

Preparing your child for school - A few hints and suggestions.

The most important way to help your child is to ensure that s/he is ready to meet the challenge of greater independence. It is important that your child's security is not undermined because s/he is unable to cope with such things as taking his/her own jumper/cardigan off. By increasing your child's self-reliance, you can help raise his/her self-esteem and confidence.

Help your child to:

- practise **dressing and undressing** in their school clothes;
- use the **toilet** on their own;
- use a **handkerchief / tissue**;
- practise **putting on their coat and doing it up**. Remember that at lunchtimes an adult is not immediately nearby to remind your child to do their coat up, so they need to be independently able to do this. Loops are essential on coats to keep them on pegs;
- **tidy up** things they have been playing with / using;
- practise **opening packets** that might be in their lunch box;
- use a **knife and fork** to cut up their own cooked dinner;
- look after / **organise their own belongings** i.e. to put their hat, scarf and gloves in their coat sleeve so that they do not get lost;
- **join in with prayers**, including starting prayers with the sign of the cross, and understand that prayer time is a time of reverence.
- **recognise their name**, but please **do not** write their entire name in capital letters (just the first letter) – it will confuse them.

BBC Bitesize have a toolkit of advice, information and support to help parents and carers to help their children to get ready to start school. There are short videos, written articles and downloadable guides to support in key areas that parents feel they need help with – toilet training, a good sleep routine and social skills, such as making friends and taking turns. Please visit:

<https://www.bbc.com/bitesize/articles/zrxjrj6>

We hope you have found this information useful. If you have any more questions, please do not hesitate to contact the school and we will do our best to answer your queries.

Ready, steady, Go

Wow – you will soon be starting school! Here are some things you can practise at home to help you feel confident to start school.

Self-care and Independence

- I am happy to spend time away from my parents/carers
- I can wash and dry my hands
- I can blow/wipe my nose
- I know when I need the toilet
- I can use the toilet on my own
- I can put my coat on and do it up
- I am practising putting on and taking off my school jumper or cardigan
- I am practising turning my jumper, cardigan and coat the right way round once I have taken them off

Eating and Drinking

- I am used to drinking water
- If I am going to have a hot school dinner, I can use a knife and fork
- If I am going to have a packed lunch, I can open my lunchbox, as well as all the wrappers and packaging on the foods that I will have in my lunchbox

Getting on with Others

- I can share and take turns
- I like to play games with others

Reading and Writing

- I can recognise my name (when it is written with a capital letter at the start and other letters are lower case)
- I am learning to write my name
- I am beginning to hold a pencil correctly

Speaking, Understanding and Listening

- I can ask an adult for help
- I can follow simple instructions and understand the need to follow rules
- I can talk about my ideas, needs and feelings

Maths

- I can count a small group of objects
- I know the last number I say is the number of objects I have
- I can say number names in sequence (1– 10)
- I can recognise some numbers
- I can name shapes

Routines

- I have practised getting ready to leave on time
- I have a good bedtime routine so I won't be too tired for school
- I'm learning to eat at the times I will on school days