

# ! ARE YOU ! READY? FOR School

We understand starting school can be a daunting time for both parent and child, so we want to help out as much as we can to make this transition as smooth as possible. This document aims to provide you with information on how we will prepare your child and answer any questions you may have.

During your child's last term with us we will use the following guide to track their progress and ensure they have mastered a number of key skills for school:

## Self-Care:

- I know when to wash my hands
- I can wipe my own nose
- I can ask for help if I don't feel well

## Speaking and Literacy:

- I am interested on reading stories & looking at picture books
- I am able to talk about myself, my needs and feelings
- I am practicing recognising my name when it's written down.

## Getting dressed and undressed on my own:

- I can button and unbutton my clothes
- I can put my own shoes and socks on
- I can put my coat on and use a zip

## Interest in the world and new activities:

- I enjoy learning about the world around me
- I am interested in exploring new activities or environments
- I like asking questions

## Eating:

- I can use a knife and fork
- I can open my packed lunch on my own
- I am confident at opening wrappers and packages

## Writing skills:

- I like tracing patterns & colouring in
- I enjoy experimenting with different scribbles
- I am practicing holding a pencil

## Independence:

- I am happy to be away from my mummy, daddy or main care giver
- I am happy to tidy my belongings and look after my things
- I am feeling confident about starting school

## Listening & understanding:

- I am able to sit still and listen for a short while (15/20 mins)
- I can follow instructions
- I understand why we need to follow rules.

## Sharing and turn taking:

- I can share toys and take turns
- I can play games with others
- I can interact with other children

## Counting skills:

- I enjoy practicing counting objects
- I like saying number rhymes and playing counting games
- I can recognise some numbers when they are written down

## Routines:

- I have practiced putting on my uniform & getting ready to leave on time
- I have a good bedtime routine so I'm not feeling tired for school

## Going to the toilet:

- I can go to the toilet on my own, wipe myself and flush
- I can wash and dry my own hands with no help



Below, we have put together a few questions and answers that we often get asked. We hope this answers some of the worries or concerns you may have.

**My child is the only one from their pre-school; I am worried they will not have any friends.** *This is why we ensure we provide lots of opportunities for the children to build social skills in pre-school. Your school will allow all the children to settle and form new friendships in their first term of school and will always be there to support them. Please talk to them if you have any concerns regarding this. Children usually make new friendships very quickly so try not to worry!*

**My child can't write their own name, is this a problem?** *No. However, it is more important that they can recognise their own name and the letters and sounds that form their name. This will give them the independence needed to find their own belongings.*

**My child still struggles to get dressed and undressed, will this be a problem?** *It is helpful if your child can do this independently as they will be required to change themselves at P.E time. If your child is still struggling please inform your school as they will be able to support you and your child. Please consider the type of foot ware your child has for school as some shoes can be more difficult for them to put on by themselves.*

**Should my child be able to wipe their own bottom when they do a poo?** *Ideally, yes. This is because teachers and support staff will not be able to provide the same level of personal care as a nursery. However, if your child still struggles with this please inform your school and they will be able to advise you on how they will help.*

**Will my child have an opportunity to meet their new teacher before they start?** *Once we have confirmation of your child's school we will organise for your child's new teacher to come to Dolphin to say hello. Your child will also have some taster sessions before September; you will usually receive a date for this from your school.*

**I want to provide a packed lunch for my child, what should I put in it?** *Most schools will look for you to provide a balanced healthy lunch. Lunch could include things such as; something starchy (bread, pasta, rice, couscous), fruit and vegetables, a source of protein (dairy or an alternative, beans, pulses, fish, eggs or meat) and a drink.*

*We hope this document has helped you and answered some of your concerns. If you have a question regarding something that we haven't covered, please note it down below and we will try and help the best we can.*