

Preparing your Child for School at Wales Street PS



Starting school is a huge step for your child. Children need support and encouragement to help them adjust to their new environment. Anything you can do now to assist will make your child's first year at school a lot happier and the transition easier.

Here are some things you can do:

- Before the school year starts, show your child the way to school and where his/her classroom is located.
- If your child has not eaten a packed lunch, you could have some 'practice runs' during the days before school begins (backyard 'picnics' are a great idea). Practice opening lunch boxes, unscrewing drink bottles, inserting straws into juice boxes and unwrapping food packets, opening yoghurt pouches.
- If your child is not already doing so, why not have a few tries at dressing independently. Show them how to put on and take off jumpers, shoes and socks, do up buttons and zips, and hang up clothes. Practice using a handkerchief and tissue.
- Show your child how to use public toilets. They need to know how to flush the toilet, turn the taps on and off and to wash their hands afterwards. Boys need to be familiar with the urinal.
- Talk about road rules and safety. Show your child where the school crossings are situated and the safest way of walking to and from school.
- Discuss the dangers of talking to and accepting rides from strangers.

Also encourage your child to:

- Play with different groups of children
- Use playground equipment safely
- Stay at a friend's house for a few hours without you
- Care for and put away play things
- Take turns and cooperate with others
- Share belongings

Your child's first year at school is very important

TOGETHER we can provide the support and encouragement needed to make your child's first school experiences both enjoyable and successful.

The transition from home to school can be assisted if parents:

- Are positive about school and the teacher;
- Talk to their child about school;
- Provide opportunities for your child to mix with others;
- Show an interest in what their child is doing.

Here is a sample of developmental skills that are indicators of a child's readiness for school:

Physical Well-Being

- ❖ Eats a balanced diet
- ❖ Receives regular medical and dental care and has had all necessary immunisations
- ❖ Gets plenty of rest
- ❖ Runs, jumps, plays outdoors, and does other activities that help develop large muscles and provide exercise
- ❖ Completes simple jigsaw puzzles, scribbles, colours, paints, and does other activities that help develop small muscles.

Social and Emotional Preparation

- ❖ Is learning to be confident enough to explore and try new things
- ❖ Is learning to work well alone and to do many tasks for himself/herself
- ❖ Has many opportunities to be with other children and is learning to cooperate with them
- ❖ Is curious and is motivated to learn
- ❖ Is learning to finish tasks (for example, picks up own toys)
- ❖ Is learning to use self-control
- ❖ Can follow simple instructions
- ❖ Helps with family tasks
- ❖ Is developing resilience and learning to cope with occasional disappointments

Language and General Knowledge

- ❖ Has many opportunities to play
- ❖ Is read to regularly
- ❖ Has access to books and other reading materials
- ❖ Is encouraged to ask questions
- ❖ Is encouraged to solve problems
- ❖ Has opportunities to notice similarities and differences
- ❖ Is encouraged to sort and classify things (for example, by looking for red cars on the highway)
- ❖ Is learning to write his/her name and to say his/her address
- ❖ Is learning to count and plays counting games
- ❖ Is learning to identify shapes and colours
- ❖ Has opportunities to draw, listen to and make music, and to dance
- ❖ Has opportunities to get firsthand experiences in the world – to see and touch objects, hear new sounds, smell and taste foods, and watch things move.
- ❖ Can hold a pencil or crayon
- ❖ Can cut straight and curved lines
- ❖ Is learning to identify initial sounds of words
- ❖ Can say rhyming words and rhyming patterns