



ENCOURAGE. EQUIP. EMPOWER.

BACK-TO-SCHOOL *Parent Toolkit*

FREE
PRINTABLE
RESOURCE

Everything
You Need to
Prepare Your
Family for a
Successful
School Year

TOOLS & PRINTABLES

- ✓ Stay Organized
- ✓ Build Routines
- ✓ Encourage Learning
- ✓ Strengthen Faith
- ✓ Create Lasting Family Connections

Strong FAMILIES. ♥ BRIGHT FUTURES. ♥ KINGDOM IMPACT.



WWW.SIERRA-SPEAKS.COM



YOU'VE
GOT THIS!

Welcome!

Dear Parents,

A new school year brings new opportunities, new challenges, and a fresh start for your family. I know how much you juggle, plan, pray, and pour into your children each day. You are their first teacher, their biggest cheerleader, and their safe place.

That's why I created the **Sierra Speaks Back-to-School Parent Toolkit**—to help you start the year feeling prepared, organized, and encouraged. Inside, you'll find practical printables, checklists, planners, and resources designed to simplify your routines, strengthen your family, and support your child's success—emotionally, academically, and spiritually.

You don't have to do it all perfectly. You just have to do it with love and consistency. Small steps today create strong foundations for tomorrow.

You are making a difference, and your children are watching.

Let's make this the best school year yet!

With encouragement,

Sierra

Sierra Skipper
Founder, Sierra Speaks

IN THIS TOOLKIT YOU WILL FIND:



Practical Tools & Checklists

To keep your family organized and on track.



Planners & Trackers

To manage schedules, goals, habits, and more.



Encouragement for Parents

Reminders that you're not alone on this journey.



Faith & Inspiration

Prayers, scriptures, and affirmations to strengthen your family.



Bonus Printables

Extra resources to make life a little easier!

HOW TO USE THIS TOOLKIT



PRINT

Print the pages you need or use digitally.



PLAN

Use the checklists and planners to stay organized.



INVOLVE

Include your children and make it a team effort.



CELEBRATE

Celebrate the small wins all along the way!

"Small moments of consistency create lifelong success."



WWW.SIERRA-SPEAKS.COM



ENCOURAGE. EQUIP. EMPOWER.



@IAM.SIERRASPEAKS

TABLE OF CONTENTS

Your guide to a successful
school year!

YOU'VE GOT THIS!

Every page in this toolkit is designed to help you stay organized, encourage your child, and create a strong foundation for a successful school year.



1. MORNING ROUTINES

- 5 Morning Routine Checklist
- 6 After-School Routine Planner



2. HOMEWORK & LEARNING

- 7 Homework Planner
- 8 Weekly Family Planner
- 16 Reading Log



3. ORGANIZATION

- 9 Backpack Checklist
- 10 Lunch & Meal Planner
- 17 Chore Chart
- 18 Attendance Tracker



4. COMMUNICATION

- 11 Parent-Teacher Conference Notes
- 13 Family Technology Agreement
- 24 Notes Pages



5. WELLNESS & ENCOURAGEMENT

- 19 Positive Affirmation Cards
- 20 Parent Encouragement
- 21 Family Prayer



6. FAITH & INSPIRATION

- 22 Scripture Cards
- 21 Family Prayer
- 22 Scripture Cards



7. PLANNING & FINANCES

- 14 Back-to-School Budget Planner
- 8 Weekly Family Planner (cont.)



8. SAFETY & INFORMATION

- 15 Emergency Information Sheet
- 12 Student Goal Sheet



9. EXTRAS

- 23 Resource Page
- 25 Thank You Page

Remember!

Progress takes time, but every small step forward matters.

YOU ARE DOING A GREAT JOB!



BE PREPARED. STAY ORGANIZED. SET THE TONE FOR A GREAT SCHOOL YEAR!



SCHOOL

- ☐ Register / update information
- ☐ Supply list completed
- ☐ Meet the teacher
- ☐ Review school calendar
- ☐ Bus route confirmed
- ☐ School handbook reviewed
- ☐ Important dates noted



HOME

- ☐ Create a homework space
- ☐ Stock up on supplies
- ☐ Set routines (morning & afternoon)
- ☐ Family calendar updated
- ☐ Chore chart in place
- ☐ Healthy snacks available
- ☐ Clothes for the week ready



MEDICAL

- ☐ Immunizations updated
- ☐ Medication ready
- ☐ Allergies / medical info updated
- ☐ Doctor / dentist appointments updated if needed
- ☐ Emergency contacts updated



TRANSPORTATION

- ☐ Bus schedule / route confirmed
- ☐ Carpool / drop-off plan set
- ☐ Practice drop-off / pickup
- ☐ IDs or tags ready if needed
- ☐ Backup plan in place



TECHNOLOGY

- ☐ Device charged & updated
- ☐ Internet access working
- ☐ School logins ready
- ☐ Apps / platforms tested
- ☐ Screen time rules set



DOCUMENTS

- ☐ Birth certificate (if needed)
- ☐ Proof of residence
- ☐ Report cards (if requested)
- ☐ Permission slips signed
- ☐ ID / school badges ready



ACTIVITIES

- ☐ Practice / activity schedules confirmed
- ☐ Sports physicals (if needed)
- ☐ Fees / payments completed
- ☐ Gear / equipment ready
- ☐ Contact info for coaches/mentors



COMMUNICATION

- ☐ Teacher contact info saved
- ☐ Emergency contacts shared
- ☐ Family group chat updated
- ☐ Check-in time set with your child
- ☐ Encourage open conversations



MINDSET

- ☐ Encourage a positive mindset
- ☐ Talk about goals for the year
- ☐ Remind your child they are loved
- ☐ Pray together for a great year
- ☐ Celebrate the fresh start!



NOTES:



A little preparation today leads to a smoother tomorrow!



MORNING

Routine

CHECKLIST

Start the day with purpose, positivity, and preparation!



MY MORNING ROUTINE

DONE!



WAKE UP

Start the day with a smile!

☐


MAKE BED

A tidy space helps a tidy mind.

