



## Following Instructions

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One of the most important things you can do for your child before they come to school is to make sure they can follow instructions or directions.

When you ask them to do something, make sure they comply promptly in the way you asked. If they are able to do this when they come to school, they can begin learning the skills they need for reading, writing, mathematics and not be a step behind in still having to learn how to follow instructions, and obey the teacher.

## Self-management or independence skills

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We are working towards making your child independent, so when they come to school there are things they need to be able to do for themselves

### Personal things

1. Can they manage their own clothing and shoes?

Putting it on and taking it off.

This is important for the children when they go to swimming lessons in Term 3

It is also important that they know the basics of how to dry themselves—starting at the head and drying the hair well, so that it doesn't drip all over the rest of their body as they dry themselves.

2. Going to the toilet

Parents need to make sure their children know how to get just enough paper to wipe themselves after using the toilet, and also how to wipe themselves properly.

3. Hand washing practise is also a good idea, and showing them how to pull down the roller towel to get a dry part of the towel to dry their hands on is also helpful.



## Food

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When you buy your child's lunch box make sure it is one they can open themselves. Let them practise using it at home for lunch time picnics.

## Play lunch

It is a good idea to have the play lunch placed or wrapped separately from the lunch. Some children will eat everything at playtime, otherwise.

Talk about what is in their lunch and suggest what they might eat at play time.

We usually say the children are to eat one thing for play lunch or perhaps two things, if they are hungry or have a big lunch.

## Lunch

Sometimes, for a start, the children do not eat as much at lunch time as you would expect, because it is all so new and there is so much going on, so we send the uneaten food home for you to monitor how much is enough to include.

The usual rule is that all the food provided is to be eaten and the children do not go to play until it is finished. The teacher on duty checks the lunch boxes at the end of the eating time each day.

Give food that they can manage on their own

- Oranges need to be peeled and put into segments or quartered.
- Apples can be cut, cored and wrapped. This is better than a whole apple which can take a little mouth forever to chew.
- Bananas might need to have an end cut as they can be difficult for little hands to open.
- Yoghurt is particularly messy. As well as having it in a manageable spill proof container, teach your child how to hold that container near their mouths as they spoon the yoghurt in. It will save you having to wash white yoghurt 'racing stripes' from the front of the school uniform every day.



## Drink Bottles for hot weather

During hot weather the children are allowed to have a bottle of water to drink from in the classroom. Ideally it should go home each afternoon to be cleaned, then returned the next day.

## Canteen lunch orders

Children can order their lunch from the school canteen. Please see the school website for up-to-date information.

## School Bags

Get a school bag that will hold a lunch box comfortably and which your child can open and close and retrieve items from easily.

It will also need to hold a Homework packet, library book, sunhat and jersey and still be able to be closed.



## Uniforms

It is essential to name all items of clothing. This includes shoes, socks, togs, towels, sunhats, polar fleeces and school bags. Including a telephone number on easily misplaced items is also a good idea.

We have a no sunhat - no play policy, so it is important that your child has his/her sunhat every day.

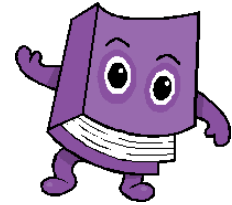
# Class Programme

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From Day 1 your child will have a reading book to bring home to be read and enjoyed together with their parents.

Your child is not expected to recognise many of the words at this stage, but you can encourage appropriate book handling behaviours.

- Look at and discuss the pictures.
- Talk about the story.
- Point to each word as it is read to match 1-to-1 the spoken and written words.



## Homework Packet

Every child must have the homework packet included on the stationery list. Stationery lists can be found on the website. The packet must come to school every day. It provides protection for the reading book. Any notes to/from school go via the packet.

When your child arrives at school they will be expected to bring their packet into the classroom and put it on their desk with the contents of the packet placed on top so that the teacher can check for notes and that the reading book has been returned. It is important that the child does this for themselves so that they get into the routine of doing this automatically each day. I know it is tempting for the parent to do this for them, but it doesn't help to develop your child's long term self-management skills. Coach them, by all means, with cues like:

“Where do you put your packet?”

“What do you do with it next?”

Get them thinking for themselves.

## Show and tell

Children love to bring things to school to show the others. Rules for this are: NO TOYS They can bring something they have made themselves, books, or something to do with the weekly letter theme.

## Getting into School Routine

Start the day in an unhurried way.

Make sure your child has time for a good breakfast. They will be expending a lot of energy, both physical and emotional.

Arrive at school between 8.30—8.40, early enough to get unpacked and have a little play. It makes for a better beginning to the day and saves anxiety. School begins at 8:45 am with the first bell.



To begin with you may feel you would like to stay and see how your child is settling in. I am happy for you to do that during the first week. Plan to stay for about 10 minutes at most, any longer than this can have the opposite effect to the one you intended...a settled, happy child. Be firm but reassuring as you leave, say “I'll see you at the end of school time. Mrs Smith will look after you now.” Any tears will quickly disappear, as soon as you are out of sight.

At the end of the day, plan to leave promptly. Your child will be tired and will probably need to eat, rest and unwind a little before you attempt any reading or alphabet homework.