

# School & Sports Checklist

*Never miss something that matters to them*

STILL DAD

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## START OF YEAR SETUP

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- Get school supply list and shop before school starts
- Label every piece of clothing, lunchbox, and backpack
- Set up parent portal account with your own login
- Save all teacher contact info to your phone
- Add every school holiday and early release to your calendar
- Register for the school app or communication platform
- Sign up for any sports or activities by the deadline
- Pay fees directly: don't route through your co-parent
- Get the sports schedule for the full season on Day 1
- Note which games/events fall on your custody time

## GAME / EVENT PREP

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- Confirm the start time the night before
- Know the location and how long it takes to get there
- Have the uniform, gear, and equipment ready the night before
- Bring a snack and water for after
- Arrive at least 10 minutes early
- Cheer: leave criticism for private conversations later
- Take a photo or short video for them to keep

## WEEKLY CHECK-IN

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- Check the grade portal: any missing assignments?
- Any events or games this week?
- Any forms or permission slips to sign?
- Anything in the backpack that needs attention?
- Homework done for the week's school days on my time?
- Check in with the kids: how is school going?

## PARENT-TEACHER CONFERENCE PREP

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- Confirm the date and sign up early for a slot
- Review recent grades before going in
- Write down 3 specific questions to ask
- Ask: what is my child doing well?
- Ask: what is one thing they're working on?
- Ask: how can I support this at home?
- Ask: is there anything I should know that we haven't covered?
- Take notes during the meeting
- Follow up with any action items within a week

## WEEKLY ACTIVITY SCHEDULE: FILL IN

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DAY	ACTIVITY / EVENT	TIME / LOCATION
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

*Being at games and events matters more than you know. Your kids are watching to see if you show up: and so is everyone else.*