

Preparing Your Child for Prep

Here are some ideas to assist you in giving your child a head-start towards becoming an independent, confident and happy Prep student.

- Label all your child's school items – this will save you time and money.
- When discussing school, make sure it is a POSITIVE, HAPPY conversation.
- Ensure your child has a substantial breakfast each day. Most classes have a healthy snack break at approximately 9:45am.
- Pack all food into a lunch box. Pack separate packages in the lunchbox to ensure some food is left for second break.
- Children must have a water bottle. Please ensure it is clearly labelled.
- Allow time during the holiday break to explore how to use a lunchbox and how to open lids, poppers/straws, yoghurt and Go-Gurt (which children find particularly tricky), drink bottles, muesli bar wrappers (perhaps cut the top off at home), and sandwich wrappers.
- Give children the chance to eat like this at home.
- Include spoons or forks if needed.
- Practise putting rubbish into the bin and closing containers and lunch boxes.
- Shoes – velcro, buckles and zips versus laces. Help your child practise putting on and taking off their shoes.
- If your child's shoes have laces, please teach them how to tie the laces.
- **Provide a fairly large school bag.** A bag tag can help your child identify their bag easily.
- Children must have a wide-brimmed/bucket sun-safe. Make sure it is clearly labelled.
- Include a spare set of clothes in the front pocket of your child's bag for 'unforeseen accidents'.
- Involve your child in:
 - * shopping for and covering their books;
 - * labelling their school items;
 - * packing/unpacking their own school bag; *and*
 - * carrying their own school bag.

First Day of School

- Be on time. Be positive and calm.
- Try to have all your child's items available for the start of school. Take everything on the booklist to the classroom, as we will collect and store items.
- Let your child carry their own bag.
- Go to your child's class at 8:35am.
- Introduce yourself, and your child, to the Teacher and Teacher Aide.
- Find out from your child's Teacher what to do with your child's belongings.
- Settle your child at an activity.
- Pre-warn your child that you must go when the teacher says to. **Don't delay or stay!**
- Some children will cry, but usually will stop after a short while.
- Remember to tell your child that you are coming back in the afternoon to pick them up.
- Pick-up details will be discussed at the beginning of the school year.
- Check your child's home folder and school bag daily. Discuss with your child about each of the items they have brought home.

Goals for Children Beginning Prep

- Expectation of participation in all activities – both whole-class and small group activities.
- Respect for adults and peers – using manners, listening to adults, and students doing as they have been asked.
- Independent toileting.
- Opening lunchboxes, lids and packets – encouraging your child to give it a go before asking for help; using the ‘pinch-pinch-pull’ with fingers either side of packet will get them started.
- Recognising and/or writing your child’s name – point out their name on their belongings.
- Real life Numeracy – point out numbers in the environment; e.g., when you are shopping, on the clock, TV remote, puzzles, road signs etc. Practise counting everyday objects such as blocks, sultanas in a packet, animals, fingers, toes, etc.
- Real life Literacy – recognising letters in and around the environment; e.g., on lunch boxes, signs, name badges, t-shirt etc. Give your child the opportunity to become familiar with the letter sounds.
- Social skills – sharing and cooperating, caring for own/others’ belongings and using their words to solve problems. Model these skills for your child.
- Read to your child.
- Oral Language – talk with your child and encourage them to share their experiences with you.