

DAY 01: SHOP SMART

Everything to shop for back-to-school, on one page. Print it, mark it up, cross it off — you'll be done well before August even starts.

STRESS-FREE SCHOOL YEAR

STEP 01 • SCHOOL SUPPLIES

Let's start with one of the biggest ones on our mind — school supplies. There are a few ways to tackle this one:

1. Order a school supply kit (check your school or PTA — usually the fastest option)
2. Order as much online as you can (you won't even have to brave the back-to-school crowds)
3. Shop it yourself (make a whole day of it — grab a coffee on the way and reminisce on the fun you had as a kid school shopping)

Can't find the list yet? Here's where it might be hiding:

- The school's website (check the Enrollment or New Student tab)
- The school's Facebook page
- TeacherLists.com
- Still nothing? Use last year's list for the same grade — it's usually 90% right

STEP 02 • SCHOOL YEAR CLOTHING

These aren't usually top of mind when it comes to school supplies, but they're important too:

- First-day-of-school outfit
- Gym shoes
- School uniforms
- Everyday tops + bottoms
- Basics one size up, on sale
- Fall jacket / hoodie
- Cold weather hats & gloves

Check out today's downloads for the Take-Along Shopping sheet, so you have a record of your kids' sizes whenever you find a good sale!

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STEP 03 • IMPORTANT ITEMS THAT AREN'T ON THE LIST

Don't forget to buy or order these while school supply shopping:

- Backpack
- Lunch box
- Water bottle(s)
- Reusable snack bags / containers
- Ice packs
- Headphones / earbuds
- Umbrella / rain coat

STEP 04 • SHOP LIKE A PRO

Here are three easy ways to spend less time and money on supplies:

1. Buy the yearly staples in bulk when they're on sale — pencils, crayons, markers, erasers, notebooks, tissues, and paper towels
2. Shop the September clearance — The best deals of the year are usually AFTER school starts. Stock up right after school is back in session, and you've saved time AND money next year.
3. Bulk-buy the items that constantly break or disappear at the most inconvenient times — earbuds, computer mouse, and water bottles

Today's Wins:

- ✓ School supply list found & ready for shopping
- ✓ Clothing audit to determine if new school clothes are needed
- ✓ Fill out the Take-Along Shopping worksheet to have on hand when there are good sales

Take-Along Shopping Sheet

Every kid's sizes and needs, on one grab-and-go page. Fill it out at home, take it to the store, and never guess a shoe size in the checkout line again.

CHILD:			
SHIRT / TOP SIZE			
PANTS / BOTTOMS SIZE			
SHOE & SOCK SIZE			
ITEMS NEEDED:			

DAY 02: BOOK IT & BOOKMARK IT

Today we're getting the appointments booked and every school login organized in one place — the whole school year, ready to go.

STRESS-FREE SCHOOL YEAR

STEP 01 • BOOK THE APPOINTMENTS

These fill up first, so grab spots for the ones you need while there's still availability:

- School physicals
- Immunizations
- Dental Exams
- Sports physicals
- Haircuts
- Eye Exams

Plan-Ahead Tip: While you're scheduling, ask about the NEXT appointment, too. This is how you get first dibs on the time slots that work best for you.

STEP 02 • REGISTER FOR SCHOOL SERVICES & ACTIVITIES

All the sign-ups in one sitting — knock them out while you're in admin mode:

- School registration
- Bus registration
- Fall sports / extracurriculars
- Before / after school care

STEP 03 • BOOKMARK SCHOOL PLATFORMS & APPS

Here's the little trick that saves your whole school year: get every school platform into ONE spot now, and you're set through May.

Schools use different platforms for different jobs. You'll probably have logins for:

- Teacher communication
- Classwork
- Registration & Forms
- Grades and attendance
- Lunch accounts
- Before/After Care

It can be a lot to keep track of! So it's important to bookmark them for easy access. Do BOTH of the easy bookmark setups on the next page.

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STRESS-FREE SCHOOL YEAR

SETTING UP BOOKMARKS ON YOUR COMPUTER:

1. Make a bookmark folder in your internet browser called "School — [Kid's name]"
2. Save every site into your new bookmark folder.

