



Preparing Your Child for School

WHAT CAN I DO?

There are lots of things that you can do to help your child before they start school.

Give your child plenty of opportunities to practise these skills:





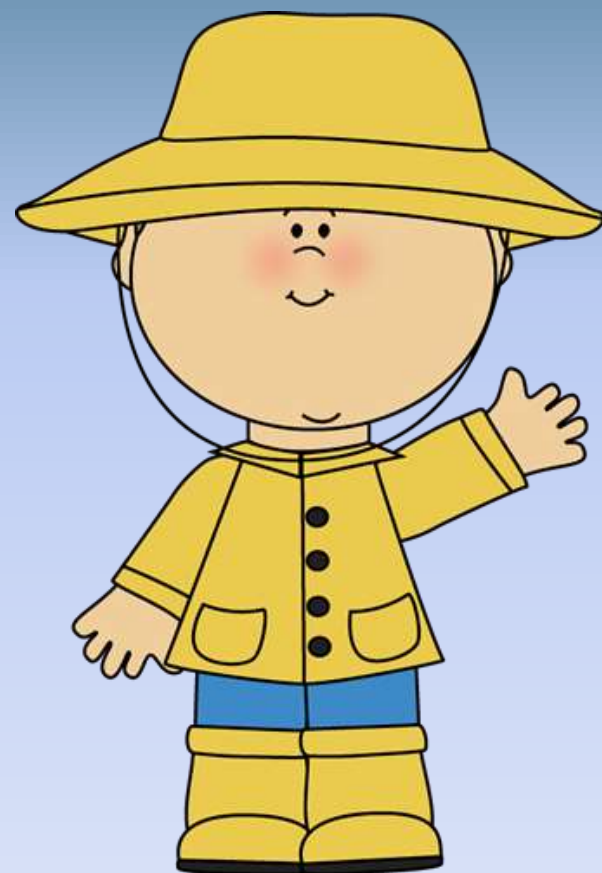
Dressing Themselves

PRACTISE BEING INDEPENDENT:

Can your child dress themselves? Give them many opportunities to practise these skills.

They need to be able to put on their school jumper, a jacket and their raincoat independently.

They should be able to put their own shirt on so that they can manage to put on a paint shirt at art time.





Their School Bag

GET FAMILIAR WITH THE SCHOOL BAG:

Can your child put their bag on by themselves? Let them practise walking around with their school bag. They also need to be able to take their bag off their back independently.

Help your child to pack their own school bag. Practise putting each thing in the right place so that it all fits. Learn to use the zippers on the bag. Remind your child to make sure the zip is fully closed before they put the bag on their backs.





Using Toilets Independently

EMPHASISE THE IMPORTANCE OF HYGIENE:

Explain to your child that there will be special times to go to the toilet blocks at school such as recess and lunch times. Tell them that if they need to go to the toilet during class time they need to ask their teacher.





Using Toilets Independently



EMPHASISE THE IMPORTANCE OF HYGIENE:

Stress the importance of hand washing.

For your sons: make sure they are familiar with urinals and know how to use them correctly.

Pack a spare set of underwear and outer clothing in your child's school bag just in case!



Personal Hygiene

WHEN SHOULD WE WASH OUR HANDS:

Stress the importance of keeping our hands clean.

We wash our hands before we eat, after going to the toilet and after blowing our nose or sneezing.

Get your child to practise using and disposing of tissues to blow their nose.





Sun Safety

WEARING A HAT:

Practise wearing a hat when they go outside to play.

Discuss where your child puts their hat when they come inside at home. Tell them that they will have a hook to use for their hat at school in their class bagroom. Otherwise, their hat should always go back inside their bag.





Social Skills

COOPERATING WITH OTHERS:

Provide opportunities for your child to practise sharing and taking turns.



Teach your child to pack up their own toys before getting out something new to play.





Social Skills

COOPERATING WITH OTHERS:

Teach them to be responsible for their own things.

Arrange some play dates with other children.



Encourage your child to apologise when they hurt someone's feelings.





Social Skills

COOPERATING WITH OTHERS:

Your child needs to practise separating from you without too much distress. Always tell your child the time that you will be returning to collect them and then be prompt.





Eating at School

WHAT DO I EAT NOW?:

Your child will eat at three times during the school day – Crunch and Sip is mid-morning (provide cut fresh fruit or vegetables and a water bottle)



(your child will bring home their recess bag for you to pack their recess in if you have paid for your child's backpack – on the first day send their recess in a clip lock bag or a separate container)

Lunch (please use a sturdy, **named** lunch box)





Eating at School

WHAT DO I EAT NOW?:

Show your child what you want them to eat at each food time.



Make sure your child can open and **close** all their containers, especially their drink bottles.



Keep Reading!

READ EVERY DAY:

Children who enjoy stories want to learn to read. Share stories with your child. Practise holding the book correctly and turning the pages.

Ask questions about the story such as “What was your favourite part?” or “What do you think might happen next?”





Language Skills

DEVELOPING YOUR CHILD'S LITERACY:

Talk about familiar objects and events.



