

alloprof

Alloprof's Back-to-School Toolkit

Primary School



This kit was designed by the Alloprof Parents team to provide you with a range of essential resources and tools to make your day-to-day life easier. It includes our favourite printable tools, articles, topic pages, and much more!



100% free services approved by qualified professionals!

100 Notes to Leave in Your Child's Lunch Box!

Brighten Their Day and Boost Their Morale



I can't wait to see you tonight!



You're doing great!



Surprise!
Have a wonderful
day,
sweetheart!



Always
know that
I love you!



Hey there!
Just wanted
to say
I love you!



I can't wait to hear all
about your day!

This weekend,
let's spend a whole
day together!

You're so lucky
to have such
great
classmates!



Your day is off to a great start!



Keep up the amazing work!



Bon
appétit !



I love you and
will always
be here
for you!



Have a great
day at school
with your
friends!



I hope you
enjoy
your lunch!



100 Notes to Leave in Your Child's Lunch Box!

Brighten Their Day and Boost Their Morale



I love your smile!



Have a great day!



**Keep it up,
you're doing
great!**



**Trade this note for
a cup of hot chocolate
tonight!**



**What special activity
do you feel like doing
tonight?**

**What's your
favourite
subject today?**



**Show off that
smile—it's a
beautiful day
and I love you!**



**Do your best, even
when school is hard.
You can do it!**



I love you so much!



**Always remember that you're allowed
to make mistakes!**



**You're
incredible!**



**Don't hide that smile
—it's a wonderful
day!**



**I'm looking forward
to reading you
a story
tonight!**



**Try your best
you can do it!**



100 Notes to Leave in Your Child's Lunch Box!

Brighten Their Day and Boost Their Morale



You're my little sunshine!



What are you excited to tell me about tonight?

I believe in you—always remember that!



You can count on me, even when the going gets tough!



Don't worry, everybody makes mistakes!

Sending you lots of hugs and kisses!



It's important to make time for laughter!



Tonight, we're going to relax and have fun together, sound good?



I hope you have the best day!



Always know that I'm here for you!



If you feel homesick, just remember that I'm thinking of you!



I believe in you you can do it!



I love your sense of humour!



I'm amazed by your creativity!



100 Notes to Leave in Your Child's Lunch Box!

Brighten Their Day and Boost Their Morale



Have an incredible day!



I love how you see the world!



Keep reaching
for the stars!



Don't forget
that every
little step
counts!



I love you to
the moon
and back!

WOW

You're doing so well!

I'm so proud of you!



Bravo,
you're such
a hard worker!



You always know how to make me laugh!



Your work is top-notch!



Slow and steady
wins
the race!

WOW

I'm so proud of how
hard you're
working!



You mean the
world to me!
I love you



See you
after school!



100 Notes to Leave in Your Child's Lunch Box!

Brighten Their Day and Boost Their Morale



I love your positive energy! 

I know you can do it! 

Did you know
that I smile
whenever
I think of you?



**Even when I'm
not physically
there, I'm with
you in spirit!**



**We have the same
lunch today: it's almost
like we're together!**

**I'll be thinking of
you during your
oral presentation.
You'll do great!**



**Keep up
the amazing work!**

**You are responsible,
and that's a
wonderful
quality!**



Chin up, I promise things will get better.



You're my shooting star!



**You have everything
you need to
succeed.
I believe in you!**



**I hope
everything's
going your
way today!**



**I'll be thinking of
you as you write
your test!**



**During your test,
just remember to
stay calm, and
everything will
be okay!**



100 Notes to Leave in Your Child's Lunch Box!

Brighten Their Day and Boost Their Morale



I love you! Have a wonderful day! 



You inspire me!



**You have
the best
attitude!**



**Remember: anything
is possible when you
work hard and have
the right attitude!**



**I'm blown away
by your hard
work!**



**You have
such a great
work ethic!**



**If you finish your
homework before
dinner, you'll have the
whole evening free!**

**Remember to
breathe**



I'm so grateful to have you in my life!



You're making marvellous strides!



**I'm sending
you a day of
sunshine!**



**I declare tonight No
Homework Night!**

**You're getting
more
organized
every day!**



**The world
wouldn't be
the same
without you!**



100 Notes to Leave in Your Child's Lunch Box!

Brighten Their Day and Boost Their Morale

I'm amazed by your work ethic!



I'll always be here for you!



Never forget
what an
incredible
person you are!



Remember
that all
you can do
is your best!



Your success is in
your hands, and
you'll always
have our support!



Visualize your
dreams and do
all you can to
make them
come true!



Did you enjoy recess?



It's okay to ask
questions if you
don't understand.



You have a
wonderful
attitude that
will take you far!



I believe in you!



What did you succeed at today?

Bravo!
You never
gave up.



How about
we play a board
game tonight?



No matter what
happens, I know
you gave it
your all!



You know
how to make
the right
decisions!



