

FOR IMMEDIATE RELEASE

For more information, contact: Arianna Oehme

District Health & Nutrition Program Assistant, Wildcat Extension District

aoehme@ksu.edu, (620)724-8233

Back to School Systems for Success

As summer comes to a close, families are shifting into a new school year. While the return to school is exciting, it can also bring busy mornings, packed schedules, and added stress. Fortunately, a little planning before the first day can make the transition smoother for everyone.

One of the best ways to prepare is to ease back into a school-day routine before school starts. If possible, start shifting bedtimes and wake-up times earlier, about one to two weeks before school begins. Practice your morning routine and reintroduce regular mealtimes if these routines have become looser during the summer months. Making small changes ahead of time helps children adjust more easily and reduces first-day fatigue and frustration.

Creating simple systems at home can also help keep the school year running smoothly. Designate one place for backpacks, shoes, lunch boxes, and important papers so everyone knows where to find what they need. A shared family calendar—whether on the wall or on a digital device—can help track school events, practices, appointments, and deadlines in one convenient place. Organizing school supplies and setting up a dedicated homework space before classes begin can save time and reduce daily stress.

Remember that a successful school year isn't just about staying organized—it's also about supporting your child's confidence. Talk with your children about what they're looking forward to and any worries they may have. Encourage them to ask questions, practice new routines, and celebrate small accomplishments as they settle into the school year. Keeping communication open helps children feel supported and prepared for the changes ahead. These simple routines can reduce morning chaos and help the entire family start each day with less stress and more confidence.

The back-to-school season is a fresh start for both children and parents. By planning ahead, establishing routines, and creating organized systems at home, families can begin the school year feeling prepared, connected, and ready for success.

For more information, visit <https://aocan.org/wordpress/wp-content/uploads/2023/09/Set-up-systems-for-back-to-school-success-A-Step-by-Step-Guide-for-Families-to-Make-the-Most-of-the-Transition-2.pdf>. OR contact Arianna Oehme, Wildcat District Nutrition & Community Wellness Extension Agent at aoehme@ksu.edu or (620)724-8233.

###

K-State Extension is a short name for the Kansas State University Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the wellbeing of Kansans. Supported by county, state, federal and private funds, the program has county extension offices statewide. Its headquarters is on the K-State campus in Manhattan. For more information, visit www.ksre.ksu.edu.

K-State Extension is an equal opportunity provider and employer