☐


BRUSH TEETH

Fresh smile, fresh start!

☐


WASH FACE

Splash, refresh, and wake up!

☐


GET DRESSED

Put on clothes for success!

☐


EAT BREAKFAST

Fuel your body and brain.

☐


PACK BACKPACK

Don't forget what you need!

☐


PACK LUNCH

Healthy food = more energy!

☐


GRAB WATER BOTTLE

Stay hydrated all day!

☐


PUT ON SHOES

Ready, set, go!

☐


POSITIVE AFFIRMATION

Speak life over your day!

☐

PARENT TIP

Create a consistent morning routine and prepare as much as you can the night before. It reduces stress and helps your child start the day feeling **confident** and **ready to learn!**



AFFIRMATION EXAMPLES

- ♥ I am smart.
- ♥ I am capable.
- ♥ I am important.
- ♥ I can do hard things.
- ♥ I choose kindness.
- ♥ I will do my best.
- ♥ God has a great plan for me!



You've got this!



STRONG FAMILIES. BRIGHT FUTURES. KINGDOM IMPACT.



WWW.SIERRA-SPEAKS.COM

AFTER-SCHOOL Routine



A GREAT AFTERNOON LEADS TO A SUCCESSFUL TOMORROW!



1. SNACK & UNWIND

Have a healthy snack and take 15–20 minutes to relax.

☐


2. HOMEWORK TIME

Focus on homework first while your mind is fresh.

☐


3. CHORES & RESPONSIBILITIES

Work together to keep our home clean and happy.

☐


4. READING TIME

Build your mind and imagination with a good book.

☐


5. FAMILY TIME

Connect, talk, and enjoy time together.

☐


6. FREE TIME / ACTIVITIES

Play, create, or do something that makes you happy!

☐


7. DINNER TIME

Gather as a family and enjoy a healthy meal.

☐


8. PREPARE FOR TOMORROW

Pack backpack, check assignments, and set out clothes.

☐


9. BEDTIME ROUTINE

Wind down, get a good night's rest, and be ready for a new day!

☐

PARENT TIPS

- ✓ Create a consistent routine and stick to it.
- ✓ Keep distractions (TV, phones, tablets) off during homework time.
- ✓ Praise effort and progress every day.
- ✓ Be patient and flexible—some days are harder than others.
- ✓ Your presence matters more than perfection.

REMEMBER

*You don't have
to do it all.
Just do your best
and God will do
the rest!*



Small steps today
build a better tomorrow.





STRONG FAMILIES.



BRIGHT FUTURES.



KINGDOM IMPACT.



WWW.SIERRA-SPEAKS.COM



ENCOURAGE. EQUIP. EMPOWER.

HOMework & Learning

♥ FOCUS TODAY. SUCCEED TOMORROW. ♥



Note to Parents:

A consistent homework routine builds confidence, responsibility, and strong academic habits.

WEEKLY HOMEWORK PLANNER

DAY	ASSIGNMENT/ SUBJECT	DUE DATE	PRIORITY (High/Med/Low)	COMPLETED ✓
MONDAY				☐
TUESDAY				☐
WEDNESDAY				☐
THURSDAY				☐
FRIDAY				☐

PARENT TIPS

- ✓ Create a quiet, distraction-free study space.
- ✓ Set a regular homework time every day.
- ✓ Stay nearby to offer support, not do the work.
- ✓ Encourage breaks when needed (5–10 minutes).
- ✓ Celebrate effort and improvement!



FOCUS CHECKLIST

- ☐ I have everything I need.
- ☐ No distractions (TV, phone, social media).
- ☐ I will stay focused and use my time wisely.
- ☐ I will ask for help when I am stuck.
- ☐ I will do my best and be proud!

STUDY SUCCESS TIPS



PLAN AHEAD

Check your assignments and due dates.



MANAGE YOUR TIME

Break big tasks into smaller steps and take breaks.



UNDERSTAND IT

Read directions carefully and ask questions.



CHECK YOUR WORK

Review before turning it in.



USE GOOD STUDY HABITS

Take notes, highlight key points, and review often.



CELEBRATE PROGRESS

Every step forward is a step to success!

REFLECTION

What went well today? _____
What was challenging? _____
What can I do better tomorrow? _____



NEED HELP?

- Talk to your teacher.
- Use class resources and study guides.
- Ask a family member.
- Visit the library or use online resources.
- Don't give up—keep trying!

♥ You've got this! ♥

♥ *Small steps. Strong habits. Bright futures.* ♥

• WWW.SIERRA-SPEAKS.COM •



We're a team!
Together, we can make
this school year amazing!





WEEKLY Family Planner

PLAN TOGETHER. STAY CONNECTED. GROW TOGETHER.

A well-planned week creates a stronger family!



WEEK OF:

____ / ____ / ____



FAMILY VERSE

"As for me and my house,
we will serve the Lord."
Joshua 24:15



FAMILY GOALS

- ☐ _____
- ☐ _____
- ☐ _____



TOP PRIORITIES

- ☐ _____
- ☐ _____
- ☐ _____

DAY	SCHOOL / WORK	HOME & CHORES	FAMILY TIME	ACTIVITIES / APPTS	GRATITUDE
Monday ♥					
Tuesday ♥					
Wednesday ♥					
Thursday ♥					
Friday ♥					
Saturday ♥					
Sunday ♥					



FAMILY CHECKLIST

- ☐ Eat meals together
- ☐ Encourage each other
- ☐ Limit screen time
- ☐ Pray together
- ☐ Stay active
- ☐ Keep a clean space
- ☐ Have fun! ♥



SCHOOL & LEARNING REMINDERS

- ☐ Check homework
- ☐ Read 20 minutes
- ☐ Review tests/projects
- ☐ Pack backpacks
- ☐ Charge devices
- ☐ Communicate with teachers if needed



HEALTH & WELLNESS

- ☐ Drink water
- ☐ Get enough rest
- ☐ Exercise / Play
- ☐ Eat healthy meals
- ☐ Practice self-care



PARENT REMINDERS

- ☐ Check in with each child
- ☐ Listen more, lecture less
- ☐ Celebrate small wins
- ☐ Stay consistent
- ☐ Make time for YOU! ♥



MEAL PLAN



- Mon _____
- Tue _____
- Wed _____
- Thu _____
- Fri _____
- Sat _____
- Sun _____

FAMILY NOTES ♥

- _____
- _____
- _____
- _____
- _____



WEEKEND FUN IDEAS

- ☐ Movie Night
- ☐ Game Night
- ☐ Family Walk / Park
- ☐ Church / Worship



MY SELF-CARE ♥

MY SELF-CARE

- ☐ Rest
- ☐ Read
- ☐ Pray
- ☐ Workout
- ☐ Do Something I Love



- ☐ Connect / Encourage
- ☐ Cook Something Together
- ☐ Try Something New!