100 Notes to Leave in Your Child’s Lunch Box! Brighten Their Day and Boost Their Morale



Get Organized the Night Before School

If rushing around in the morning to eat, get dressed, and find your school materials sounds like you, then here's a handy tool to help you get organized the night before.



School night checklist:

☐ Check my agenda or class schedule



☐ Pack materials and homework for tomorrow



☐ Charge my device



☐ Make my lunch



☐ Get out my school clothes



☐ Set my alarm

☐

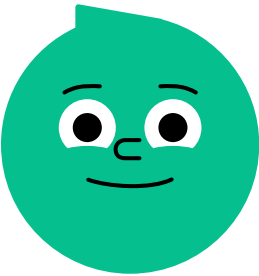
☐

☐

How Was My Day at School?

I feel...

Joyful



Sad



Mad



Scared

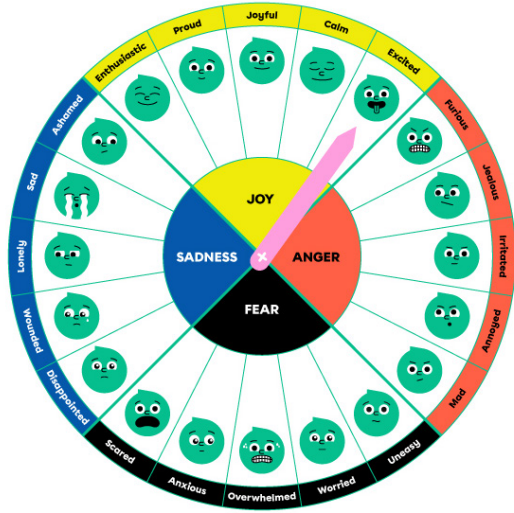
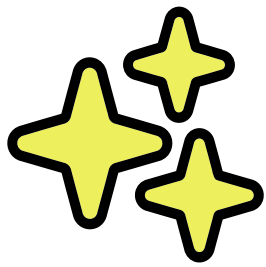


Excited



Pro tip:

You can use the wheel of emotions to describe how you feel.



My favorite activity of the day...

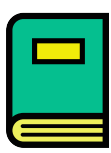
Transport



Writing



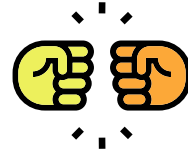
Reading



Recess



Friends



Mathematics



Lunch Time



Art



Gym



Science



Free Period



Something else



One thing I've learned was...

A word



A way to do something



A song



A game



A tip or trick



Something else



I had a hard time today...

No, everything was fine!



