



# MT SION: RETURN TO SCHOOL CHECKLIST

## WELCOME BACK!!

Your teachers are looking forward to seeing you again. Hopefully you are feeling positive about returning to school. It's OK if you are feeling apprehensive- you've had as much time away from face-to-face schooling as you would for the summer break.

Here are some tips to check over to make the return to being physically back at school as smooth as possible, please share and discuss this with your parents:

### 1. ROUTINE

Get back into routine. This means at least 8 hours of sleep each night.

- Set your alarm and get up at the same time as you did when you physically went into school. Eat breakfast and follow a usual school morning as much as possible.
- Put your devices away and out of reach to ensure you get a sleep free of distractions.

### 2. UNIFORM

- Try your winter uniform on. Can you find your tie, blazer and pants? Does it still fit? If not, get a uniform that fits THIS WEEK.
- Term 2 and 3 require full winter uniform. Students not in the correct uniform will need a parent note.

### 3. LOOK GOOD, FEEL GOOD

- Look the part!
- Maybe it's time for a haircut? Shoulder length hair to be tied back
- Make sure you are clean shaven on the first day back

### 4. ORGANISATION

- Are all of your school materials organized?
- Use this week to get ready and ensure you are organized to begin classes next week.
- Ensure you have all materials and classwork completed

### 5. WORKLOAD

Are you on top of your school work?

- Write a list of work that is still to be completed. Stick to a timeline in trying to complete this.
- ASK FOR HELP. If you are behind with the work or unsure of what to do- contact your teacher(s) now so that they can help you.
- Remember: set classwork and homework will have to be completed. Not completing this before we return may mean completing in lunchtime catch-up sessions

### 6. STAY HEALTHY

Keep up with your 60 minutes of physical activity per day, a healthy diet and drinking at least 2 litres of water per day

### 7. FEELING ANXIOUS?

Speak to your homeroom teacher, subject teacher, house leader, or organize an appointment with the college Wellness Team [collegeclinicians@sjc.vic.edu.au](mailto:collegeclinicians@sjc.vic.edu.au) Alternatively you may seek some support or tips from a service such as [headspace](#) or [reachout](#)