*Strong Families.
Bright Futures.
Kingdom Impact.*



NEXT WEEK PREVIEW

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



WWW.SIERRA-SPEAKS.COM





ENCOURAGE. EQUIP. EMPOWER.



READING

Log



“EVERY PAGE
YOU READ
IS A **STEP**
TOWARD YOUR
BEST SELF.”

» READ MORE. LEARN MORE. GROW MORE. «

NAME: _____

MONTH: _____

DATE 	BOOK TITLE 	AUTHOR 	GENRE 	MINUTES READ 	PAGES READ 	RATE IT! (1-5 STARS) 	NOTES / WHAT I LEARNED 
						☆☆☆☆☆	
						☆☆☆☆☆	
						☆☆☆☆☆	
						☆☆☆☆☆	
						☆☆☆☆☆	
						☆☆☆☆☆	
						☆☆☆☆☆	
						☆☆☆☆☆	
						☆☆☆☆☆	
						☆☆☆☆☆	
						☆☆☆☆☆	
						☆☆☆☆☆	
						☆☆☆☆☆	
						☆☆☆☆☆	

» MY READING GOALS «

- ☐ Read _____ books this month.
- ☐ Read for at least _____ minutes each day.
- ☐ Try a new genre: _____
- ☐ Finish a book I started.
- ☐ Learn something new from every book.

FAVORITE BOOK THIS MONTH



MONTHLY REFLECTION

-  What was your favorite book and why?

-  What did you learn?

-  How will you use what you learned?



SMALL
STEPS.



STRONG
HABITS.



BRIGHT
FUTURES.



KINGDOM
IMPACT.

• WWW.SIERRA-SPEAKS.COM •

BACKPACK Checklist



**PACK IT.
PLAN IT.
OWN IT.**
You've got this!

★ BE READY. STAY ORGANIZED. DO YOUR BEST. ★



SCHOOL SUPPLIES

- ☐ Backpack
- ☐ Notebooks
- ☐ Loose-leaf paper
- ☐ Folders
- ☐ Pens (black/blue)
- ☐ Pencils
- ☐ Highlighters
- ☐ Eraser
- ☐ Pencil sharpener
- ☐ Ruler
- ☐ Glue stick
- ☐ Scissors
- ☐ Tape
- ☐ Calculator
- ☐ Sticky notes
- ☐ Index cards
- ☐ Planner / Agenda



LEARNING TOOLS

- ☐ Laptop / Tablet
- ☐ Charger
- ☐ Headphones
- ☐ Flash drive
- ☐ Graphing paper
- ☐ Protractor
- ☐ Compass
- ☐ Textbooks
- ☐ Library / ID card
- ☐ Scientific calculator
- ☐ USB / Charging cable
- ☐ Stylus (if needed)
- ☐ White-out / Correction tape



PERSONAL ESSENTIALS

- ☐ Water bottle
- ☐ Hand sanitizer
- ☐ Facial tissues
- ☐ Wet wipes
- ☐ Deodorant
- ☐ Brush / Comb
- ☐ Hair ties / Clips
- ☐ Lip balm
- ☐ Lotion
- ☐ Sunscreen
- ☐ Band-Aids
- ☐ Menstrual products
- ☐ Hand cream
- ☐ Small first aid items
- ☐ Glasses / Contacts + case



CLOTHING & GEAR

- ☐ Jacket / Hoodie
- ☐ Extra shirt
- ☐ Socks
- ☐ Gym clothes
- ☐ Rain jacket / Umbrella
- ☐ Hat / Cap
- ☐ Gloves (seasonal)



SNACKS & LUNCH

- ☐ Lunch / Lunchbox
- ☐ Snacks
- ☐ Reusable utensils
- ☐ Napkins
- ☐ Gum / Mints



MISCELLANEOUS

- ☐ Keys
- ☐ ID / School pass
- ☐ Money / Card
- ☐ Bus pass
- ☐ Notebook for notes
- ☐ Books for reading
- ☐ Other: _____



EXTRAS TO CONSIDER

- | | |
|--|--|
| ☐ Umbrella | ☐ Stress ball / Fidget |
| ☐ Sunglasses | ☐ Extra mask |
| ☐ Portable charger | ☐ Notebook paper |
| ☐ Reusable shopping bag | ☐ Backup pens/pencils |
| ☐ Planner stickers | ☐ Handwritten note of encouragement |



BEFORE YOU GO...

- ☒ Did I check my schedule?
- ☒ Do I have all my assignments?
- ☒ Is my backpack zipped up?
- ☒ Did I charge my devices?
- ☒ Am I ready to have a great day?



PREPARED TODAY. POWERFUL TOMORROW. ♥

LUNCH & MEAL PLANNER

PLAN IT. NOURISH IT. OWN IT. ♥

Good food
fuels your body.
Good planning
feeds your
peace of mind.

	BREAKFAST	LUNCH	DINNER	SNACKS	NOTES / PREP
MON  Plan with purpose.					
TUE  Fuel your focus.					
WED  Nourish yourself.					
THU  Healthy habits.					
FRI  Finish strong.					
SAT  Rest. Refuel. Recharge.					
SUN  Grateful heart. Full soul.					