Difficulty in an activity



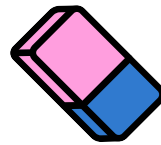
Minor injury



Argument



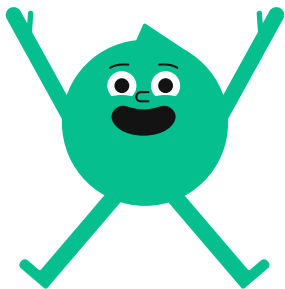
Made a mistake








Something else



My Weekly Homework Plan



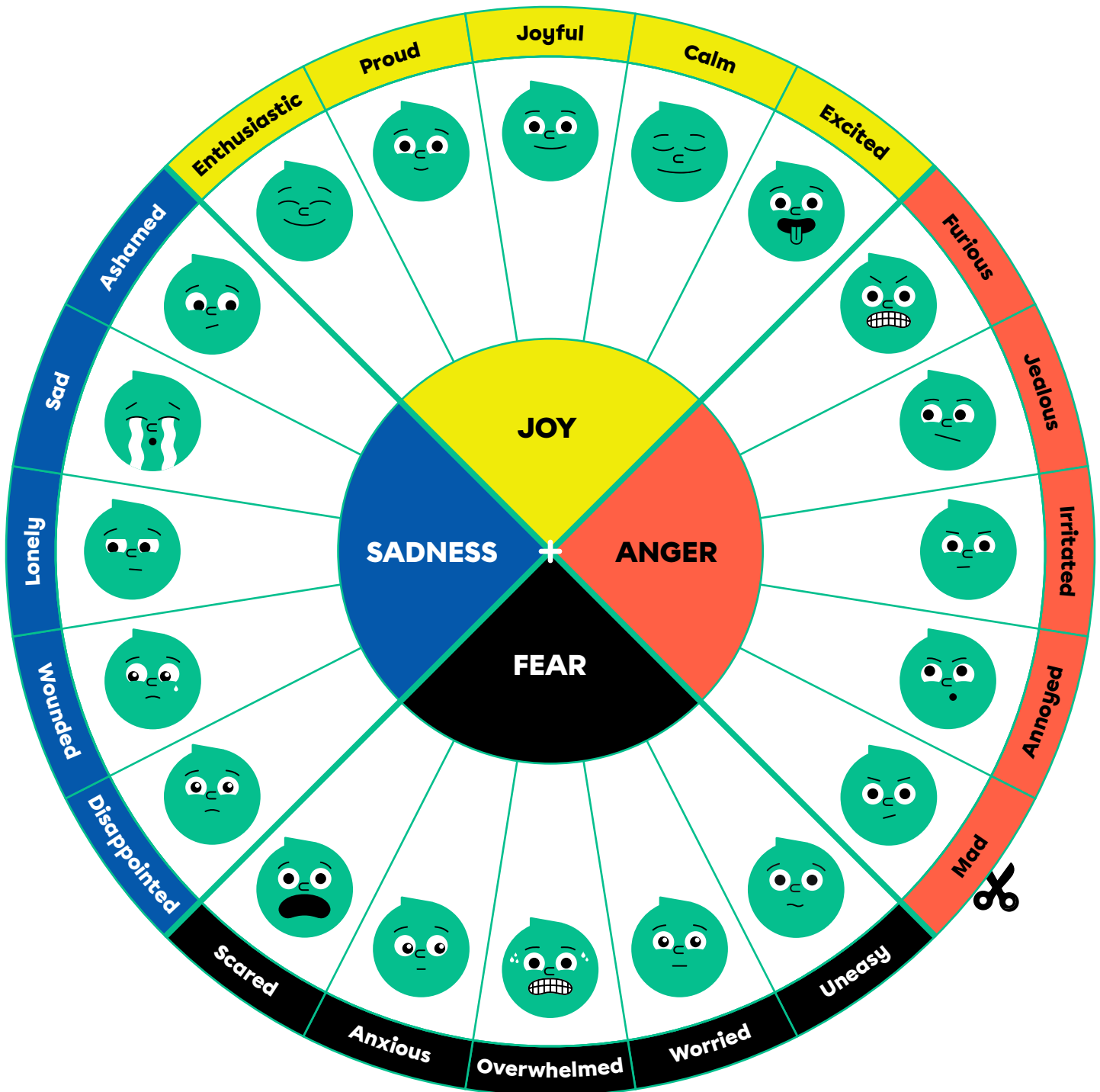
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday and sunday
Assignments 						
Lessons 						
Reading 						
Revision 						
Supplies needed 						
Homework check (parents)						

Supplies checklist

- ☐ Agenda
- ☐ French workbooks
- ☐ Math workbooks
- ☐ Science workbooks
- ☐ Social sciences workbooks
- ☐ English workbooks
- ☐ Pencil case
- ☐ Geometry set
- ☐ Reading books
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----
- ☐ -----



The Emotion Wheel



← Cut out the wheel and arrow, then position it in the center of the circle using a brad. You can now point out the emotion you feel!

Alloprof Parents' Best Printable Tools

- [Reader-Friendly Bookmark](#)
- [24 Questions to Boost Reading Comprehension](#)
- [Guide to Parent-Teacher Meetings](#)
- [Guide to Developing an Individualized Education Plan](#)
- [Game: The Allomarket](#)
- [Phrases for learning to ask for help](#)



Ideas and Advice on a Wide Range of Topics

School Challenges

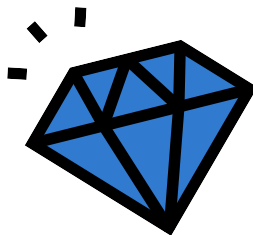
- [ADHD: Tips and Tricks to Make Studying and Homework Time Easier](#)
- [How to Encourage Your Child to Talk about Their Problems](#)
- [How to Manage Your Parental Expectations](#)
- [8 Practical Ways to Save on Back-to-School Shopping](#)
- [How to Help Your Fidgety Child Concentrate during Homework Time](#)

School System

- [My Child Is Starting Elementary School](#)
- [5 Tips to Help Your Child Learn to Manage Their Emotions before Starting Kindergarten](#)
- [Everything You Need to Know about Registering for Kindergarten](#)
- [Understanding Quebec's Education System](#)

At-home activities

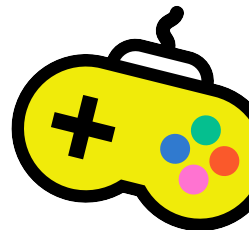
- [Using Cooking to Support Your Child's Learning](#)
- [Elementary School Book Suggestions](#)



Learning through Play

The Alloprof website offers a wide range of games that combine learning and fun! Among other things, the games allow children to practise the following:

- French word classes → Potager en péril (French only)
- Mathematical operations → Speedy Rabbit
- Reading comprehension → Book of Spells
- French vocabulary → Magimot (French only)



Is your child stuck on an assignment or in need of clarification on a school concept? Our teachers can answer questions on any school subject and at any grade level, whether your child is in elementary or high school.

One-on-One Help

Monday to Thursday, from 5 p.m. to 8 p.m., and Sundays from 2 p.m. to 5 p.m.:

- On the Alloprof website (chat, phone, text)

Available 24/7 to answer questions on any school subject, our Help Zone community is open to elementary and high school students at any grade level.

- Help Zone

For even more ideas, consult our tailored selection of back-to-school content!

