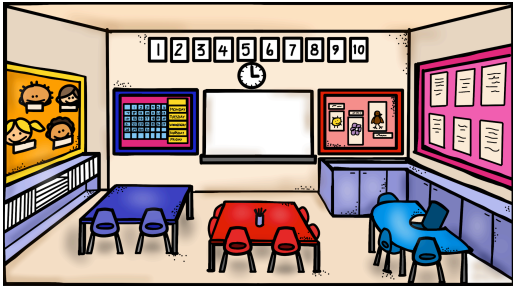


# PREPARING FOR SCHOOL



Parents and caregivers can do a lot to help prepare their child for Kindergarten before the big “first day”. In the lead up to starting school, it is beneficial for children to be given plenty of opportunities to practise the following skills.

## Writing their name

- Encourage your child to practise writing their first name, using a capital letter at the beginning and lower case letters for the remainder of their name. One of the biggest challenges that Kindergarten teachers face is trying to “unteach” the incorrect use of capital letters in names!

## Getting dressed independently

- Practise putting on and taking off school shoes, socks, jumpers and rain coats independently.
- Give your child plenty of opportunities to practise tying their own shoelaces.

## Packing and carrying their school bag

- Familiarise your child with their school bag. Give them plenty of time to get used to wearing it on their back.
- Show them how to take it off and put it on safely.
- Practise taking their lunch box in and out of their school bag and show them how to open and close the zippers.



## Wearing a hat to play outside

- Students will be required to wear a school hat whenever they play outside. Allow students to become familiar with the idea of “no hat, no play”.
- When children come inside, get them to practise putting their hat in a designated place to keep it safe.

## Preparing for eating breaks

- Make sure your child is able to open any lunch boxes that they will be bringing to school. Give them opportunities to practise this.
- Practise unwrapping packed lunches and disposing of rubbish correctly.
- Familiarise your child with the different eating times and what is eaten when (e.g. morning tea, lunch).
- Show your child how to use their drink bottle and bubblers if applicable.



## Social skills

- Give your child plenty of opportunities to play cooperatively with other children.
- Practise sharing and taking turns.
- Discuss how their own behaviour can affect others and encourage them to apologise when they make a mistake.
- If possible, arrange some play dates with other children. This is also a good opportunity to help your child learn how to separate from their parent or carer without too much distress.



## Tidying up after themselves

- When your child finishes an activity, encourage them to practise putting the activity away.

## Using the toilet independently

- Discuss with your child how they will use the toilets at school.
- It is important that your child understands that they will be given regular times to go to the toilet throughout the school day and that they will be able to go the toilet at other points if they need. However, they **MUST** ask the teacher before they go.
- For boys, familiarise them with urinals and make sure they know how to use them correctly.
- We ask that you please pack a spare pair of underpants in your child's school bag- just in case!

## Personal hygiene

- Make sure your child always washes their hands after going to the toilet.
- Get your child to practise using a tissue and wiping their own nose.



## Fine Motor and Gross Motor Skills

- Practise using scissors safely, and holding them correctly to cut along straight lines.
- Practise holding a pencil with control, and encourage your child to use the correct pencil grip.
- Encourage your child to enjoy a variety of indoor and outdoor play, and to engage in activities that develop their balance and co-ordination.

# LANGUAGE & NUMERACY SKILLS

## Simple Language Skills

- Read read read! We encourage you to read to your child as much as possible. Encourage your child to practise sitting still and listening to a story for a few minutes. Ask your child questions about the stories that you read to them- e.g. "What happened next?" or "What was your favourite part?"
- Children who enjoy books are always more enthusiastic to learn to read on their own. Help your child to practise holding a book upright and turning the pages.

### Read Aloud 15 Minutes a Day

Reading aloud introduces new words, grammar and concepts that you may not use during regular talking. An average children's picture book contains around 500 words. That adds up fast!

Miss Learning Bee

Experts in literacy and child development have discovered that if a child knows 8 nursery rhymes by heart by the time they're four years old, they're usually among the best readers by the time they're eight.