SNACK IDEAS



- ☐ Fruit (apples, berries, grapes)
- ☐ Veggies & hummus
- ☐ Yogurt / Greek yogurt
- ☐ Nuts / Trail mix
- ☐ Cheese & crackers
- ☐ Hard boiled eggs
- ☐ Smoothie
- ☐ Protein bar

WEEKLY GROCERY LIST



PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY

- ☐ _____
- ☐ _____
- ☐ _____

PROTEIN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DAIRY / ALTERNATIVES

- ☐ _____
- ☐ _____
- ☐ _____

MEAL PREP PLAN



- ☐ Plan meals for the week
- ☐ Make grocery list
- ☐ Grocery shop
- ☐ Prep / Cook
- ☐ Portion & store
- ☐ Stay consistent!



WATER GOAL



☐ Other: _____



☐ _____
☐ _____
☐ _____

UTTER

☐ _____
☐ _____
☐ _____



Aim for 8 cups a day!

A little planning today
creates more time,
less stress, and better
choices tomorrow.



THIS WEEK I WILL:

I AM GRATEFUL FOR:

Strong Families. Bright Futures. Kingdom Impact.



CHORE Chart

Teamwork
makes the
dream work!

★ EVERYONE PLAYS A PART. EVERY TASK COUNTS. ★

WEEK OF: _____

OUR GOAL THIS WEEK: _____

CHORES	MON	TUE	WED	THU	FRI	SAT	SUN	DONE!
 MAKE BED Start the day with purpose.	☐	☐	☐	☐	☐	☐	☐	☐
 LAUNDRY Wash, dry, fold & put away.	☐	☐	☐	☐	☐	☐	☐	☐
 CLEAN UP AFTER MEALS Clean table & wipe down.	☐	☐	☐	☐	☐	☐	☐	☐
 KEEP FLOORS CLEAN Sweep / vacuum high traffic areas.	☐	☐	☐	☐	☐	☐	☐	☐
 TIDY UP LIVING SPACES Pick up toys, clutter & put things back.	☐	☐	☐	☐	☐	☐	☐	☐
 TAKE OUT TRASH Check bins & take out trash.	☐	☐	☐	☐	☐	☐	☐	☐
 HOMEWORK / READING Stay focused & do your best.	☐	☐	☐	☐	☐	☐	☐	☐
 BE KIND & HELP OTHERS A smile, a hug & a helping hand go a long way!	☐	☐	☐	☐	☐	☐	☐	☐

DAILY RESPONSIBILITIES

- Be respectful
- Use kind words
- Keep hands to yourself

CHORE ROTATION IDEAS

- Set the table
- Water plants
- Wash dishes
- Clean bathrooms

REWARD SYSTEM

When we work together, we all win!

EARN POINTS FOR:

REWARD CARD



- Listen the first time
- Do your part
- Have a good attitude

*This is how we
take care of our home
and each other!*



- Help with meal prep
- Organize fridge / pantry
- Change bed sheets
- Car clean up
- Family check-in

*Rotate & share
to keep it fair!*



REWARD DUAL:

OUR REWARD:



NOTES / REMINDERS



STRONG FAMILIES. BRIGHT FUTURES. KINGDOM IMPACT.





Tracker

Small steps
every day
lead to big
results!

♡ SHOW UP. STAY FOCUSED. MAKE IT COUNT. ♡

MONTH: _____

(School, Work, Practice, Class, Meetings, etc.)

L LATE – I was late.

♥ Other: _____

I'm proud of:

NOTES

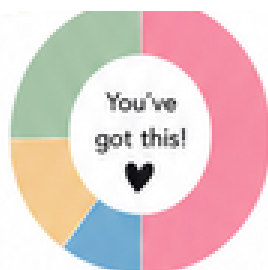
Total Days:

Days Present:

Days Absent:

Days Excused:

Days Late:





CONSISTENCY *TODAY.* SUCCESS *TOMORROW.*



PARENT-TEACHER CONFERENCE NOTES

When we
work together,
our children
thrive!

Partners in education. Investing in their future.

STUDENT NAME: _____ DATE: _____

GRADE: _____ TEACHER: _____ SCHOOL: _____



STUDENT STRENGTHS



- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____
- ♥ _____



ACADEMIC PROGRESS

SUBJECT	PROGRESS			COMMENTS
	☐ Above	☐ On Track	☐ Below	
	☐ Above	☐ On Track	☐ Below	
	☐ Above	☐ On Track	☐ Below	
	☐ Above	☐ On Track	☐ Below	
	☐ Above	☐ On Track	☐ Below	
	☐ Above	☐ On Track	☐ Below	



AREAS FOR GROWTH



- _____
- _____
- _____
- _____
- _____



TEACHER NOTES & RECOMMENDATIONS



- _____
- _____
- _____
- _____
- _____



BEHAVIOR & SOCIAL DEVELOPMENT

- ☐ Excellent
- ☐ Good
- ☐ Satisfactory
- ☐ Needs Improvement

Comments: _____



HOW PARENTS CAN SUPPORT AT HOME

- _____
- _____
- _____
- _____
- _____

CONFERENCE SUMMARY



Overall Progress: ☐ Excellent ☐ Good ☐ Satisfactory ☐ Needs Improvement

Next Steps / Action Plan:

- _____
- _____
- _____
- _____

FOLLOW UP



Next Conference Date: _____

Additional Communication Method: _____

Best Time to Contact: _____



ADDITIONAL NOTES



Encouraged today. Empowered always. Equipped for tomorrow.



FAMILY TECHNOLOGY Agreement

Good technology habits today.
Stronger family connections tomorrow.

CONNECTING WITH PURPOSE. PROTECTING WHAT MATTERS MOST.

OUR FAMILY VALUES

We agree that technology should support our values, not distract from them.

- _____
- _____
- _____
- _____

OUR GOAL

To use technology wisely so we can enjoy more time, more connections, and more of what matters.

