



GETTING READY  
FOR SCHOOL!





## SO, IT'S TIME FOR SCHOOL...

We know it can be a daunting task thinking about and getting your child ready for school, it is a big step! Our aim is to assist families as much as we can to make the transition as smooth as possible for both children and parents / guardians.

Through our carefully planned kindergarten and school readiness programs throughout the year, we prepare for children's transition to school through a wide range of activities and experiences to help them on their journey. There are some children who might seem quite young now but fall into the next cohort of children attending school in 2023. Children who are born before 30<sup>th</sup> June 2019 are in this cohort, we have included tips and suggestions for these children (particularly who are in the toddler room) to make that transition a gentle process for them.

When we talk about school readiness, we do not mean reading or how well a child can write their name. School readiness comprises of a range of different components. Such as;

- **Self-care / Independence** – Basic skills to manage their needs without adult help, i.e. going to the toilet, dressing, unwrapping lunch and managing belongings
- **Self-regulation / Emotional Development** – being able to manage their emotions, cope with minimal adult contact in large groups, focus on tasks, cope with stress of new environments
- **Attention and Concentration** – being able to concentrate an increasingly longer periods of time
- **Physical Skills** – Basic health and fine motor skills, i.e. being able to grip a pencil, turn the pages in a book, being able to run, jump, climb
- **Language Skills**- being able to talk and listen to adults and other children, communicate needs
- **Play and Social Skills** – being able to play independently as well as with other children

# STARTING WITH THE TODDLERS

Below is a starting point of skills and developmental milestones that we will be working on over the next year and we encourage families to work on these at home also;

- Self-Regulation
- Toilet Training
- Selfhelp skills
- Language and communication development
- Following instructions



## SCHOOL LUNCHES

We have included a sample school lunchbox menu in this pack filled with different ideas on what you can send your child to school with each day. It is also important to remember;

- Pack lunches appropriate to the timetabled breaks
- You may need to explain to your child that snack foods are for morning tea and larger items are for lunch time
- Ensure your child is able to open and close the lunch box you have provided and ensure this lunchbox keeps food cool
- Provide water only
- Pack foods that are ready and easy to eat



## WHAT CAN YOU DO AT HOME TO HELP PREPARE YOUR CHILD FOR SCHOOL?

Supporting children in the transition to school involves a whole team of people including: early childhood educators, parents and families, community and schools. Parents can help their child transition to school in many ways. The following skills are useful for children beginning Kindergarten.

- Says their first and last name clearly to others
- Used to having mum/dad/primary guardians absent for several hours
- Identifies their name in different kinds of fonts
- Identifies own belongings and cares for them
- Follows simple routines
- Knows the procedure of using tissues for blowing or wiping their nose
- Use the toilet independently, and for boys, use a urinal, including flushing
- Knows how to wash hands after using toilet
- Feeds themselves and can manage opening their lunch box, unwrap food wrap and open a drink bottle
- Being able to calm themselves when upset or begin to regulate emotions
- Attends to shared reading opportunities
- Plays independently and with other children
- Developing a secure pencil grip for drawing and writing
- Experiments with scissors and paintbrushes
- Knows some other children who will begin school at the same time (try to make contact with other parents in your area).

# RECOMMENDED RESOURCES

## HELPFUL WEBSITES

Department of Education

<https://www.education.wa.edu.au/>

Sunsmart Cancer Council

<https://www.cancerwa.asn.au>

Raising Children

<https://raisingchildren.net.au/school-age/school-learning/school-choosing-starting-moving/starting-school>

## READING FOR FAMILIES

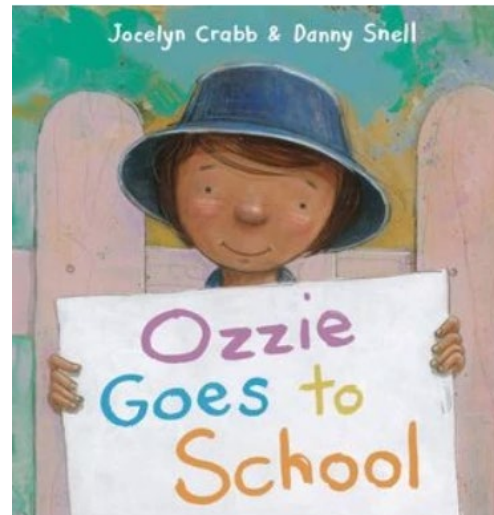
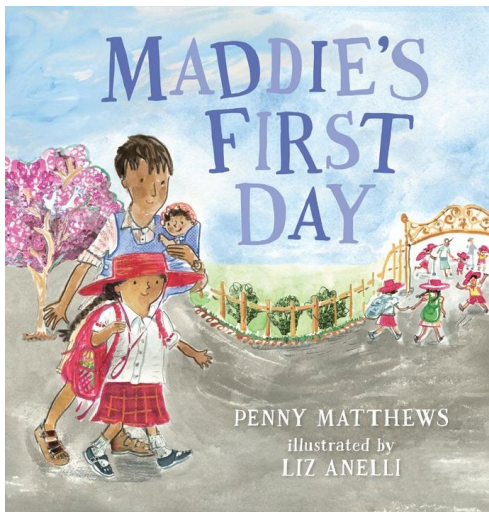
Maggie Dent – Transitioning to Big School

<https://www.maggiedent.com/blog/transitioning-to-big-school/>

Maggie Dent – Is Your Child Ready for School

<https://www.maggiedent.com/blog/your-child-ready-school/>

## READING FOR CHILDREN



## OTHER USEFUL LINKS

Play School – Ready, Set, Big School

<https://iview.abc.net.au/show/play-school-ready-set-big-school>