



Getting Ready

To prepare your child for their first day of school:

- Talk to your child about school and share some positive stories about your primary school days.
- Write your child's name on their school clothing, bag, lunch box, drink bottle and other items.
- Establish a routine at home around sleeping, breakfast, reading books and play time.
- Encourage your child to learn to dress and undress independently, and to use the toilet appropriately.
- Place extra underwear in their bag in case of an accident.
- Practice walking or travelling to school.

Day One

The first day of school is a very special day. Here are some tips to make the day run smoothly:

- Leave for school in plenty of time.
- Arrive between 8:30 and 8:45am. This will give your child time to do their morning jobs and set up for the day.
- Say goodbye firmly and cheerfully at the door. We encourage you to say goodbye to your child by 8:50am, we will contact you if your child becomes unsettled.
- Please provide your child with a lunchbox that is easy for them to manage by themselves. Their lunchbox should be filled with
 - 1. A healthy snack (Fruit, vegetables & dip, cheese & crackers or yogurt)**
 - 2. A healthy lunch**
 - 3. A healthy recess snack**
 - 4. A water bottle**
- Arrive early so you are there when your child comes out of school at 3.20pm (it is very hard on children if they are the last one to be picked up).

First Week

One of the most important things you can do to support your child during the first few weeks is to ensure that they go to bed early, reduce their screen time and eat well.

Take time to ask them about their day, and find out if they are feeling happy and settled. Be interested in what happened at school but not overly inquisitive—no one likes 20 questions after a long day!

Help your child to be as independent as possible and recognise their achievements.

Most importantly—look after yourself! Have a friend over for coffee on the first morning, you may feel sad and a little lost.

Starting school is very tiring. If your child needs a rest in the coming weeks, please talk to the classroom teacher. If your child is having problems with settling into school, it may be helpful to speak to their teacher.

Starting School Goals

When your child starts primary school there are a number of skills that they should ideally have mastered. Below are goals for your child to aim for during the school holidays:

- I know when to wash my hands
- I can ask for help if I don't feel well
- I can recognise my name when it is written down
- I can put my socks and shoes on
- I am interested in learning new things about the world around us
- I can open my packed lunch on my own
- I enjoy experimenting with different shaped scribbles
- I can go to the toilet on my own
- I am able to sit still and listen for a short while
- I can follow instructions
- I can share toys and take turns



10 Things your child should know before starting school:

1. Listen to and follow simple instructions
2. Communicate their needs
3. Dress and feed themselves
4. Share toys with others and take turns
5. Understand and retell simple stories
6. Match and sort objects
7. Identify basic patterns, shapes and colours
8. Identify some numbers and verbally count to at least 5
9. Identify letters, and begin to understand that letters stand for the sounds heard in words
10. Hold a pencil with correct pencil grip

