

Starting School



Dear Parent

It's nearly time for your child to start school! Here are some things you can encourage and practise at home to help your child get ready and help them make a positive and confident start to their school life.

Social Confidence

Encourage your child to share and take turns and interact positively with other children.



Being able to follow rules and instructions will help your child settle into new school routines.

Being able to sit and listen for short periods of time will help your child enjoy new learning experiences.

Is your child happy to be away from you for short periods of time and understand that you will be back soon?

Dressing and undressing

At school we will often change into PE kit, put on coats and even try on dressing-up clothes!



Pulling clothes on and putting shoes on the right feet, as well as zips, buttons, velcro and tights can all be tricky for children so praise your child at home when they have a go! Help them to practise getting dressed and undressed.



Show them how to solve the problem eg: how to pull the sleeve through if its inside out.

Toileting and Personal Hygiene

Being independent in managing their own toileting and personal hygiene gives children confidence eg: knowing when they need to go to the toilet, wiping themselves, pulling their clothes up and down, flushing the toilet and washing their hands. Also knowing how to blow their nose effectively is equally important.



We will of course support your child but it is important that they are willing to have a go on their own.

Snack and Lunchtime

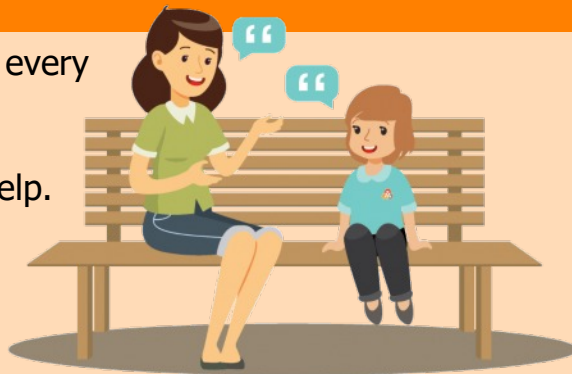
- Encourage your child to practise using a knife and fork so that they can enjoy our delicious hot lunches at school.
- Encourage your child to open their packets of food independently eg: can they open their crisp packet or squeezey yogurt?
- At snack time, we have fruit. Can they eat their apple without it being cut up? Or the skin peeled? Can they peel their satsuma?



Willingness to communicate

Being able to talk to adults and other children is vital for every child as they settle into school.

- Encourage your child to ask a familiar grown up for help.
- Encourage your child to talk about their ideas, needs and feelings.
- Encourage them to talk clearly and confidently about the world around them.



Getting ready to write



Your child will need to have strong muscles!

Activities like chalking outside, painting the fence with water and playing on play equipment will build up muscles in your child's shoulders and arms.

Activities like threading, play dough and lego all help to build the small muscles in a child's fingers.

Encourage mark making on paper and holding a pencil with a comfortable grip.



Getting ready to read

Sing lots of nursery rhymes (don't stick to the same ones!)



Share a story together each night – encourage a love of books.

Support your child to find their way around a book eg: handle the book carefully, turning the pages, talk about the front cover and title, ask them to answer questions about the story.

If your child shows interest in saying sounds or reading, why not check out the video link here

www.youtube.com/watch?v=TTe5_Em0BHQ

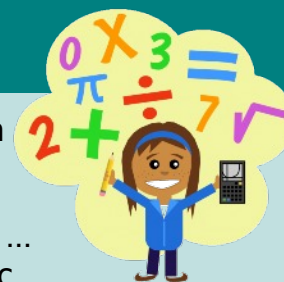


It is fantastic if your child can recognise their name and is used to seeing words and letters but we do not expect them to be able to write their name when they start school.

Getting ready to be a Mathematician!

Being able to count is a fundamental skill. Help your child to develop an interest in numbers by:

- Singing number rhymes and songs eg: 5 little ducks, one, two, three, four, five ...
- Spotting numbers in the environment eg numbers on buses, houses, phones etc
- Counting everyday objects eg: counting the stairs up to bed, parked cars etc
- Asking them to collect two apples from the fruit bowl etc.
- Talk about shapes in the environment eg: plates are circles, windows are square, cereal boxes are cuboids etc.
- Matching and sorting socks, talking about colour, pattern and size.



Above all, we want your child to be confident, curious and ready to learn when they start school.

We hope you have found this information useful. If you have any further questions or concerns please don't hesitate to contact the office at Hillside First School on 01202 822737.

