

KUMON®

BACK-TO-SCHOOL  
HANDBOOK

MAKE THIS THE BEST  
SCHOOL YEAR EVER!

# 8 WAYS TO MAKE THIS THE BEST SCHOOL YEAR EVER



1. PLAN HEALTHY LUNCHES

2. LESS TIME IN THE KITCHEN

10:05:42



3. ORGANIZE YOUR KIDS' CLOTHING

4. SET UP A SLEEP ROUTINE

z z z Z Z



5. GET TO KNOW YOUR TEACHERS

6. GET APPOINTMENTS LINED UP

SEPTEMBER

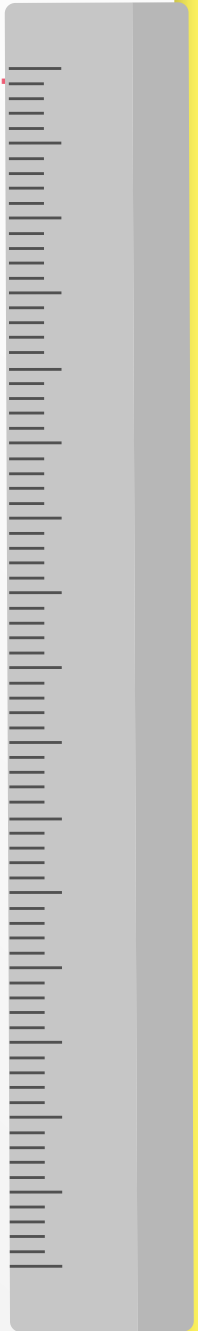
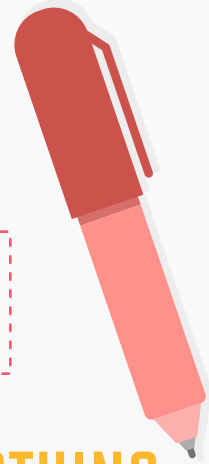


7. TALK ABOUT BULLYING

KUMON.COM  
FOR MORE!

8. ASK KIDS ABOUT THEIR CONCERNS

???





# 6 BACK-TO-SCHOOL TASKS FOR KIDS TO DO



1.

## GET THEM INVOLVED:

Let your kids help pick some of their own back-to-school supplies

2.

## CREATE A STUDY AREA:

Help your kids create a dedicated study space that they must maintain

3.

## SET GOALS:

Have your kids set academic goals for the new year

[KUMON.COM](https://www.kumon.com)  
FOR MORE!

4.

## USE TECHNOLOGY:

Try a math app to refresh their memories of math concepts

5.

## GET COOKING:

Involve your kids in picking snacks and preparing lunch plans for school

6.

## BE PREPARED:

The night before day one, have your kids pack their school bags themselves



# BACK-TO-SCHOOL SHOPPING CHECKLIST



## ✓ KINDERGARTEN (K – GRADE 3):

- PENCIL CASE
- CRAYONS
- PENCIL CRAYONS
- WASHABLE MARKERS
- CONSTRUCTION PAPER
- NOTEBOOK OR PAD
- TISSUES
- NO. 2 PENCILS
- PENCIL SHARPENER
- ERASERS
- GLUE STICKS
- BLUNT-TIPPED SCISSORS
- PLASTIC FOLDERS
- BACKPACK
- LUNCHBOX OR BAG
- INDOOR SHOES

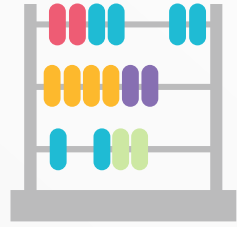
## ✓ ELEMENTARY (GRADE 4 – GRADE 6/7):

- THREE-RING BINDERS
- THREE-HOLE-PUNCH
- PENCIL CASE
- BALLPOINT PENS
- NO. 2 PENCILS
- ERASERS
- PENCIL SHARPENER
- HIGHLIGHTERS
- WASHABLE MARKERS
- NOTEBOOKS
- SUBJECT DIVIDERS
- INDEX CARDS
- PERSONAL ORGANIZER
- PLASTIC FOLDERS
- GLUE
- RULER
- BLUNT-TIPPED SCISSORS
- CALCULATOR

## ✓ MID/HIGH (GRADE 7/8 – GRADE 11/12):

- NOTEBOOKS
- GRAPH PAPER
- THREE-RING BINDERS
- SUBJECT DIVIDERS
- THREE-HOLE-PUNCH
- PENCIL CASE
- BALLPOINT PEN
- NO. 2 PENCILS
- PENCIL SHARPENER
- HIGHLIGHTERS
- PERMANENT MARKERS
- ERASERS
- COMBINATION LOCK
- CALENDAR
- BOOK SOCKS
- BACKPACK
- LUNCHBOX OR BAG
- INDEX CARDS

# 4 WAYS TO GET YOUR KIDS INTO MATH MODE



## BOOST YOUR CHILD'S CONFIDENCE

4.



## APPS AND TECHNOLOGY

1.



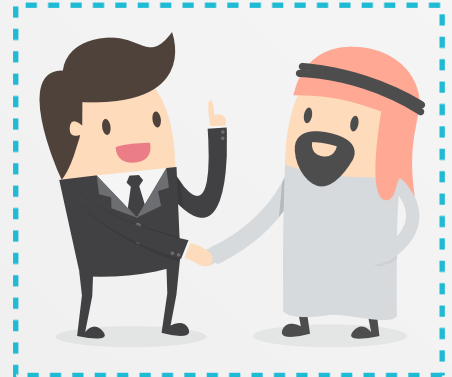
KUMON.COM  
FOR MORE!

3. MAKE MATH FUN

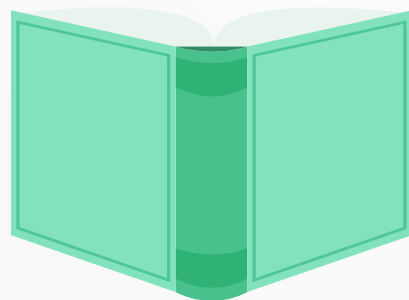


CONNECT WITH OTHER PARENTS

2.



# 7 TIPS TO KEEP READING FUN THE WHOLE YEAR



1.

## READ A BOOK TOGETHER

Choose a book that your kids like and read it together

## VISIT THE LIBRARY

Make a habit of visiting the library with your kids and set a good example

2.

3.

## BEDTIME-ISH

If the book your child is reading is holding their attention, let them dive deeper

## GET SUPPORT

Engage with your teachers first then check with some specialists or your family doctor

4.

5.

## LET THEM CHOOSE

When it comes to reading, always harness the power of excitement

## CREATE A READING AREA

A dedicated corner or nook can help kids develop the habit of reading

6.

7.

## DEMONSTRATE GOOD HABITS

If your kids don't see you reading, it can be difficult to convince them to do so

KUMON®