

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.