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Back-to-School 101



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It's June once again and for DILG personnel who are parents to school-age children, this also means getting ready for back-to-school. Here are few tips that you may consider for a better school year ahead:

1. Establish a routine bedtime and wake-up time. Kids may have been accustomed to staying and waking up very late during the summer. Since school days are here again, adjust their bedtime and wake-up routine at least one week before school opening so that they will again be able to rise up early.
2. Organize their uniforms. Kids may have been used to wearing house clothes the entire summer so it is best to organize their clothing especially their school uniform the night before. Have their uniform washed and ironed. Make sure that their shoes are polished and their socks are clean.
3. Give them a healthy and yummy breakfast. Kids will be facing many activities at school. Let them eat a healthy and yummy breakfast. This way, they will have enough energy to last the day at school.
4. Prepare easy and healthy lunch boxes. For parents with children staying in school the entire day, it is highly recommended to provide them with easy-to-prepare and healthy lunch. This will give them the needed boost of energy for the rest of the afternoon.
5. Label their belongings. Kids can be forgetful at times so it would be better to label their books, notebooks, pencils, and other stuff properly. In case these things get lost, there will be a great chance that they will be returned to them.

6. Teach them time management. Teach your kids how to manage their time so that they will be ready for school, homework, assignment and other stuff without the need for nagging.

7. Meet the teachers. Since it's a new school year, take time to meet the new teachers by attending the school orientation. Then have a talk with them before or after the event to connect with them.

8. Update their medical records and health protection. For parents with children who have allergies and other medical history, it would be helpful to update the teachers about it so that they will know what to do in case of health emergencies.

9. Talk to your kids about bullying. Your kids may encounter bullies at school so take time to explain to them the right thing to do. Bullying may also happen in the social media so discuss with them how to treat their peers well and how to act in case bullying happens to them or to their friends.

10. Spend quality time with the kids. Kids who are first timers at school or transferees may have difficulty adjusting to their new world. On the other hand, parents may get so caught up in their office work or business that they may have less time with their children. It is therefore encouraged for parents to spend one-on-one quality time with each of your children.

So there you are, Mommies and Daddies. School is great and may your kiddoes have a school year full of wonderful learning adventures ahead! - **Ma. Evelyn B. Castino-Quilas, PACS-ICRD**

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