



Ready, Prep GO!

Starting school successfully

Ready, Prep..... GO!





Social and emotional maturity

Some questions to ask when assessing school readiness:

- ▶ Can they make an independent decision and follow through on this?
- ▶ Do they have ideas of their own?
- ▶ Can they follow two or three instructions at the same time?
- ▶ Can they move on to new activities easily?
- ▶ Do they separate well from their carer?
- ▶ Do they show interest in other kids?
- ▶ Do they interact with other children?
- ▶ Can they recognise and express their feelings and needs?
- ▶ Can they concentrate on a task?
- ▶ How do they deal with frustration?





How you can help

Help your child prepare for Prep by:

- ▶ building confidence
- ▶ strengthening their independence
- ▶ having a daily routine
- ▶ packing a healthy lunch
- ▶ knowing your school
- ▶ getting involved with your school
- ▶ doing family activities at home.





Building confidence

Help to build your child's skills to cope in various situations and increase their self-confidence by:

- ▶ finding answers to their questions or concerns together.
- ▶ talking to your child about how to ask for help and model what to say.
- ▶ asking your child's kindy teacher for ideas about how you can help your child to prepare for school
- ▶ talking through some "what will I do if....?" situations with your child, for example "what will I do if my yoghurt spills?"



Strengthening independence

Help make the transition to Prep smoother by preparing children to be as independent as possible. This includes helping them practice:

- ▶ packing and carrying their own school bag
- ▶ dressing and undressing themselves in their school uniform
- ▶ eating and drinking without help
- ▶ going to the toilet on their own
- ▶ using tissues to blow their nose
- ▶ recognising their belongings.



Having a daily routine

Get your child into a routine, which includes:

- ▶ going to bed early, regularly
- ▶ waking up at a certain time—leave plenty of time to get ready
- ▶ having a healthy breakfast—needed for energy and concentration
- ▶ preparing and eating lunch
- ▶ making time for physical activities.



Packing a healthy lunch

When packing your child's lunch:

- ▶ include them in making choices and helping you
- ▶ provide healthy and filling food in realistic quantities for a 'Brain break' and for first and second breaks
- ▶ make sure they can easily open wrapped items and their lunch box
- ▶ provide a variety of smaller items instead of 1 or 2 large items
- ▶ provide a water bottle every day and encourage your child to drink it.





Knowing your school

Before their first day, your child should know how to easily find their classroom and where to:

- ▶ put their belongings (e.g. school bag and hat)
- ▶ have their lunch breaks
- ▶ meet you each day when school is finished
- ▶ go to for before and after school care—if needed.

Encourage them to ask a teacher if they need help.



Getting involved with school activities



Get involved with your school by:

- ▶ getting to know the teacher
- ▶ informing the teacher of any changes affecting your child
- ▶ talking to other parents
- ▶ volunteering (e.g. in the classroom or tuck shop)
- ▶ reading school newsletters, QSchools App, Twitter, P & C Facebook Site, emails, SMS
- ▶ attending school events like assembly, P & C meetings, open days or sporting carnivals.



Doing family activities at home



Help your child's progress at school by doing family activities including:

- ▶ practising writing their name (lower case letters)
- ▶ reading
- ▶ writing
- ▶ singing
- ▶ cooking
- ▶ playing games and sports
- ▶ shopping, walking or gardening.



So are you and your child *Ready, Prep.....GO?*

- ▶ A successful education depends on a positive partnership between yourself, your child and your child's teacher.