OUR AGREED UPON RULES

1  We will set healthy time limits for screen use. ☐

2  We will prioritize real-life connections with family and friends. ☐

3  No devices at mealtimes. ☐

4  No devices during homework or quiet study time. ☐

5  No devices 1 hour before bedtime. ☐

6  We will be kind, respectful, and safe online. ☐

7  We will think before we post or share. ☐

8  We will protect our personal information and passwords. ☐

9  We will talk to a parent or trusted adult if we see something that makes us uncomfortable. ☐

10  Devices stay in common areas. (Not in bedrooms unless approved for a specific reason.) ☐

DEVICE GUIDELINES

We agree to:

- ☐ Use age-appropriate apps, games & websites
- ☐ Ask before downloading anything new
- ☐ Keep devices charged in a central location at night
- ☐ Follow school rules for device use
- ☐ Tell a parent if something online makes us upset
- ☐ Respect others online and offline
- ☐ Other: _____

CONSEQUENCES

When rules are not followed, we agree to:

- 1 _____
- 2 _____
- 3 _____

WE CHOOSE BALANCE



FAMILY CHECK-IN



We will check in as a family about our tech habits:



More connection
than
connection



More purpose
than
mindless scrolling



More kindness
than
negativity



More focus
than
distraction



More gratitude
than
comparison

- ☐ Weekly
- ☐ Every 2 weeks
- ☐ Monthly
- ☐ Other: _____



ADDITIONAL NOTES

WE AGREE TO THIS FAMILY TECHNOLOGY AGREEMENT.

Parent/Guardian: _____ Date: _____ Child: _____ Date: _____

Parent/Guardian: _____ Date: _____ Child: _____ Date: _____

Child: _____ Date: _____ Child: _____ Date: _____



STRONG FAMILIES. BRIGHT FUTURES. KINGDOM IMPACT.









FOCUS. PLAN. TAKE ACTION. REPEAT.



POSITIVE AFFIRMATIONS CARDS

Be kind
Be you
Be amazing!

★ SPEAK IT. BELIEVE IT. BECOME IT. ★



I am
enough
just as I am.

I am
strong,
capable, and
built for this.

I choose
faith
over fear.

I am
growing,
every day into
my best self.

I deserve
peace,
happiness, and
good things.

I am in
control
of my thoughts,
my choices,
and my future.

I am
worthy
of love and
respect.

I can do
hard things.
I don't give up
on myself.

I am
thankful
for who I am
and who I'm becoming.

I choose
positivity
in every
situation.

I have
purpose
and I'm walking
in my calling.

I am
amazing
because God
made me
that way!

★ YOU ARE LOVED. ♥ YOU ARE VALUED. ♡ YOU ARE AMAZING. ☆

PARENT Encouragement

Strong parents
build strong kids.
Keep showing up.
You matter.
They notice.

You're doing better than you think.

YOU ARE MAKING AN ETERNAL IMPACT.

The love, values, and lessons you share today shape the person your child becomes tomorrow.



PERFECT ISN'T THE GOAL. PRESENT IS.

Your presence, not perfection, is what your child needs most. Keep showing up every day.



YOU CAN'T POUR FROM AN EMPTY CUP.

Take care of yourself so you can take care of them. Rest is not a reward, it's a necessity.



PROGRESS, NOT PERFECTION.

Some days will be harder than others. Celebrate the small wins. You're still moving forward.



YOUR WORDS HAVE POWER.

Encouragement can build confidence that lasts a lifetime. Speak life into your child every day.



IT'S OKAY TO ASK FOR HELP.

You don't have to do it all alone. There is strength in reaching out and leaning on others.



Daily Reminders for Every Parent

♥ You are enough for your child.

♥ Your love is your child's safe place.

♥ Mistakes are opportunities to grow.

♥ You are teaching more by your actions than by your words.

♥ Every effort you make matters.

♥ Your child doesn't need a perfect parent, just a present one.

♥ The hard days won't last forever.

♥ You are raising someone's future. Keep going!

You
are making
a difference
— every
single day.

YOU ARE...

A SAFE PLACE

A TEACHER

A ROLE MODEL



WHEN YOU FEEL OVERWHELMED...

- ✓ Take a deep breath.
- ✓ Give yourself grace.
- ✓ Focus on one thing at a time.
- ✓ Remember why you started.

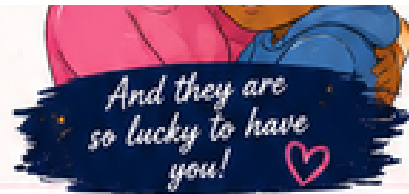
A CHEERLEADER



A GUIDING LIGHT



A SUPERHERO



*And they are
so lucky to have
you!*



Pray. You are never alone.



*You are seen. You are valued.
You are doing an amazing job!*



Keep loving. Keep believing. Keep being the amazing parent you are.



YOUR CHILD. YOUR IMPACT. YOUR LEGACY.

FAMILY Prayer

*A family that
prays together
stays together.*

♥ TOGETHER WE PRAY. TOGETHER WE GROW. TOGETHER WE THRIVE. ♥

♥ Heavenly Father, thank You for the gift of our family. ♥

We come before You today with grateful hearts, asking for Your love, protection, guidance, and blessing over our lives. **Amen.**

PRAYER FOR OUR FAMILY



Lord, thank You for bringing us together. Help us to love, respect, and support one another each day. Keep our home filled with peace, joy, and understanding.
Amen.

PRAYER FOR OUR CHILDREN



Father, watch over our children. Protect their hearts and minds. Guide their steps, help them make wise choices, and grow them into the amazing people You created them to be. **Amen.**

PRAYER FOR PROTECTION



Lord, surround our family with Your protection. Keep us safe from harm, seen and unseen. Cover us with Your angels and give us peace in every situation. **Amen.**

PRAYER FOR HEALTH & STRENGTH



Thank You for our health and strength. Please heal our bodies, renew our energy, and help us take care of the gifts You've given us. **Amen.**

PRAYER FOR LOVE & UNITY



Lord, help us to be patient, kind, and quick to forgive. Strengthen the bond we share and keep us united in love.
Amen.

