

How to... Get ready for school

Pack your bag

What you need

- Rucksack or equivalent school bag
- Paper and pen
- Essential items such as pencil case, exercise books, house keys

Starting a new term, new academic year or especially a new school can be stressful. There is a way to remove a lot of this stress and it all comes down to how well you have packed your bag. Make a list of the things you need in a school day and always pack your bag the night before. The items might include a pencil case, exercise books, spare paper, water bottle, face mask, hand sanitiser, house keys, a card or a pass for the bus or the school and a way to pay for your lunch (the school will let you know how if you're not taking a packed lunch. If you are taking a packed lunch, leave space for it). Pack a separate bag for sports kit or you will have too much in your bag – plus the kit might get a bit smelly. Perhaps there are things that you like to have but aren't essential, like lip balm or a hairbrush. Pack books against the back of the bag so nothing digs into your back and pack neatly so it won't get messed up if you have to run for the bus.

Getting organised helps you feel more prepared.



Pack the things you use most at the top.

Prepare your pencil case

What you need

- A pencil case
- Calculator
- Glue stick
- Highlighter
- Pens
- Pencils
- Pencil sharpener
- Protractor
- Rubbers
- Ruler

Just as a spy would never go on a mission without the gadgets to help them carry out their task successfully, there is nothing you take to school that will be as useful as the perfect pencil case. A well-packed pencil case is your secret weapon in the classroom. Knowing that you have everything you need at all times means you can focus on school itself. First make a list of all the stationery you think you will need if your school hasn't already told you. Remember to have more than one pen and more than one pencil. Can you imagine losing one and not being able to write? Put everything in your pencil case in a logical order, with the things you'll use the most at the top and the largest items at the bottom. A pencil case with compartments can make packing easier.



Win school supplies with Maped Helix

We've teamed up with Maped Helix to help four lucky winners get set for school.

Three runners-up will receive the Helix Oxford Blazer Buddy pencil case filled with some stationery essentials – an Oxford rose gold fountain pen, Oxford colour gel pens and a Maped Picnik Concept water bottle and lunchbox.

The overall winner will receive all of this, plus a set of 24 Helix Oxford colouring pencils and the Oxford Complete School Stationery Set, filled with everything you need to go back to school, including the Oxford Maths Set, scientific calculator and 30cm folding ruler. To find out how you could win, visit theweekjunior.co.uk/mapedhelix



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