

### Inside this Issue:

1. Ideas for preparing your child for school

Ideas to help your child enjoy a smooth transition to big school

2. Before school starts

### Ideas for preparing your child for *school*



All children will develop skills at an independent rate. Whilst learning pre math and pre literacy concepts are very important, school will help your child to reach these milestones.

In order for your child to cope with the daily routine of school, developing **independence**, **social skills** and **self help skills** are more important than academic concepts.

### Ideas to help your child enjoy a smooth transition to '*big*' school

- Be able to cope in busy environments as well as small and large group situations.
- Can take turns with others and wait for their turn.
- Have a vision and hearing test prior to starting school.
- Look after their own belongings, ie, pack away their jumper or lunchbox in bag.
- Can dress themselves, for example, put on shoes, socks, jumpers, pull up pants.
- Follow 2 step instructions.

- Recognises their name, showing interest in learning to write their name.
- Can tell an adult their first and surname.
- Accepts adult assistance.
- Is interested in looking at books, recalls parts of the story.
- Is able to play cooperatively in small groups of children.
- Can ask for help.
- Can go to the toilet without adult

assistance.

- Can indicate hunger or thirst.
- Participates in singing and story time.
- Uses scissors and pencils.
- Is able to open lunchbox and drink bottle, know which food is for lunch and recess.
- If packets are hard to open, pre open them by snipping the corner or slightly undoing the lid.



# Before school starts

- Talk to your child about the routine of school and how they will get to and from school.

- Be positive about school and school work – sometimes this is hard if you had a bad experience at school, however it is important for children to have a positive mindset in regards to all aspects of school.

- Make your child familiar with school. Ask the Principal if you can go into the school and talk about the uniform, look at the entrances and exits, toilets, signage, playground, assembly point, canteen and bubblers.

- Talk about school in general conversation, do not make a massive issue or drama about starting school, this can cause anxiety.

- Make sure you have correct uniform, including sports uniform, hat and winter uniform. Ensure your child has tried them on and is able to do up buttons, etc. for ease of toileting.

- Purchase a school bag which is large enough to put in a water bottle, lunchbox, homework book, reader, hat, school jacket and pencil case. It is also advisable to place a spare pair of underpants in the bottom of the bag, in case of accidents.

- Wear shoes prior to the first day, if your child is unable to tie shoelaces, Velcro or buckles may be a

more suitable option.

- Plan healthy lunches and snacks, as children will be expending more physical and mental energy.

- Plan to keep after school activities to a minimum as school is emotionally, physically and mentally exhausting.

- A small momento from home or a note in their lunchbox can help a child settle through the day. A small toy can also help start conversations with peers.

- If you work longer hours than school, you will

need to consider before and after school care. Ensure your child feels confident with the plans you make for before and after school.

- If your child needs to catch the bus, write the bus number on their hand in the morning as a reminder.

- Set small celebrations, such as a treat to look forward to, for milestones such as the first day of school. Then at the end of the first week and first term.

- Make regular times to chat with your child and their teacher to ensure all is travelling smoothly.

***Be interested, encouraging and supportive. Your child will be at school for around 13 years, make the first steps the foundation to a wonderful journey of learning.***

