



# ELEMENTARY BACK TO SCHOOL GUIDE

## School Registration Basics

Summer is going fast! We hope our Murray families and students are enjoying a safe and fun break! While you are squeezing in that last little bit of fun, let's get our kids ready for school.

Online registration at the MCSD website ([murrayschools.org](http://murrayschools.org)) begins July 31. Regardless of attendance last year, ALL students must re-register.

**New Students and Late Registration...** Though you will find digital registration convenient, Murray offers in-person registration at any school. The dates and times for that are listed in the District Launch Guide located here. You will also see back-to-school night dates and times here.

**Registration Assistance...** Once again, Murray offers registration assistance for those with language and other barriers. This will be August 6, 4:30-7:30 pm at Hillcrest Jr. High School. They also have help with on-site child supervision, dental service registration, immunizations, and more.

**More than a Meal...** When registering, please complete the Free/Reduced School Lunch Program Application. More than just a free or reduced meal, it unlocks other resources for families and student(s). But it also helps the Murray with accurate enrollment data to determine qualifications for certain programs that benefit students. You will see an application for that in the District's registration materials.

**First Days of School...** 7<sup>th</sup> Graders will begin with a half day on August 16, while everyone else (K-6, 8-12) will start on August 19.

**School Calendars and Bell Schedules...** are located on the home page of the MCSD website ([murrayschools.org](http://murrayschools.org))

**Healthcare Visits...** Now is the time to ensure your student's immunizations, physicals, and dental visits are checked off as these services tend to get very busy this time of year.

## Community Partner Sponsors

Huge shout out to our Murray community sponsoring partners for making this year's Guide possible. Go here to learn more about them and special offers they have for back-to-school shopping:

[MurrayEducationFoundation.org/murray-back-to-school-guide](http://MurrayEducationFoundation.org/murray-back-to-school-guide)

[Sprouts Farmers Market](#)

[Taqueria 27](#)

[Uptown Cheapskate Murray](#)

[Shake Shack Fashion Place](#)

[Roolee](#)

[Burger King Murray](#)

[Men's Wearhouse](#)

[East Coast Subs](#)

[Panda Express](#)

## Fox 13 Back to School Blitz

Not every student has everything they need to start school. This year, Murray Education Foundation will be partnering again with Fox 13 on our Back-to-School Blitz. We encourage families who have the means to purchase a few extra items when doing their own shopping to donate to the Blitz that will take place August 1-15. You can take your extra items to the Murray City School District Office (**5102 S. Commerce Drive, Murray**) any time during those dates. Fox 13 will be live all day at a location to be determined on August 15 to also receive your generous offerings.

## Preparing for the School Year

The start of elementary school is a significant milestone for students and their families. Preparing for this transition involves more than just gathering school supplies. Here's how families can help children get ready physically, mentally, and socially:

### Physical Readiness:

- **Establish a Routine:** Begin adjusting bedtime and wake-up times a few weeks before school starts. Consistent sleep schedules ensure children are well-rested and ready to learn.
- **Healthy Nutrition:** Ensure children have a balanced diet, with a focus on nutritious breakfasts that provide energy for the day. Plan and practice packing healthy lunches together.
- **Exercise:** Encourage regular physical activity. This can include family walks, bike rides, or playing in the park. Physical activity boosts energy levels and reduces stress.

### Mental Readiness:

- **Educational Activities:** Engage in fun learning activities at home. Reading books, playing educational games, and practicing basic math skills can help keep the mind active and ready for school.
- **Positive Attitude:** Discuss the exciting aspects of school, such as making new friends and learning new things. Address any concerns they might have and reassure them about the new environment.
- **Goal Setting:** Help children set simple, achievable goals for the school year. This can include making a new friend, reading a certain number of books, or learning a new skill.

### Social Readiness:

- **Playdates:** Arrange playdates with future classmates if possible. This helps children feel more comfortable with their peers before school starts.
- **Role-Playing:** Practice social scenarios like introducing themselves, asking to join in games, and following classroom rules. Role-playing can build confidence in social interactions.
- **Open Communication:** Encourage children to talk about their feelings regarding school. Listen to their concerns and provide support and reassurance.

By focusing on physical, mental, and social readiness, families can help ensure a smooth and positive start to the elementary school year. These preparations not only ease the transition but also set the stage for a successful and enjoyable school experience.

## Back-to School Checklists

Families of students should work directly with their teachers on any needed supplies for their classroom experience. But here's a top 25 list of things to consider:

- Backpack
- Lunchbox
- Pencils
- Pencil sharpener
- Erasers
- Colored pencils
- Crayons
- Markers
- Highlighters
- Glue sticks
- Scissors (safety scissors for younger students)
- Ruler
- Notebooks
- Loose-leaf paper
- Binders
- Folders
- Index cards
- Pencil case
- Calculator (basic)
- Water bottle
- Hand sanitizer
- Tissues
- Sticky notes
- Dry erase markers
- Art smock or old t-shirt for art projects