

Getting Ready for School

Making a great start....



Supporting our families in the transition into school.

How can we help our children to become Ready for School?

- Talking and listening with your child.
- Playing with friends, learning to share and get along.
- Supporting physical development through music, movement and play.
- Understanding rules and routines.
- Reading with your child every day.
- Teaching songs and nursery rhymes.
- Painting , mark making, drawing and making.
- Playing with letters and numbers.
- Visiting the library.
- Taking children on visits in your local area.



Making it easy...

Each child is unique and will have different needs and interests.

We plan carefully to help ensure a smooth transition for each of our children into All-Saints School.

There may be bumpy starts for some of our children but parents are experts in their child's needs and we are experienced teams who will endeavour to work together to find a solution.

Research suggests that children will find it easier to settle into school if they

- **have strong social skills.**
- **can cope emotionally with being separated from their parents.**
- **are relatively independent in their own personal care.**
- **have a curiosity about the world and a desire to learn.**



Early Years Foundation Stage

Early Years Foundation Stage is a very important stage as it helps your child get ready for school as well as preparing them for their future learning and successes. From when your child is born up until the age of 5, their early years experience should be happy, active, exciting, fun and secure; and support their development, care and learning needs.

Nurseries, pre-schools, reception classes and childminders deliver the EYFS and must follow a legal document called the Early Years Foundation Stage Framework.

The 4 principles of the Early Years Foundation Stage

- **unique child**
- **positive relationships**
- **enabling environment**
- **children develop and learn in different ways and at different rates**

Children in the EYFS learn by playing and exploring, being active, and through creative and critical thinking which takes place both indoors and outside. These ways of learning are referred to as the Characteristics of Effective Learning.

Your child will be learning skills, acquiring new knowledge and demonstrating their understanding through **7 areas of learning and development**.

The Prime areas are:

Communication and language;

Physical development; and

Personal, social and emotional development.

These prime areas are those most essential for your child's healthy development and future learning.

The 4 specific areas.

Literacy;

Mathematics;

Understanding the world; and

Expressive arts and design.



Communication

Talking to your child can fit easily into your daily routine. Talk about the things you see when you're on the bus, in the car or walking to the shops.

Try not to ask your child too many questions. Instead, tell them about things, especially the things they show an interest in, like a favourite toy.

Adults can help children to learn.

They can be alongside them, they can help a child to remember what they did, they can offer words to help children talk about what they are doing.

It is important for adults to watch and listen carefully to children and to follow the child's lead.

- **Get down on the floor and join in.**
- **Have fun together taking part in the activities.**
- **Follow the child's play and their ideas.**
- **Take turns in the conversation.**
- **Listen and respond to your child's talk/ideas.**
- **Repeat and add to their talk.**
- **Use simple language to describe what they are doing.**
- **Use positive language to praise your child.**



Physical Development

Physical development should be seen as being important in young children's development as intellectual development. Research has shown that physical activity in young children can enhance concentration, motivation, learning and well-being. Young children's joy in movement leads to healthy growth by encouraging them to challenge and exercise their own bodies. Physical play is fun! A healthy child has lots of energy. He/she needs opportunities to crawl, run, dance, climb, balance and these skills help his/her bones and muscles develop.

- **Give your child time to run, jump, climb and play outdoors.**
- **Share stories about being healthy, choosing the right food, drinking water and getting plenty of sleep.**
- **Encourage your child to participate in activities such as building, drawing, threading beads, playing with water, malleable materials and construction.**
- **Encourage and support your child to independently use the toilet.**



Independence. You can do it!

Children need to be able to develop Self care skills for school and their own self esteem. Help your child to have a 'can do' independent attitude to the following.

- **Using the toilet.**
- **Washing their hands.**
- **Using tissues.**
- **Eating and cutting up food.**
- **Dressing themselves.**
- **Putting on their coat.**
- **Walking rather than using a pram or buggy.**
- **Giving up/having set times at home for dummies/comforters.**



Independence and a 'can do' attitude will help your child develop and feel confident about themselves and what they can do, which has a positive impact on all of their learning.

Giving children the opportunity to do little jobs at home, such as laying the table, feeding a pet, helping with the shopping, pairing the socks or putting their own laundry away will help their self confidence and independence. Tidying up own toys will help prepare them for life in nursery or school where they will be expected to help to tidy up their own and others toys or activities indoors and outdoors.

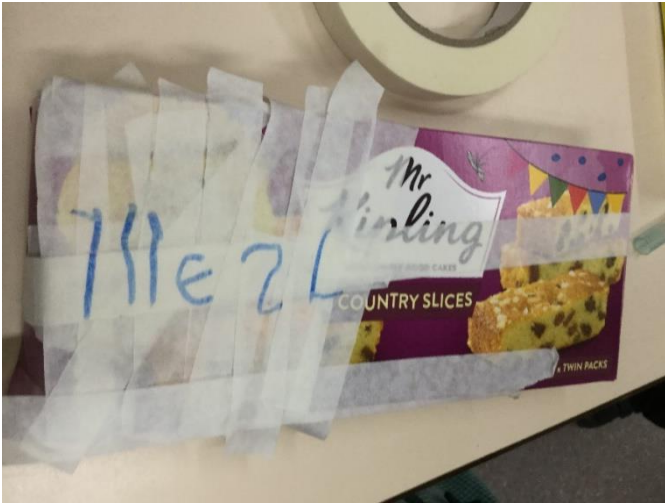
Reading



Reading with your child

- Sit close together when sharing a book and encourage your child to hold the book themselves and/or turn the pages.
- Don't be afraid to use funny voices – it's a great way to make your child giggle. And don't be afraid to sing either – they won't care whether or not you sing in tune or know the words!
- When you talk to your child about what's going on in a book, give them plenty of time to respond. Try to ask questions that don't require just yes or no answers. For example, ask them what they think will happen next ask or about how a character might be feeling.
- Sharing books isn't just about the words - point to the pictures and relate them to something your child knows.
- Using a puppet to act out a story can help your child to understand what's going on and learn how to pretend play. Why not pick a character from your book and use the puppet to show what they are doing? Watch the video below for more guidance.
- And lastly – make it fun! It doesn't matter how you read with a child, as long as you both enjoy the time together!