You can even have your browser or password manager save each username and password as you go.

SETTING UP BOOKMARKS ON YOUR PHONE:

1. Create a folder on your phone's homescreen titled "School — [Kid's name]".
2. If the platform is an app, download it and add it to your new folder.
3. If the platform is only available on the internet, go to the website and create shortcuts on your homescreen, which operate similarly as opening an app. (In Safari and Chrome, it's a slight variation of: Open the website, click "Share", and then there's usually an option of "Add to Home Screen". Then you can drop it into the folder you created.)

Check out today's downloads for a School Platform Organizer — A separate printable tracker for every app, platform, and login.

Today's Wins:

- ✓ Appointments booked (or on the calendar to call this week)
- ✓ Registrations and sign-ups handled
- ✓ Bookmark folder on computer + home screen folder on phone

School Platform Organizer

Every school login your family needs in one spot. Keep it somewhere handy, and you've got a full-year answer to "wait, what's my login??"

PLATFORM: _____

Website:
Username:
Password Hint:

PLATFORM: _____

Website:
Username:
Password Hint:

PLATFORM: _____

Website:
Username:
Password Hint:

PLATFORM: _____

Website:
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Password Hint:

PLATFORM: _____

Website:
Username:
Password Hint:

DAY 03: SCHOOL YEAR ROUTINES

Today we're deciding what your school-year rhythm looks like, so your school mornings are calm and stress-free.

STRESS-FREE SCHOOL YEAR

STEP 01 • CHOOSE YOUR ROUTINES

You don't need a routine for everything — just the ones that get chaotic on their own. Pick your version of each:

Morning:

What has to happen between the alarm and getting out the door.

After School:

The first 30 minutes home. Where the backpack goes, snacks & homework.

Evening:

After-dinner routines to make the next morning calm and effortless.

Fill in your specific morning and after-school routines on the printables in today's downloads — one for each. Post them where your kids can see them.

STEP 02 • WEEKLY RHYTHMS

A few small weekly rituals that keep everything from piling up. Circle the ones you want to try:

- Sunday Reset: Spend 20 minutes with the family calendar + backpack clean-out at the start of each week
- Lunch Prep: One weeknight where lunches get planned & prepped for easy morning grab-and-go
- Homework Check-ins: Set at the same time every day, so it stops being a fight

DAY 03: SCHOOL YEAR ROUTINES

Today we're deciding what your school-year rhythm looks like, so your school mornings are calm and stress-free.

STRESS-FREE SCHOOL YEAR

STEP 03 • THE SCHOOL CLOTHES BASKET

Here's a helpful habit that removes the most morning chaos: a basket for tomorrow's clothes. Set up the system now, and have stress-free mornings all year.

1. Grab a "school clothes basket" to keep in each kids room
2. Download the School Clothes Basket printable (in today's downloads) and laminate it or print one out each week
3. On Sunday, look at the expected weather for each day and circle the tops/bottoms/shoes/accessories they'll need to wear
4. Every night, the kids put tomorrow's clothes in their basket (they get to choose, as long as it fits what you circled for the weather)
5. In the morning: the kids get dressed from the basket, without any "where are my shoes?" scrambles or fights over if they need a jacket

Check out today's downloads for a school routine template & a printable version of the My School Day Clothes to help keep school mornings stress-free.

Today's Wins:

- ✓ Morning routine drafted on the printable
- ✓ After-school routine drafted on the printable
- ✓ Decide on any weekly rhythms to set up
- ✓ School Clothes Basket set up

My School Day Routine

These are your routines for school days. Start at the top and check off each box as you finish. You've got this! ★

BEFORE SCHOOL:

Check off each step so you're ready for a great day!

- | | |
|--|---|
| ☐  Make my bed | ☐  Grab my lunch box |
| ☐  Get dressed | ☐  Fill my water bottle |
| ☐  Eat breakfast | ☐  Grab my backpack |
| ☐  Brush teeth | ☐  Shoes on, ready to go! |
| ☐  Brush hair | |

AFTER SCHOOL:

Do these first — then you're free for the rest of the day!

