



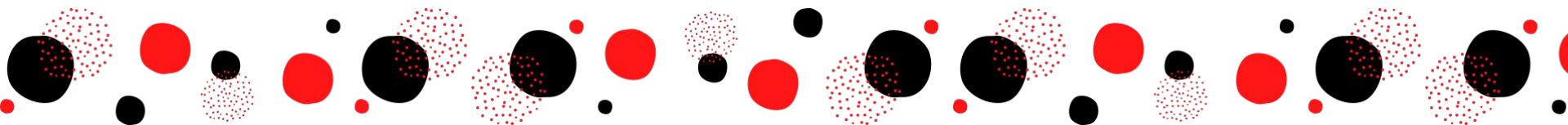
# KINDERGARTEN 2022

*Virtual Parent Information*



*Session 2 - Preparing for School*

Wednesday 15th September, 2021





# *Acknowledgement of Country*



We would like to acknowledge the Traditional Custodians of this land: the Gadigal, Gamelay and Wangal Peoples of the Eora nation. We must always remember that under the concrete and asphalt this land is, was and always will be Aboriginal land.

We would like to pay our respects to the Elders of the past, present and future; for they hold the memories, the traditions, the culture and hopes of Aboriginal Australia. We acknowledge their living culture and their unique role in the life of the region.

*This Acknowledgement of Country was developed in 2018*

*by our Tempe PS Koori Kids club.*



# *Preparing your child for school*

- Parents and caregivers can do many things to help prepare their child before they start school.
- In the lead up to starting school, it is beneficial for children to be given plenty of opportunities to practice the following skills:



# *Writing their name*

- Capital letter at beginning only.
- It can be very hard to 'unteach' stray capital letters in names!





# *Getting Dressed Independently*

- Students should be able to dress themselves independently.
- Putting on/taking off school shoes and socks - consider investing in velcro shoes (teachers will thank you for it!)
- Opportunities to practise tying own shoe laces.
- Putting on jumpers and rain coats independently.



# *Ensure your child is familiarised with their school bag*

- Getting used to putting bags on their backs, carrying them, and taking them off.
- Packing their bags with all their school items.
- Zipping their bags open and closed.



# Using toilets independently

- Discuss how your child will use the toilets at school. This includes being able to lock and unlock the toilet door.
- Remind them that they will be given regular times to go throughout the school day. They must always ask the teacher before they go during class time.
- Pack a spare pair of underpants in your child's school bag - just in case!



# *Wearing Hats Outside*

- No hat, play in the shade.
- When children come inside, get them to practise putting their hat in a designated place to keep it safe.



# *Personal Hygiene*

- Washing hands thoroughly after going to the toilet.
- Sanitising before eating times.
- Practise using tissues to blow their nose.
- Practise coughing into their elbow.



# *Social Skills*

- Lots of opportunities to play cooperatively - practise sharing, turn taking etc.
- Play games with rules where your child can both win and lose.
- Encourage your child to use polite, respectful language such as please and thank you.
- Provide plenty of opportunities for longer conversations to occur.
- Arrange some connections with other children, e.g. Zoom play dates.



# *Preparing for eating breaks*

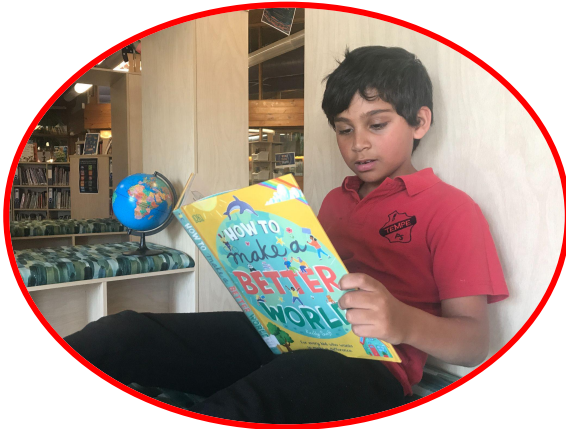
- The difference between lunch (big lunch is first) and recess (little lunch is second) and when to eat what.
- Opening and closing lunch boxes.
- Ensure your child can unwrap or open all containers.
- Using drink bottles and bubblers.
- Discuss with your child what they do with their rubbish.





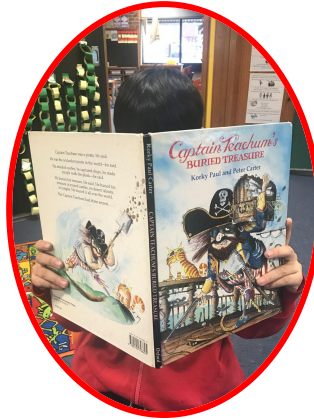
# *Read, Read, Read!*

- Children who enjoy books are always more enthusiastic to learn to read.
- Practise holding a book correctly and turning the pages.
- Ask questions about what you've read. For example:
  - What happened next?
  - What was your favourite part?