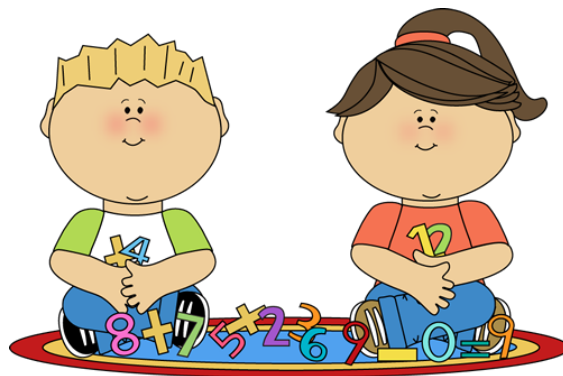
*Miss Fox - Reading Magic*

Miss Learning Bee

- Encourage your child to talk to other people about familiar objects and events.
- Practise following simple two step instructions e.g. put on your pyjamas, then go and brush your teeth.
- Allow your child to use a variety of tools (pencils, pencils, markers, paintbrushes, sticks in dirt) to draw, scribble or write known words.
- Encourage your child to communicate their needs e.g. I'm thirsty, I need to go the toilet.

## Numeracy Skills

- Practise simple counting. If your child is ready for it, practise counting backwards.
- Give your child opportunities to practise identifying numerals from 1-10 and count out the corresponding amount of objects.
- Use words such as "many", "a lot", "more", "less".
- Encourage your children to distinguish between opposites- up and down, under and over, day and night.
- Discuss colours, shapes and sizes. Practise matching objects that are similar shape, colour and size.



# THE FIRST DAY OF SCHOOL

The first day is a very exciting event, but it can also be overwhelming! The following will help the first day of school to run as smoothly as possible for you and your child.

## The night before:

- Help your child to pack their bag the night before school starts to make sure they have everything they need- hat, jumper, water bottle, spare pair of underwear etc.
- Make sure that EVERY item is clearly named.
- Ensure a good night's sleep.



## In the morning:

- Eat a healthy breakfast.
- Prepare a healthy lunch for your child. Show your child what they have for each food break. Ensure they are able to open everything themselves.
- Talk to your child about what they are looking forward to about the day ahead. Reassure them that they will receive instructions from their teacher about when it is time for food breaks etc, and that they just need to ask the teacher if they are uncertain about anything. While they are still calm, discuss how you will say goodbye so that your child knows what to expect. Let them know that you will leave once you've said goodbye, even if they are a bit upset. Reassure them that they will be alright, even if they are feeling a little bit nervous!
- Leave plenty of time to get to school- running late is always very stressful for children.

## Once at school:

- Show your child where you will pick them up in the afternoon. Remind them of where the toilets and bubblers are (if applicable).
- Once children are lining up and moving off to their classrooms, please say goodbye to your child and leave them to their school day. If your child becomes upset, do not prolong the farewell. They will be well looked after and will always calm down once they are distracted by all the exciting activities that they are doing in the classroom! We will always call you if there are any problems.

## After school

- Please be on time to pick up your child.
- Your child will be brought to the designated meeting spot with the classroom teacher at the end of the day.
- Spend time asking questions and listening to your child talk about their day.
- Give them lots of opportunities for play and rest!



# THE FIRST FEW WEEKS



For the following days and weeks:

- Don't be concerned if your child is extremely tired- they will often come home exhausted to begin with and may take a few weeks to adapt.
- Don't plan too many activities after school until your child adjusts to the school routine.
- Don't keep your child home from school unnecessarily, as this can impact on the child's learning and settling process.
- Speak to your child's teacher about any concerns you may have. Remember to give your child a chance to settle and adapt to their new school environment.
- Regularly check communication from the school and classroom teacher, to ensure you are well informed about school events and anything you may need to be assisting your child with at home.

We can't wait for your child to join us at school!  
We look forward to sharing the journey with you!

