

## Starting School

### **1. WHEN SHOULD YOU TEST OUT YOUR NEW SCHOOL MORNING ROUTINE?**

Starting school for the first time can often be a difficult adjustment for everyone involved as it often means a lot of changes to morning routines. It will help if both you and your child think about how long things take to do; do you really need to do them before school and the best order to do them in. For example, do you brush your teeth before or after breakfast?

Do you lay out school clothes the night before? Do you want your child to get dressed before or after their breakfast? Knowing how long things take and in what order you will need for your new morning routine, means that by starting it a few weeks in advance, you avoid all the horrible rushed morning stress, enabling your child to start their day positively and calmly.



### **2. TOILETING AND DRESSING SKILLS – HOW CAN I HELP MY CHILD?**

Making sure your child can manage independently when it comes to toileting and dressing time is an important part of building their confidence and getting them ready for school. Gaining independence in toileting and dressing can go a long way in helping your child to feel confident in their school day. Things like zips, buttons, coats, socks and shoe laces can all be tricky for little hands and will need time to master, so spending time before starting school will give your child valuable time to practise and develop those every day skills.

### **3. I DON'T WANT TO WEAR THAT!**

Children often feel far more relaxed in clothes they are used to wearing, so if your child is expected to wear a uniform or shoes which are different to their normal clothes, it may make them feel uncomfortable. Getting used to wearing school clothes and school shoes can make children feel more relaxed and therefore ready for their big day!

### **4. GETTING READY FOR SCHOOL LUNCHES**

All children in Reception are entitled to a free healthy school lunch. Lunch time can be an important social time and therefore discussing beforehand what is on the menu will enable your child to approach their lunchtime confidently. If you are providing a packed lunch, please make sure your child can open and close

their lunch box independently, though Play Workers will be on hand to help when they get stuck. Children in Reception have one hour for their lunch which includes time for play in a separate playground only for Reception children.

## 5. HOW WILL YOU GET TO SCHOOL?

To familiarise It is a great idea to practise the route to school before starting September to familiarise the children with their new surroundings. This also gives the children chance to find out how long their journey to and from school will take. Ernesettle Community School has a lollipop lady to help you and your child cross the road, it's a great time to chat about road safety and say hello to the lollipop lady.



## 6. WHAT IF I DON'T KNOW WHAT TO DO?

During your child's 'Stay and Play' sessions, we will make sure that they know where the toilets are and where to find things. However, when children first start school they will probably be faced with situations where they don't fully understand or need more information, such as wanting a particular puzzle or coloured pencil. We have lots of different activities, which encourage your child to feel confident in asking if they are unsure. An easy way to do this at home is through small world play. Use little characters to act out starting school and have the characters ask some of the questions that your child might need to know the answers to.

## 7. LISTENING AND CONCENTRATING AT SCHOOL

During teaching inputs and focussed lessons such as Phonics and Maths, your child will be encouraged to sit and listen attentively, this can be quite a considerable challenge for many children when starting school. Giving your child simple activities to help them develop these key skills can be beneficial, such as listening to a story or completing a jigsaw puzzle quietly at a table.

## 8. GETTING READY FOR SCHOOL – 'STAY AND PLAY' SESSIONS.

It can be just as tough for parents to say goodbye for the first time as well as their child – it's quite an emotional experience. You can help your child feel confident about their new adventure with a big smile and wave and let them know you are looking forward to finding out what they have been up to. It is great if your child is able to join us on our 'Stay and Play' sessions as these get-togethers can often help children feel at ease and look forward to starting school. These sessions will help your child to familiarise themselves with the new faces they'll meet, where their classroom is, teacher's names, where the toilets are, where to put their coat and lots of small things which will help them feel at ease when they start school in the first Autumn term. We will also invite you to Parent/Carer meetings and open afternoons so you can meet us and ask any questions you may have.



We hope you've found this information useful. Getting ready for starting school can be a bit daunting and emotional for both you and your child; our aim is to make the transition smooth and enjoyable for you both and pave the way for an exciting new adventure.