PRAYER FOR WISDOM & GUIDANCE



Father, give us wisdom in our decisions and clarity in our purpose. Lead us in the right direction and help us trust You in every step we take. **Amen.**

PRAYER FOR PROVISION



You are our Provider. Thank You for meeting our needs. Open doors of opportunity and bless our work, our home, and our future.
Amen.

PRAYER FOR PEACE & JOY



Lord, fill our home with Your peace that passes all understanding and joy that overflows. Help us to focus on You in every season.
Amen.

A PRAYER FOR OUR HOME



Lord, let our home be a place of peace, a place of love, and a place where You are always welcome. May our words be kind, our hearts be faithful, and our faith

TODAY WE CHOOSE TO...

- ♥ Love one another
- ♥ Speak with kindness
- ♥ Listen with patience
- ♥ Forgive quickly
- ♥ Encourage daily

NIGHT TIME FAMILY PRAYER



Lord, thank You for this day. Forgive our mistakes, heal our hurts, and refresh us as we rest. Keep us safe



be strong.
Amen.



Pray together



Trust God always



through the night
and wake us with
new strength
tomorrow. Amen.



Thank You, Lord, for our beautiful family.

WE LOVE YOU. WE TRUST YOU. WE GIVE YOU ALL THE GLORY.



SCRIPTURE Cards

Hide His Word
in your heart
and let it light
your path.

GOD'S WORD. DAILY ENCOURAGEMENT. LASTING IMPACT.

I AM LOVED



See what great love the Father has lavished on us, that we should be called children of God!

1 JOHN 3:1

I AM STRONG



I can do all this through Him who gives me strength.

PHILIPPIANS 4:13

I AM CHOSEN



But you are a chosen people, a royal priesthood, a holy nation, God's special treasure, that you may declare the praises of Him who called you out of darkness into His wonderful light.

1 PETER 2:9

I AM NOT ALONE



The Lord Himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged.

DEUTERONOMY 31:8

I CAN TRUST GOD



Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.

PROVERBS 3:5-6

I AM FEARFULLY AND WONDERFULLY MADE



For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.

JEREMIAH 29:11

I AM WORTHY



I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

PSALM 139:14

I CAN DO HARD THINGS



Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

JOSHUA 1:9

I HAVE PEACE



You will keep in perfect peace those whose minds are steadfast, because they trust in You.

ISAIAH 26:3

I WILL GROW



But grow in the grace and knowledge of our Lord and Savior Jesus Christ.

2 PETER 3:18

I AM FORGIVEN



If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 JOHN 1:9

I HAVE HOPE



May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.

ROMANS 15:13

HIS PROMISES. YOUR HEART. A STRONGER YOU.

BACK TO SCHOOL

Budget Sheet ♡

Plan today
so your child
can succeed
tomorrow! ♡

STUDENT(S): _____

GRADE(S): _____

SCHOOL YEAR: _____

BUDGET OVERVIEW

TOTAL BUDGET: \$ _____

TOTAL SPENT: \$ _____

AMOUNT LEFT: \$ _____

SMART MONEY TIPS

- ✓ Plan ahead and avoid last-minute stress.
- ✓ Compare prices and look for deals.
- ✓ Buy what you need, not what you want.
- ✓ Use cash or a budget to stay on track.
- ✓ Involve your kids in budgeting and saving.

EXPENSE CATEGORY 	BUDGETED AMOUNT (\$)	ACTUAL SPENT (\$)	DIFFERENCE (\$)
 BACKPACK	\$ _____	\$ _____	\$ _____
 SCHOOL SUPPLIES	\$ _____	\$ _____	\$ _____
 CLOTHING & SHOES	\$ _____	\$ _____	\$ _____
 TECHNOLOGY	\$ _____	\$ _____	\$ _____
 LUNCH & SNACKS	\$ _____	\$ _____	\$ _____
 BOOKS & MATERIALS	\$ _____	\$ _____	\$ _____
 SPORTS / ACTIVITIES	\$ _____	\$ _____	\$ _____
 PERSONAL CARE	\$ _____	\$ _____	\$ _____
 OTHER 	\$ _____	\$ _____	\$ _____

SAVINGS PLAN



I plan to save:

\$ _____

How I will save:

☐ Weekly

☐ Bi-weekly

☐ Monthly

☐ Other: _____

WAYS TO SAVE

- ♥ Shop sales & use coupons
- ♥ Buy in bulk
- ♥ Use last year's items
- ♥ Shop second-hand
- ♥ Avoid impulse purchases



NOTES / REMINDERS



A little planning today can lead to a big success tomorrow.

YOU'VE GOT THIS!





EMERGENCY

Information Sheet

BE PREPARED. STAY INFORMED. KEEP EACH OTHER SAFE.

Having this information ready can make all the difference.



OUR FAMILY INFORMATION

Family Last Name: _____

Home Phone: _____

Street Address: _____

Email: _____

City: _____ State: _____ Zip: _____

Date Completed: _____



EMERGENCY CONTACTS

	NAME	RELATIONSHIP	PHONE NUMBER
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____



OUT OF TOWN CONTACT

Name: _____

Relationship: _____

Phone Number: _____



HOUSEHOLD MEMBERS

FULL NAME	DATE OF BIRTH	NOTES (ALLERGIES, MEDICATIONS, ETC.)
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____



MEDICAL INFORMATION

Primary Care Physician: _____

Phone Number: _____

Preferred Hospital: _____

Hospital Phone Number: _____

Medical Conditions: _____

Allergies: _____



INSURANCE INFORMATION

HEALTH INSURANCE

Insurance Company: _____

Policy Holder: _____

Policy Number: _____

Group Number: _____

Phone Number: _____

DENTAL INSURANCE

Insurance Company: _____

Policy Holder: _____

Policy Number: _____

Group Number: _____

Phone Number: _____



IMPORTANT NUMBERS



Emergency (Police, Fire, Ambulance) 911



Non-Emergency Police _____



Poison Control 1-800-222-1222



OTHER IMPORTANT INFORMATION

Safe Meeting Place (In Neighborhood): _____

Safe Meeting Place (Out of Neighborhood): _____



Fire Department
Local Hospital/Emergency Room
Utility Company (Gas)
Utility Company (Water)
Utility Company (Electric)

Where We Keep Important Documents:
Other Notes:



QUICK REMINDERS

- ✓ Review this information every 6 months.
- ✓ Keep a copy in a safe place and take one when traveling.
- ✓ Teach children important phone numbers.
- ✓ Make sure all family members know the plan.
- ✓ Update changes immediately.