- | | |
|--|--|
| ☐  Put shoes away | ☐  Unpack lunchbox |
| ☐  Put backpack away | ☐  Homework |
| ☐  Pick out clothes for school tomorrow | |
| ☐  Give mom or dad any papers from my folder | |

My School Day Clothes

With a grown-up, check the weather for each day and circle clothes that match the weather for that day. Put those clothes in your basket the night before, and you're ready to grab and go in the morning!

MONDAY     HIGH TEMP: _____ LOW TEMP: _____

TOP	Short Sleeves	Long Sleeves	Sweater	Sweatshirt	
BOTTOMS	Shorts	Pants	Dress	Skirt	
SHOES	Gym Shoes	Sandals	Boots	Dress Shoes	Socks
COAT	Jacket	Winter Coat	Raincoat		
EXTRAS	Umbrella	Hat	Gloves	Other:	

TUESDAY     HIGH TEMP: _____ LOW TEMP: _____

TOP	Short Sleeves	Long Sleeves	Sweater	Sweatshirt	
BOTTOMS	Shorts	Pants	Dress	Skirt	
SHOES	Gym Shoes	Sandals	Boots	Dress Shoes	Socks
COAT	Jacket	Winter Coat	Raincoat		
EXTRAS	Umbrella	Hat	Gloves	Other:	

WEDNESDAY     HIGH TEMP: _____ LOW TEMP: _____

TOP	Short Sleeves	Long Sleeves	Sweater	Sweatshirt	
BOTTOMS	Shorts	Pants	Dress	Skirt	
SHOES	Gym Shoes	Sandals	Boots	Dress Shoes	Socks
COAT	Jacket	Winter Coat	Raincoat		
EXTRAS	Umbrella	Hat	Gloves	Other:	

My School Day Clothes

THURSDAY     HIGH TEMP: _____ LOW TEMP: _____

TOP	Short Sleeves	Long Sleeves	Sweater	Sweatshirt	
BOTTOMS	Shorts	Pants	Dress	Skirt	
SHOES	Gym Shoes	Sandals	Boots	Dress Shoes	Socks
COAT	Jacket	Winter Coat	Raincoat		
EXTRAS	Umbrella	Hat	Gloves	Other:	

FRIDAY     HIGH TEMP: _____ LOW TEMP: _____

TOP	Short Sleeves	Long Sleeves	Sweater	Sweatshirt	
BOTTOMS	Shorts	Pants	Dress	Skirt	
SHOES	Gym Shoes	Sandals	Boots	Dress Shoes	Socks
COAT	Jacket	Winter Coat	Raincoat		
EXTRAS	Umbrella	Hat	Gloves	Other:	

THIS WEEK'S SPECIAL DAYS

Jot down anything you need to remember about or bring to school for each day.

MON	
TUES	
WEDS	
THURS	
FRI	

DAY 04: THE FAMILY CALENDAR

Today we're getting all of the important school dates into one calendar the whole household can see — so your brain isn't the only one keeping track.

STRESS-FREE SCHOOL YEAR

STEP 01 • FIND THE SCHOOL CALENDAR

Before we can add anything, we need the calendar. Here's where schools usually post them:

- The school's website — look for a Calendar, Events, or Parents tab
- The school's Facebook page (posts + pinned files)
- The parent portal or school app (usually has a calendar view built in)

If all else fails, try calling the school office and asking if they have a copy they can send you.

Bonus find: Some districts publish a Google Calendar or iCal link you can subscribe to — meaning it auto-updates when the school makes changes. If you spot one, add it to your calendar and you're already done for the day!

STEP 02 • PICK YOUR CALENDAR STYLE

There are two great ways to build out your school year calendar. Both work — pick the one that fits how your family already operates:

Paper Calendar:

A traditional wall calendar or planner that the whole family can see.

Digital Calendar:

A shared Google Calendar everyone can access on their phone or device, even on the go.

DAY 04: THE FAMILY CALENDAR

Today we're getting all of the important school dates into one calendar the whole household can see — so your brain isn't the only one keeping track.