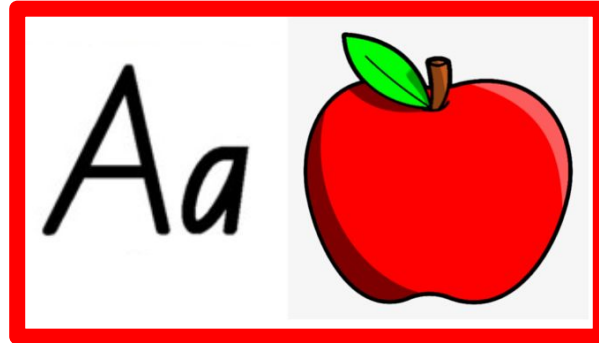
# *Read, read, read!*

- Read poems and Nursery Rhymes to your child.
- Look for environmental print around you (signs, posters, logos)
- Talk about the pictures in books with your child.



# Language Skills

- Encourage your child to talk about familiar objects and events.
- Following simple 2 step instructions e.g. put on your pyjamas, then go and brush your teeth.
- Encourage your child to communicate their needs e.g. I'm thirsty, I need to go to the toilet.
- Allow your child to use a variety of tools to draw, scribble or write known words.



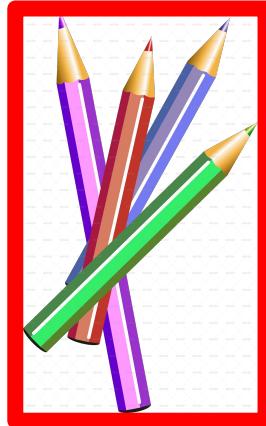
# Mathematics Skills

- Simple counting forwards and backwards.
- Look around your home and neighbourhood for numbers, e.g. house numbers, on devices, on packaging and on road signs.
- Identifying numerals 1-10 and counting out corresponding objects. E.g. count 5 toys.
- Matching objects that are similar shape, size or colour.
- Look for patterns all around you.



# *Fine Motor Skills*

- Cutting and pasting- using scissors safely and holding scissors correctly.
- Pencil control - get your child used to holding pencils, encourage correct pencil grip whenever possible.
- Experiment with playdough to strengthen your fingers and hands.
- A Fine Motor skills grid of activities will be shared with families early next term.



# *Social Emotional Skills*

- Developing resilience.
- Self help/problem solving- role play scenarios and how to problem solve them.
- Tidying up after themselves.
- Responsibility for their own items.
- Interacting with different people.



# *Preparing for the first day*

In the weeks leading up to the first day of school:

- Discuss the kinds of things that will happen at school. Try to get your child excited!
- Go for a walk past the school.
- Read through [Daisy's First Day of School](#) with your child.





# *The night before school*

- Help your child pack their bag with everything they need- hat, jumper, water bottle, spare pair of underpants.
- Ensure every item is clearly labelled.
- Make sure your child gets a good night's sleep.



# *The morning before school*

- Have a healthy breakfast.
- Show your child what they have for lunch- discuss what to eat for each break, ensure they can open everything.
- Discuss what they're looking forward to about school.
- Reassure your child that it is ok to feel nervous, and that their teacher will give them all the instructions they need.
- Discuss how you will say goodbye while they are calm.
- Leave plenty of time to get to school- running late is stressful for children!



## *Once at school*

- Show your child where you will pick them up in the afternoon.
- Remind them that they can ask teachers or older children where the toilets and bubblers are.
- If your child becomes upset, please do not prolong the farewell. They will be well looked after, and we will call you if there are any problems.



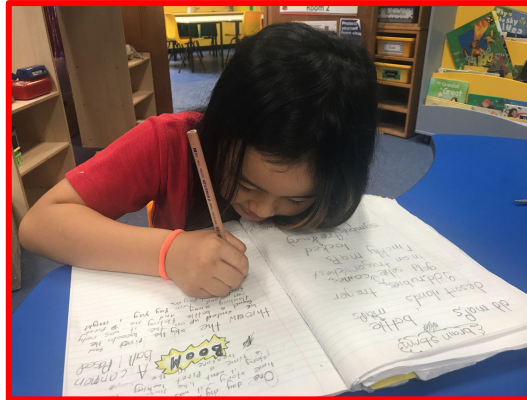
# *After School*

- Please be on time to pick up your child.
- Spend time asking questions and listening to your child talk about their day. Instead of “What did you do today?” as they will often say NOTHING. Try “What was the best thing about your day?”



## *First few weeks of school*

- If your child is extremely tired, that's ok! Try not to plan too many afternoon activities.
- It's important to send your child to school every day, as this can impact your child's learning and settling process.
- However, if your child is sick do not send them to school. Keep them at home and notify the office.



# *First Few Weeks of School*

- Speak to your child's teachers about any concerns you may have- but also give your child a chance to settle and adapt to their new school environment.
- Regularly check communication from school and classroom teacher to ensure you are well informed about school events and anything you may need to know about assisting your child at home.



*Thank you,  
and we hope you found this  
presentation informative.*