☆ ♥ BE PREPARED TODAY FOR A SAFER TOMORROW. ♥ ☆

STUDENT

Goal Planner

DREAM BIG. WORK HARD. STAY FOCUSED. YOU'VE GOT THIS!

A goal
without a plan
is just a wish.

Name: _____ Grade: _____ School Year: _____ Date: _____



1. MY BIG GOALS

What I want to accomplish this school year.

1. _____
2. _____
3. _____
4. _____
5. _____

2. GOAL AREAS

Check the areas you want to focus on.

- ☐ ACADEMICS (Grades & Learning)
- ☐ BEHAVIOR (Choices & Attitude)
- ☐ HEALTH (Physical & Mental)
- ☐ ORGANIZATION (Time & Space)
- ☐ RELATIONSHIPS (Family & Friends)
- ☐ PERSONAL GROWTH (Confidence & Skills)
- ☐ OTHER: _____

3. SMART GOAL BUILDER

Make your goals SMART!

- S** SPECIFIC
What exactly do I want to achieve? _____
- M** MEASURABLE
How will I know I've achieved it? _____
- A** ATTAINABLE
Is this goal realistic for me? _____
- R** RELEVANT
Why is this goal important to me? _____
- T** TIME-BOUND
When will I achieve this goal? _____

My SMART Goal: _____

4. ACTION PLAN

Steps I will take to reach my goal.

- | | ☑ DONE |
|----------|--------------------------|
| 1. _____ | ☐ |
| 2. _____ | ☐ |
| 3. _____ | ☐ |
| 4. _____ | ☐ |
| 5. _____ | ☐ |

5. HABITS THAT HELP ME SUCCEED

Good habits = Great results!

- ☐ I attend class and participate.
- ☐ I complete my homework on time.
- ☐ I study and review regularly.
- ☐ I ask for help when I need it.
- ☐ I stay organized and manage my time.
- ☐ I take care of my body and mind.
- ☐ I stay positive and keep trying!
- ☐ Other habit I want to build: _____

6. OVERCOMING CHALLENGES

What might get in my way and how I will handle it.

CHALLENGE MY SOLUTION

- | | | |
|-------|---|-------|
| _____ | → | _____ |
| _____ | → | _____ |
| _____ | → | _____ |



7. MY WHY

Why do I want to achieve these goals?

- _____
- _____
- _____

I'm working for
my future!



8. PROGRESS TRACKER

Track my progress each month.



AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	APR	MAY
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



FOCUS TODAY. ACHIEVE TOMORROW.



BELIEVE IN YOURSELF!



9. REFLECT & CELEBRATE

I did it!

I'm proud of:



RESOURCES

You Are Not Alone. Help is Always Available.

♡ SUPPORT. GUIDANCE. HOPE. YOU MATTER. ♡

There is
help, there is
hope, and there
is a brighter
tomorrow.



IMPORTANT: If this is an emergency,
call **911** immediately.
These resources are here to support
you and your family.



SAVE THESE NUMBERS.
SHARE THEM.
YOU NEVER KNOW WHO
MIGHT NEED THEM.



MENTAL HEALTH SUPPORT

988 Suicide & Crisis Lifeline
Call or Text: 988
Chat: 988lifeline.org

NAMI (National Alliance on Mental Illness)
Call: 1-800-950-NAMI (6264)
nami.org

The Trevor Project (LGBTQ+ Youth)
Call: 1-866-488-7386
Text: START to 678-678
Chat: thetrevorproject.org

Crisis Text Line
Text: HOME to 741741
Free, 24/7 support via text



SCHOOL & ACADEMIC HELP

National Tutoring Association
Find a tutor: tutoring.org

Khan Academy (Free Online Help)
khanacademy.org

Homework Help (Live)
Tutor.com
(Free with library card
or school access)

Your School Counselor
Talk to your counselor for
personalized support



HEALTH & WELLNESS

TeensHealth
Trusted health info for teens
kidshealth.org/teens

Health Department (Rockdale County)
Call: 770-922-5350
rockdalecountyga.gov/health

Find Local Health Centers
Call: 2-1-1 or visit
findahealthcenter.hrsa.gov



SAFETY & EMERGENCY

Emergency
Call: 911

Project Renewal (Domestic Violence Support)
24-Hour Hotline: 770-483-2030
projectrenewal.org

RAINN (Sexual Assault Support)
Call: 1-800-656-HOPE (4673)
Chat: rainn.org

National Domestic Violence Hotline
Call: 1-800-799-7233
Text: START to 88788
thehotline.org



BASIC NEEDS SUPPORT

211 Georgia
Call: 2-1-1
Get help with food, housing, utilities,
transportation & more

Feeding America
foodfinder.feedingamerica.org

Local Homeless Shelters
Call: 2-1-1 for shelters near you

Clothing Assistance
Call: 2-1-1 or check with local churches
and community centers

★ **Rockdale Emergency Relief**
Helping Rockdale County residents
with emergency assistance.
Call: 770-918-7822
rockdalecountyga.gov/emergency-relief

★ **Family Promise of NewRock**
Helping families experiencing
homelessness in our community.
Call: 678-570-1768
familypromiseofnewrock.org



YOUTH & FAMILY SUPPORT

Childhelp National Child Abuse Hotline
Call: 1-800-4-A-CHILD (422-4453)
Text: CHILDHELP to 233733
childhelp.org

Boys Town National Hotline
Call: 1-800-448-3000
boystown.org

Foster Care Information
Call: 2-1-1 or visit
adoptuskids.org

Local Youth Programs & Activities
Check with your city or county website
for youth programs and services.