STRESS-FREE SCHOOL YEAR

STEP 03 · ADD SCHOOL DATES TO THE CALENDAR

Time to add all of the important school events to your family's calendar. Before you get started, grab your School Calendar Cheat Sheet (in today's downloads) — it lists everything worth adding, so you don't have to hunt.

Paper Calendar:

Write in every date from the school calendar & the cheat sheet. Use a different color per kid so it's easy to scan at a glance.

Digital Calendar:

Add every event from the school calendar, following the CALM Calendar Method™ in the lesson downloads.

Check out today's downloads for my CALM Calendar Method™ — how to set up your calendars and events & share it with the family so that you're not the only one keeping track of all the details.

Today's Wins:

- ✓ School calendar found and saved
- ✓ Decide on a paper or digital calendar
- ✓ School Calendar Cheat Sheet events added to the calendar

School Calendar Cheat Sheet

After you add your school's calendar to your family's calendar, use this list to make sure you've included everything relevant for your school year.

SCHOOL FOUNDATIONS

- First Day of School
- Last Day of School
- Meet the Teacher
- Half Days
- Early Release Days

BREAKS & OFF DAYS

- Teacher Work Days
- Labor Day
- Fall Break
- Thanksgiving Break
- Winter Break
- MLK Day
- Presidents' Day
- Spring Break
- Memorial Day
- Religious Observances

HOLIDAYS & PARTIES

- Halloween Party
- Thanksgiving Party
- Winter / holiday Party
- 100th Day of School
- Valentine's Party
- End of Year Party
- Classroom birthday celebration

PERFORMANCES & CEREMONIES

- Fall Concert
- Holiday Programs
- Spring Concert
- School Plays
- Talent Show
- Awards Ceremonies
- Graduations

SCHOOL EVENTS & SPECIAL DAYS

- Picture Day
- Spirit Week
- Fundraisers
- Field Trips
- Book Fair
- Field Day

The CALM Calendar Method™

Most calendar events get created in a rush — a quick title, maybe a time, and that's it. The CALM Calendar Method™ fixes that. It's a simple framework for creating calendar events that actually carry the information — so future-you never has to go digging.

C - CLEAR TITLE & DESCRIPTION

Your event title should tell anyone who sees it exactly what it is — not just you, right now, with full context.

Example: ~~Concert~~ 6th Grade Holiday Concert

Use the description field to add anything else someone would need to know: special instructions, contact numbers, what to bring, or reminders.

A - ATTACHMENTS

This is the one most people skip — and it's a game changer.

Attach anything relevant directly to the event: permission slips, school flyers, medical forms, insurance cards, tickets, practice schedules. If it lives in the event, nobody has to ask you where it is.

L - LOCATION

Future-you should never have to search for directions in the parking lot.

Don't just add the venue name – add the full address so it opens directly in Google Maps. Then use the description to add anything the address alone won't tell you: which entrance to use, where to park, which field number.

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M - ADD MEMBERS

If someone else needs to know about this event, invite them in Google Calendar.

Add your partner, co-parent, a babysitter, older kids — anyone who needs visibility. When they accept the invitation, they get a notification and it lands on their calendar automatically. No more forwarding, no more texting, no more "did I tell you about this?" will be necessary.

