

Military Family School Year Success Checklist

Year-round resources to help your family learn and thrive

The War Department is here to support your back-to-school needs. Use this checklist to access help with school transitions, homework, healthy habits and confidential support to help your student thrive.

Navigate school transitions with confidence.

- Connect with your [installation school liaison](#) to learn about local schools, education resources and year-round support for all pre-K-to-12 educational matters.
- Explore your state's [school enrollment and school choice options](#) before your PCS.
- Learn how the [Interstate Compact on Educational Opportunity for Military Children](#) reduces disruptions during military moves.
- Connect your student with the [Youth Sponsorship Program](#) before arriving at a new school.
- Chat with [education specialty consultants](#) to get answers to questions throughout the school year.
- Explore [DOW MWR Libraries](#) for free books, research tools, homework help and test preparation.

Build community connections beyond the classroom.

- Register for installation [youth programs](#) or [after-school activities](#).
- Encourage your child to meet new friends through [youth centers](#) and teen programs.
- Check your installation's calendar for family and youth events throughout the year.

Build mission-ready healthy habits.

- Boost weekly meals with nutritious recipes from the [Mission Ready Meal Kit](#).
- Explore free and reduced-price [school meal programs](#) to help your family save on food costs.
- Shop your commissary for healthy meal ingredients. Save time with [Commissary CLICK2GO®](#).
- Keep your children entertained while shopping with this [activity sheet](#) that teaches them how to spot healthy foods.
- Look for deals on back-to-school essentials at [your local exchange](#).
- Schedule [family fitness time](#) each week, and explore [nutrition resources](#) to build habits your family can maintain all year.

Support your family's well-being.

- Create a homework routine before assignments begin piling up.
- Schedule regular family check-ins to talk about school, friendships and stress.
- Know who to call before challenges become overwhelming. [Confidential counseling](#) is available for service members and their families, including children and youth.

Explore Military OneSource back-to-school resources.

www.MilitaryOneSource.mil | 800-342-9647



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