



## Extracurricular Interests

Finding the balance between academics and extracurricular interests starts with a solid plan. Use the space below to identify activities of interest with your child. Allow your child's interests to drive the conversation. Look for information that would indicate the weekly time commitment as well as the anticipated start and end date for each activity. After gathering information for each of the activities, factor in a few (2 hours) of homework time each evening. With a clearer picture in place for the months ahead choose a set of activities that you can both commit to without becoming overwhelmed.

My current list of activities

Weekly time commitment

Start and end dates

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

New activities I'm interested in trying

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

I think homework will take \_\_\_\_\_ hours to complete on most nights.

From my estimates above my activities outside of school will take \_\_\_\_\_ hours each day.

I need \_\_\_\_\_ hours of sleep each night in order to stay happy and healthy.

What activities will you participate in this year that will allow you to complete your homework and get a good night's sleep?

My list of activities for the school year

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## Supplies List

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The lists below are meant to serve as a guide. Schools and teachers may have specific additions to the lists below. Plot a date on the calendar 3-4 weeks before the start of the school year when you can visit the supplies store. Avoid the weekend before school begins. The sale items may seem appealing, but the lines of frenzied customers won't be.

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### Supplies for School

- \_\_\_ One box of pencils (twenty-four pencils)
- \_\_\_ One box of pens (twelve to twenty-four pens)
- \_\_\_ Highlighters (four to six)
  
- \_\_\_ Three wireless notebooks with perforated paper (80 to 100 pages with three holes prepunched in the paper). These notebooks are different from the spiral-bound notebooks. Wireless notebooks have paper you can tear off along a clean edge.
  
- \_\_\_ Backpack (Look for a backpack with two to three pockets. Keeping your books and binders separate from your supplies makes it easier to find what you need when you need it.)

### Supplies for Home

- \_\_\_ Two packs of loose-leaf paper (a.k.a. binder paper, usually found in packs of 100 or more)
- \_\_\_ One box of pencils (twenty-four pencils)
- \_\_\_ One box of pens (twelve to twenty-four pens)
- \_\_\_ Two packs of 2 x 1-1/2 sticky notes
- \_\_\_ One stapler, desktop size. The mini-size version holds only about five staples.
- \_\_\_ One box of staples
- \_\_\_ One box of large paper clips
- \_\_\_ One three-hole punch (Buy the heavy version—it will last for years to come.)
- \_\_\_ One file crate (The traditional egg crate variety will do the job.)
- \_\_\_ One box of hanging files (which fit neatly into the egg crate)
- \_\_\_ One desktop calendar (Check the range of months and get one that begins in the summer months and continues through the following year.)
- \_\_\_ One pack of index cards (3 x 5 or 4 x 6)
- \_\_\_ One pencil sharpener (handheld or electric)

Take a second trip to the supplies store during the first week of school when your child has a complete list of required supplies from each teacher. Use the lists above as a resource that can alert your child when a followup trip is needed to refill needed supplies. Handover responsibility for maintaining the supplies bin to your child. When supplies run low you can schedule a trip to go together.



## Family Acceptable Use Plan

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Begin by talking about the types of web sites that everyone thinks should be off limits. List the category (pornography, gambling, hate sites, etc.) followed by the names of any specific sites that fall within these categories. Beyond safe web site surfing discuss and record when computers will be available for use and where the computers will reside. Finally, discuss the consequences for breaking the family's acceptable use plan.

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Unacceptable web site categories

Specific web sites

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Where will the family's computer(s) reside?

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When will the family's computer(s) be available for use (days / times)?

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What are the consequences for breaking our family's acceptable use plan?

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Post this plan in a location where everyone has access to it. Revisit the plan every 2-3 months for updates and revisions.

## Weekly Check-in

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Use the agenda below as a template for your first few weekly check-ins. Add or change agenda items as your family's interests change. Completing every agenda item isn't necessary. Stick to the time frame that everyone agreed to, with a focus on quality conversation rather than rapidly covering each agenda item.

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The date of our next weekly check-in is \_\_\_\_\_

We have agreed to meet for \_\_\_\_\_ minutes beginning at \_\_\_\_\_ (start time).

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### Sample Agenda

**Celebrate** - Acknowledge the person sitting to your left by either appreciating or thanking them for something they did.

**Focus on effort** - Give everyone the opportunity to talk about the effort they have given throughout the week and how it resulted in the achievement of or progress toward, a goal.

**Plan for the future** - Have each person present at the check-in create one goal that can be achieved in the coming 7 days.

**Check the calendar** - Pull out your family's desktop calendar. Give everyone present the opportunity to add appointments, events and travel dates for the coming weeks. If time conflicts occur, brainstorm solutions as a family.

*Additional agenda items:* \_\_\_\_\_

**Schedule the next check-in.** Before adjourning, agree to a date and time for your next check-in. Record the date and time on your family's desktop calendar.