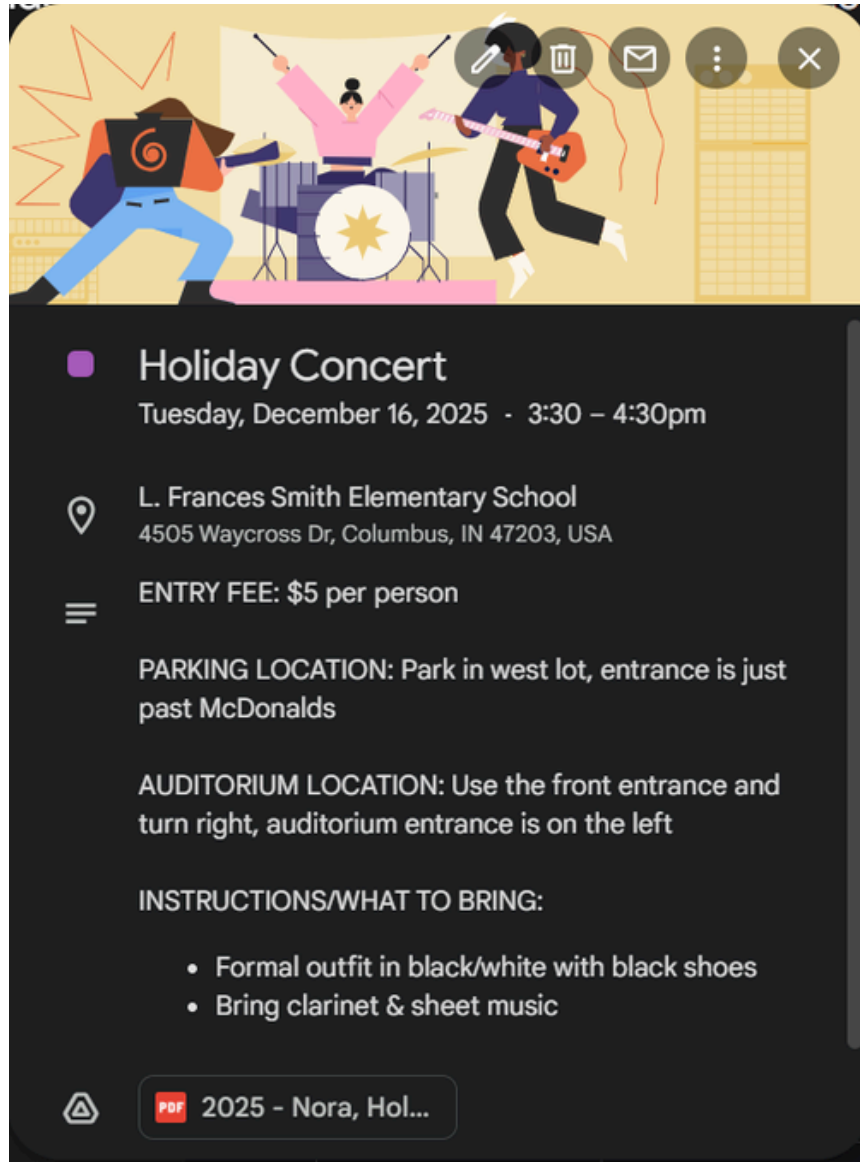
Pro Tip: You can also share an entire calendar with someone — so instead of adding them event by event, they automatically see everything on that calendar as you add it. Consider this option if you have unique calendars set up for each person in your family.

HELPFUL ITEMS TO INCLUDE IN YOUR EVENTS:

- Full address: easy to find in Google Maps
- Specific instructions: enter south entrance, park in back
- Contact numbers: coach, doctor, host parent
- What to bring: insurance cards, instrument, soccer cleats, birthday gift
- Helpful attachments: school flyers, medical instructions, permission slips

CALM Calendar™ Cheat Sheet

Example: Holiday Concert



DAY 05: PLAN-AHEAD SCHOOL YEAR

Yesterday, you loaded every school date onto your family calendar. Today, we're making sure you're never scrambling the night before any of them.

STRESS-FREE SCHOOL YEAR

STEP 01 • THE PLAN-AHEAD PHILOSOPHY

Dates on a calendar are just information. What keeps you out of the night-before scramble is a reminder set a few weeks BEFORE each event — so October-you isn't panicking about picture day the morning of, and April-you isn't panicking about summer childcare plans that booked up in February.

That's what today is all about: adding prep-ahead reminders for the whole school year, before you need them.

STEP 02 • ADD REMINDERS FOR THE YEAR AHEAD

1. Grab the Plan-Ahead School Year printable (in today's downloads) — your plan-ahead map for the whole school year.
2. Walk through it month by month. Check the items that apply, and skip the ones that don't.
3. Look through the school calendar you added yesterday. If anything on it isn't already covered by the Plan-Ahead School year Checklist, add a prep reminder for it, too.

Check out today's downloads for the Plan-Ahead School Year checklist to take the guesswork out of what to add to your family's calendar.

Today's Wins:

- ✓ Plan-Ahead School Year items added to your calendar
- ✓ Yesterday's calendar events reviewed + prep reminders added if needed