

School's in!

September's looming, but are you ready to go back to school? **Charmaine Ng** draws up the indispensable to-do list you need to kick start the new school year



Lunchtime at Nord Anglia

Every park in Hong Kong has been visited, the PlayStation has been played to death and if anyone complains about being bored one more time you might just go insane. That's right – the summer holidays are drawing to a close and it's time to head back to school. We've put together the definitive back to school checklist to make the transition as easy as possible.

Three weeks before

Shop for essentials!

Chances are, the children have grown several inches since the beginning of summer, which calls for new school uniforms, new shoes and

while you're at it, why not a new backpack to freshen things up, too? Just don't leave the big purchases to the last minute.

☐ School uniform

☐ PE uniform

☐ Hat or cap

☐ Backpack

☐ Raincoat

☐ Small umbrella

☐ ...All labelled with name tags!



Jacqueline McNalty, the Founding Principal of Malvern College Pre-School Hong Kong, shares her best tips for beating the 'back to school blues':

- Talk to your child about starting school
- Read books that feature stories about school
- Shop for school supplies together
- Re-establish school bedtimes and routines
- Become familiar together with the school route and school area
- Remember to stay positive!

Two weeks before

Shop for stationery!

Hit the mall with the kids and let them pick out fun school items to give them a sense of ownership. Who doesn't love fancy planners and glitter gel pens? The new purchases might even inspire them to start studying now!

- ☐ Folders
- ☐ Planner
- ☐ Notebook
- ☐ Pencil case
- ☐ Pencils
- ☐ Eraser
- ☐ Ruler
- ☐ Colouring pencils or crayons
- ☐ Scissors or safety scissors
- ☐ Gluesticks



The weekend before

Have a last hurrah!

Burn off all that leftover summer energy with a fun day out at one of Hong Kong's many play areas. There are so many activities to choose from – we suggest rock climbing or bowling. It's now or never (well, until half-term rolls around)!

Verm City

Based in Quarry Bay, Verm City is a climbing gym that's suitable for the entire family. Adults and older kids who are up for a challenge can tackle tougher top-roping and bouldering. Kids aged four and above can have a go at Verm's Clip-n-Climb Park, with 19 different climbing challenges, games and puzzles to tackle. You'll also find Asia's first augmented climbing wall at Verm City – a completely unique projector-based rock climbing game. Do note that you'll need to ditch the flip-flops, as socks and sneakers are compulsory for all climbers. 4/F, Kodak House 1, 321 Java Street, Quarry Bay. vermcity.com

Tikitiki Bowling Bar

Both adults and children can't seem to get enough of the whimsical space that is Tikitiki Bowling Bar, with its colourful, tiki-themed bowling alley, in-house restaurant and lounge with a patio. The many additions to the bowling



What are you most excited about for the new school year?

Stephen Willshaw - Teacher at Nord Anglia International School

There's always a lot of exciting things going on at the start of a new school year. I love hearing about the students' summers and getting to know new faces, both colleagues and pupils. This year I'm particularly looking forward to our school officially launching its first IB programme; a huge challenge but one we will work hard to succeed in!

James Mertz - Parent of five-year-old Ted and two-year-old Emma

I'm most excited about Ted starting Year One and finding out about all the new things he will do and learn at school, and also enjoying the final year at home with Emma before she starts school the following year.

Geneve Chu - Year 11 student at Kellett School

Moving into my final year of GCSEs, the feeling of stress seems more familiar than unusual. However, I am ready to embark on this journey with my friends and teachers. One event that I am especially looking forward to is the GCSE art exhibition which will showcase my final work over the last two years. Also, I am beyond excited for my trip to France this October with my friends to practise our French skills and discover French culture!

bar include a live band, magicians, clowns and dancers, ensuring that you'll never get bored. Now that's a fun-filled family outing to wrap up the holidays! 4/F, Centro, 1A Chui Tong Road, Sai Kung. tikitiki.hk

One week before

Organise the packed lunches!

New year, new beginnings! Get September organised by planning the childrens' meals before things get hectic. Scale the supermarket for healthy snacks, portion them out, then throw everything together in brand new lunch boxes and kitchen supplies. See our guide to packing up the perfect healthy lunch on page 36.



- ☐ Lunch box
- ☐ Lunch bag
- ☐ Water bottle
- ☐ Packaged snacks
- ☐ Pocket tissue packs
- ☐ Pocket hand wipes