Follow simple two-step instructions such as “Put on your pyjamas and then go and brush your teeth.”

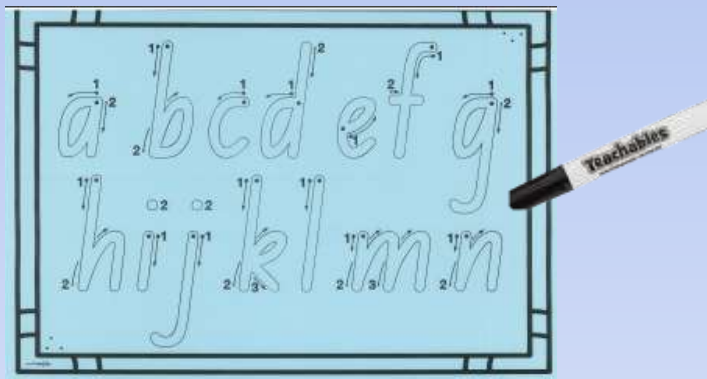




Language Skills

DEVELOPING YOUR CHILD'S LITERACY:

Practise reading the sight word cards in your orientation packages – begin with 3 words but once they know these gradually add more.



Practise recognising and writing the alphabet letters. Say the letter sounds as well as the letter names.





Language Skills

DEVELOPING YOUR CHILD'S LITERACY:

Provide lots of different materials for your child to use for drawing and writing such as pencils, crayons, chalk, textas, gel pens and more!





Writing Their Name



REMEMBER:

Only the first letter is a capital letter.

Use the name practice card from the orientation package.

Can your child copy their name? Once they can do this, see if they can remember the sequence of letters without a model to copy.



Name

Name

Name

Name



Numeracy Skills

DEVELOPING YOUR CHILD'S NUMERACY:

Rote count – to 10, then to 20, onwards to 30, maybe eventually they will count past 100.

Count groups of objects.



Read numerals – to 5, then to 10, onwards to 20 (be careful pronouncing the teens eg sixteen not sixty) and maybe more! Use the numeral cards in your orientation packages.

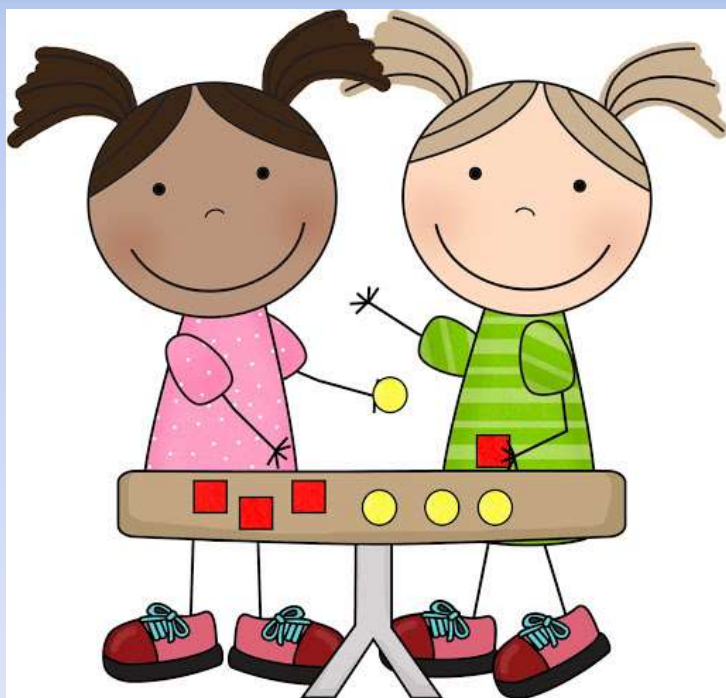




Numeracy Skills

DEVELOPING YOUR CHILD'S NUMERACY:

Match objects that are the same shape, size and colour.





Fine Motor Skills

PREPARING YOUR CHILD'S HANDS FOR SCHOOL:

Practise holding scissors correctly to cut paper safely.



Practise holding pencils correctly. Write with adequate strength – not too faintly but avoid tight pencil grips.





Fine Motor Skills

PREPARING YOUR CHILD'S HANDS FOR SCHOOL:

Other activities that enhance fine motor skills – using playdough, threading tasks, using beads, playing with Duplo or Lego.

Practise using a computer mouse.