Writing



- **Developing writing skills**
- Children need to develop their motor skills (actions that involve the movements of muscles) in order to be able to mark-make effectively.
- Give your child lots of opportunities to practise making big movements (gross motor skills), for example by climbing, crawling, dancing, throwing and catching balls or carrying objects.
- These activities will help develop the muscle control needed to move on to fine motor movements, such as being able to squeeze play dough into different shapes, grasp and manipulate building bricks and hold pencils or crayons for mark making.
- Aim to be a good role model for your child. Children need to see adults writing so that they can pick up on how writers behave and understand that writing is a valuable activity. You could include them in writing the shopping list, for example.
- In the beginning, mark making is more about motivation than ability and we want to show children that writing is fun!
- Draw, paint, chalk, make marks in sand/mud with sticks.
- Make a card or a picture for your family or friends.

Maths all around...

Every day your child is facing challenges involving problem-solving, thinking and reflection skills that make him or her a natural mathematician.

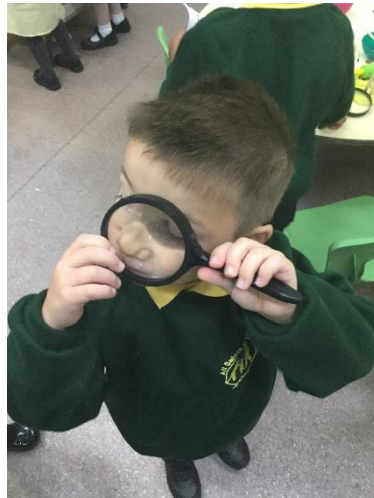
Utilising open ended problem solving in playful contexts is the key to developing the language and thinking of maths.

- Talk about the shapes you can see in the environment.
- Comparing things which are heavy and light or long and short.
- Look out for numbers in and out of the home.
- Singing counting songs and rhymes.
- Counting, adding and subtracting anything and everything - socks, cars, shopping, cutlery, fingers and toes.
- Cooking.
- Asking questions - Am I as tall as my friend? Can I fill/empty the bucket? Which is the longest worm? Can I make a pattern with the blocks?
- Can we sort our toys/socks/shopping?
- Playing shops, trains, buses, pirates.
- Making musical patterns – clap, beat, count.



Understanding the World

understanding the world involves guiding children to make sense of their physical world and community through opportunities to explore, observe and find out about people, places, technology and the environment" EYFS



- Talk with your child about the places they go and things they see in the world around them.
- Answering and encouraging questions - What if...? Why do you think...? How did you...?
- Letting children join in with everyday activities - washing up, cooking, shopping, helping in the garden...
- Lots of opportunities to explore inside and outside in a variety of environments.
- Going to the park, museums, library, places of interest in our local areas.
- Joining in with children's centres groups.
- Talking about what interests your child.

Expressive arts and design

"Expressive Arts and Design involves enabling children to explore and play with a wide range of media and materials, as well as providing opportunities and encouragement for sharing their thoughts, ideas and feelings through a variety of activities in art, music, movement, dance, role play and design and technology."



- Talk with your child about their imaginative play and join in if possible!
- Make small worlds with figures(people/animals/dinosaur figures).
- Have junk modelling sessions and see what you can create.
- Paint a picture and not necessarily on a piece of paper.
- Play musical instruments.
- Dance to your favourite music.
- Visit places to inspire ideas – make a sand picture on the beach, collect natural materials in the park and make with them, visit the museum/art gallery to join in with activities or just look together.
- Read stories and look at books together.

Preparing your child for school.

Parents information

www.pacey.org.uk/schoolready

booklet for parents with lots of great tips, ideas, do's and don'ts, story books about preparing for school.

Book trust.

Starting school has ideas for picture books for children starting nursery or school

www.booktrust.org.uk/

www.wordsforlife.org.uk/songs

Rhymes and songs to share and lots of fun activities to do together.

Fun activities

<http://www.wordsforlife.org.uk/>

Talking Point

www.talkingpoint.org.uk

Communication friendly spaces

www.elizabethjarmanfoundation.org.uk/

Healthy activities

www.nhs.uk/start4life

Story books

These picture books about going to school may be helpful:

I am too Absolutely Small for School (Charlie and Lola) by Lauren Child

Little Rabbit goes to school by Harry Horse

Starting School
by Janet and Allen Ahlberg

Topsy and Tim Start School
by Jean and Gareth Adamson

Harry and the Dinosaurs Go to School
by Ian Whybrow and Adrian Reynolds

Come to School too, Blue Kangaroo! by Emma Chichester Clark

Going to School Sticker Book

When an Elephant Comes to school
by Jan Omerod