LEGAL & RIGHTS HELP



COMMUNITY & CONNECTION

Teen Legal Rights (Know Your Rights)
teenagers.law.cornell.edu

ACLU (Know Your Rights)
aclu.org/know-your-rights

Legal Aid (Low-Income Help)
 Call: 2-1-1 or visit lawhelp hotline.org

**YOU HAVE
RIGHTS.
YOU DESERVE
RESPECT.**

Rockdale & Newton Parks & Recreation
 Programs, events, & activities for all ages.
rockdalecountyga.gov/parks
newtoncountyga.gov/parks

100 Black Men of NewRock
 Mentoring, leadership, and community
 empowerment for youth.
100blackmenofnewrock.org
Boys & Girls Clubs of America

Local Youth Centers
 Check with your city or county
 website for youth programs.

Volunteer Opportunities
VolunteerMatch.org

*Get involved.
Make friends.
Make a
difference.*

REMEMBER:

- ✓ It's okay to ask for help.
- ✓ You are important.
- ✓ You are not alone.
- ✓ There is hope.
- ✓ Better days are ahead.

PEOPLE I CAN TALK TO:

Name: _____ Phone: _____
 Name: _____ Phone: _____
 Name: _____ Phone: _____

THINGS THAT HELP ME:

★ YOU ARE STRONG. YOU ARE LOVED. YOU MATTER. ★



BIRTHDAY & School Events TRACKER

Celebrate the moments.
Build the memories.
Stay Organized.



Keep track of important birthdays, school events, and special dates so your family never misses a moment to celebrate, support, and show up!



BIRTHDAYS TO CELEBRATE



NAME	RELATIONSHIP	BIRTHDAY	NOTES / GIFT IDEAS
		___ / ___	
		___ / ___	
		___ / ___	
		___ / ___	
		___ / ___	
		___ / ___	
		___ / ___	
		___ / ___	
		___ / ___	

Don't forget to make them feel special! !



SCHOOL EVENTS TO REMEMBER



DATE	EVENT	STUDENT / GRADE	LOCATION / NOTES

MONTHLY SNAPSHOT

JANUARY ❄️ • _____ • _____ • _____ • _____	FEBRUARY ❤️ • _____ • _____ • _____ • _____	MARCH ★ • _____ • _____ • _____ • _____	APRIL 🌸 • _____ • _____ • _____ • _____	MAY 🎓 • _____ • _____ • _____ • _____	JUNE ☀️ • _____ • _____ • _____ • _____
JULY ☀️ • _____ • _____ • _____ • _____	AUGUST 🎒 • _____ • _____ • _____ • _____	SEPTEMBER 📝 • _____ • _____ • _____ • _____	OCTOBER 🎃 • _____ • _____ • _____ • _____	NOVEMBER 🍂 • _____ • _____ • _____ • _____	DECEMBER 🎄 • _____ • _____ • _____ • _____

IMPORTANT NOTES



PLANNING AHEAD



Events to look forward to: _____





- 🎀 Message / Message: _____
- ☆ Supplies / Prep needed: _____
- ☆ People to notify / Invite: _____
- ☆ Things to remember: _____

Plan it.
Prep it.
Protect the
moment! 



THE DAYS ARE LONG, BUT THE YEARS ARE SHORT. **CELEBRATE OFTEN.**



MENTAL HEALTH Tips

Your mental health matters.
You matter.
It's okay to not be okay.
It's not okay to stay that way.

Small steps today. Stronger you tomorrow.

1. CHECK IN WITH YOURSELF



- Notice how you feel each day.
- Name your emotions, don't ignore them.
- Give yourself permission to feel what you feel.



2. TAKE CARE OF YOUR BODY



- Eat nutritious foods.
- Drink plenty of water.
- Get enough sleep (aim for 7-9 hours).
- Move your body every day.



3. MANAGE STRESS IN HEALTHY WAYS



- Take deep breaths.
- Journal your thoughts.
- Listen to music.
- Pray or meditate.
- Spend time in nature.
- Step away from what overwhelms you.

Breathe in peace.
Breathe out stress.



4. CONNECT WITH PEOPLE WHO LIFT YOU



- Talk to someone you trust.
- Don't isolate yourself.
- Build positive, supportive friendships.
- Ask for help when you need it.



5. PROTECT YOUR MIND

Set boundaries that protect your peace.



Limit time on social media and negative news.



Don't compare your life to others.



Focus on what you can control and let go of what you can't.



Celebrate small wins. Progress, not perfection.



Feed your mind with positive, uplifting things.



Give yourself grace. You're still growing.

6. WHEN THINGS FEEL TOO HEAVY



- It's okay to ask for help.
- Talk to a parent, teacher, counselor, or trusted adult.
- You don't have to go through it alone.
- If you're in crisis, call or text for support.

Asking for help is a sign of strength, not weakness.

7. DAILY REMINDERS



- ♥ I am enough.
- ♥ I am doing my best.
- ♥ It's okay to have hard days.
- ♥ I can get through this.
- ♥ Better days are ahead.
- ♥ I deserve peace and happiness.

8. CREATE A CALM SPACE



Have a space where you can relax, reset, and be yourself.

Add things that make you feel:

- ♥ Comfortable
- ♥ Safe
- ♥ Happy
- ♥ Inspired



RESOURCES

Help is always available.



988 Suicide & Crisis Lifeline

NOTES FOR YOU





Call or Text: 988 | Chat: 988lifeline.org



The Trevor Project (LGBTQ+ Youth)

Call: 1-866-488-7386 | Text: START to 678-678 | Chat: [thetrevorproject.org](https://www.thetrevorproject.org)



Crisis Text Line

Text HOME to 741741 | Free, 24/7 support



NAMI HelpLine (Mental Health Support)

Call: 1-800-950-NAMI (6264) | [nami.org](https://www.nami.org)



Rockdale County Behavioral Health

Call: 770-922-3836 | rockdalecountyga.gov/behavioral-health

*You are
stronger than
you think.* 

TAKE CARE OF YOUR MIND,
so you can live your best life. 



YOU ARE NOT ALONE. YOU ARE LOVED. YOU MATTER.