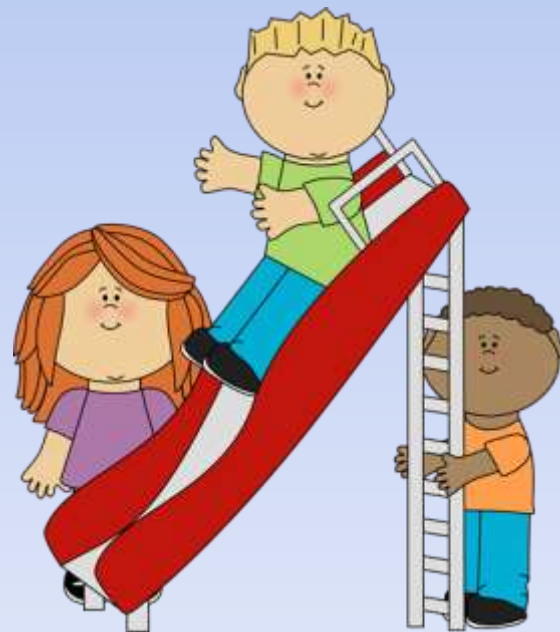
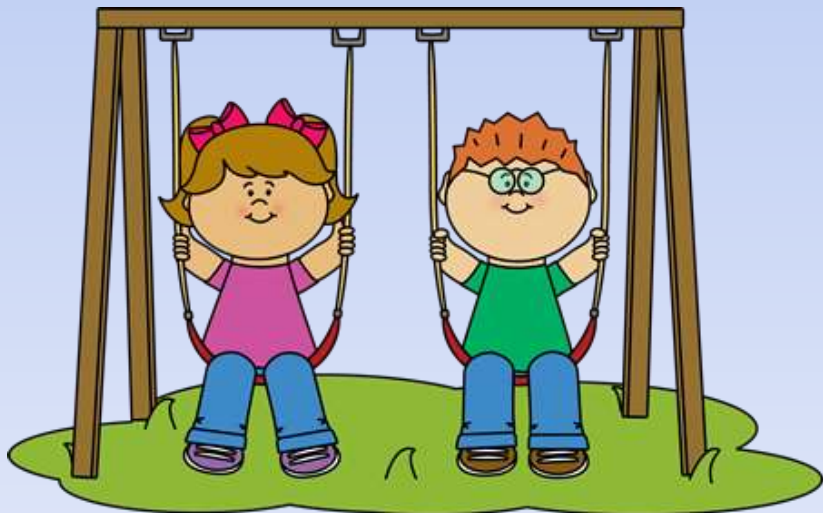
Gross Motor Skills

PREPARING YOUR CHILD'S MUSCLES FOR SCHOOL:

Build gross motor skills through indoor and outdoor play.

Encourage your child to engage in activities that develop balance and coordination.

Take your child to a playground or park.





School Starts Soon

A MONTH BEFORE SCHOOL STARTS:

Read stories about starting school. Try “Daisy’s First Day” from the Department of Education and Training at [https://education.nsw.gov.au/content/dam/main-education/public-schools/going-to-a-public-school/media/documents/Daisys First Day web.pdf](https://education.nsw.gov.au/content/dam/main-education/public-schools/going-to-a-public-school/media/documents/Daisys%20First%20Day%20web.pdf)





School Starts Soon

A MONTH BEFORE SCHOOL STARTS:

Go on a School Shopping Trip – buy the lunch box, drink bottle, school shoes and socks, raincoat and so on.



Write your child's name on EVERYTHING!



Teach your child their name and address.





School Starts Next Week

A WEEK BEFORE SCHOOL STARTS:

Practise taking the route to school with your child – whether they are walking, riding the bus or being driven by car.



If they will be going by bus, practise walking to and from the bus stop.





School Starts Next Week

A WEEK BEFORE SCHOOL STARTS:

Put your child to bed a little earlier each night until they are going to bed at an appropriate school bedtime.



Wake up your child each morning at a school-day appropriate time.





School Starts Tomorrow

THE NIGHT BEFORE SCHOOL STARTS:

Prepare the school clothes for the morning.

Talk to your child about how they feel about going to school the next day.

Read a bedtime storybook about starting school.





School Starts Tomorrow

THE NIGHT BEFORE SCHOOL STARTS:

Pack your child's crunch'n'sip, recess (in a clip lock bag) and lunch (in the lunch box) ready for the next day and refrigerate all items.

Select one place to put everything that is going to school in the morning and ensure all items are there before bed.





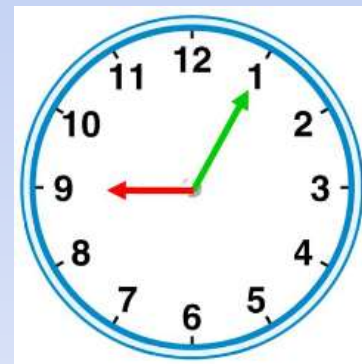
School Starts Today

ON THE FIRST DAY:

Have a healthy breakfast. Take photos of your child in uniform. Leave plenty of time to get to school.

Bring your child to school ten minutes before their scheduled enrolment time.

You and your child will be escorted to the front office from the school gate on Lancaster Street.





School Starts Today

ON THE FIRST DAY:

After the completion of all tasks, say goodbye to your child and leave promptly.

Do not delay your departure if your child becomes distressed - this actually makes it harder for your child. If you are concerned about your child's welfare you can phone the school office for reassurance.





After School

A LANDMARK EVENT IN YOUR CHILD'S LIFE:

Make sure you are on time to collect your child.

Your child might be tired for the first few weeks – try not to plan too many afternoon activities.





After School

A LANDMARK EVENT IN YOUR CHILD'S LIFE:

Listen to your child talk about their day.





Welcome to Blacktown West Public School

We look forward to
meeting you and your
child and working
with you next year!

