Find out what regulations apply for hair length, jewelry, and footwear. Don't forget clothes for PE.

## ☐ Medical

- ☐ **Shots** Most schools demand a record of all shots be submitted, or else a signed affidavit attesting to a religious conviction exempting the child because of their parents' beliefs.
- ☐ **Physicals** A physical is required for most children entering high school - a special physical may be needed for athletes competing in various sports.
- ☐ **Prescriptions** Any medication your child is on that must be administered during school hours must be submitted to the school nurse along with permission to administer and instructions for dosing.
- ☐ **Medical conditions** Any disability, medical condition or allergies should be made known to school officials. If severe conditions exist, a medical bracelet is a good idea.

## ☐ Extra expenses

- ☐ **Uniforms** This applies to students on sports teams, in the band or on the cheer squad.
- ☐ **Gear, etc** Sports players need equipment, band members need instruments, cheerleaders need pompoms.
- ☐ **PTA, etc** Parents are expected to contribute in some way, monetarily or with service.
- ☐ **Books** In some districts, textbooks must be purchased.
- ☐ **Lab fees** Many high schools have fees for the science lab.

## ☐ Special occasions

- ☐ **Field trips** Fees for these may be steep, especially for overnight trips. Plan ahead.
- ☐ **Pictures** Even if you don't buy the whole package, school portraits are nice to have to chronologically track your child through their school years.
- ☐ **Yearbook** This is an important commemorative item.
- ☐ **School dances** Be prepared to shell out for dresses and mums, tuxes and corsages - maybe even a limo.
- ☐ **Fundraisers** Every school has them - the necessary evil.

## ☐ When school starts

- ☐ **Meet and greet** Make a point of getting to know the principal, vice principal, secretary, school nurse, counselor, and all of the teachers.
- ☐ **Extracurricular** Find out what extra programs are offered to further socialize your child.
- ☐ **Homework** Set strict rules for getting homework done from week one.
- ☐ **Rules and regulations** Go over the school policy handbook and make sure your child understands what is expected of them, both academically and personally - and consequences for bad behavior.