



# *Our Lady of the Assumption Catholic Primary School*

## **Getting ready for school**

Starting school is an exciting time for young children and their parents. It can be a daunting time, too. But with a little preparation and encouragement, most children will settle in easily at school.

At Our Lady of the Assumption Catholic Primary School we aim to support you and your child to ensure a smooth transition into the reception class.



We have three main areas that parents can help support their children into school.

**Becoming independent in self-care.** It will make life easier for your child (and school staff!) if your child can master these self-care skills before they start school:

- **Toilet skills** - going to the toilet  
Support your child to be confident about getting to the toilet in time and wiping properly, using toilet paper rather than moist wipes.



- **Washing their hands** - chat about the importance of good hand washing with soap and water, especially after going to the toilet or handling animals.



- **Dressing and undressing**  
- Let your child practise putting on their school clothes, taking them off and folding them neatly in preparation for PE lessons.





- **Feeding themselves** - children having school dinners need to be able to use a knife and fork

and carry a plate. If your child is taking a lunchbox, make sure they can open it as well as any containers and packets inside.

- **Using a tissue** - introduce your child to the routine of 'catch it, bin it, kill it' – catching their sneeze or runny nose in a tissue, putting it in the bin straightaway, then washing hands to kill germs



## **Being able to communicate with adults and other children.**

- To be able to speak to an adult and ask for help.
- To understand the word 'no' and the boundaries it sets for behaviour.
- To understand the word 'stop' and that such a phrase might be used to prevent danger.



## **Skills for learning:**

- Show your child the correct letter formation that the school will be using. It is better for children not to write in capitals.
- Take your child to the library and share stories with them to help develop a love of books.

## **Don't worry.**

Your child doesn't need to be able to read, write or do sums before they start school. Children start school with a wide range of abilities and the staff are skilled at helping children progress at their own level. What's most important is that you and



your child have fun together in those preschool months and years – sharing stories, singing songs, playing games and talking about anything and everything.

