



Transition to School

Resource for parents

10 Tips for Parents of Children Starting Kindergarten



Starting school can be a busy time for all concerned. The summer may be nearly over and a new school year is ahead – for some, this is the first time.

Here are our ten tips to help you prepare:

1. Provide information about your child's immunisation status	2. Learn the names of the important people at the school
Your child will be coming into contact with lots of other children, and infections can spread very easily. Immunisation records need to be presented for Kindergarten enrolment. Under the Public Health (Amendment) Act 1992, children who have not been immunised may be sent home during an outbreak of a vaccine-preventable disease.	This will help you communicate with your child about what they do each day at school. It is also important that you have relationships with your child's teacher and principal to ensure you are up-to-date with your child's progress.
3. Give all information about your child to the school, especially medical and special needs	4. Provide emergency contact numbers
You know your child best. Your child's kindergarten teacher will have many students to get to know. Help the teacher understand your child better and faster by sharing information and insights. This will also ensure that your child gets any essential attention they may need.	The school might need to contact you urgently. Provide alternative numbers and contacts in case the school is unable to contact you.
5. Make the school aware of any special family circumstances	6. Establish routines with your child and stick to them
Any changes to your child's family situation can impact on their emotional and academic wellbeing. Inform your child's teacher and principal about any change in circumstances so that the child can be supported if necessary. Examples of special circumstances include the birth of a sibling, divorce or the death of a loved one.	Prepare your child for a more structured day. Make a daily routine that includes meal time, talking time, and reading time.
7. Make sure your child is road/travel safe	8. Become familiar with school activities and develop a relationship with the school
Children should know to cross the road only at marked crossings. Please set a good example. Take particular care when dropping off and collecting your child from school.	Parents/caregivers set an example. If you are positive and encouraging towards the school, your child will be too. Both the students and teachers will appreciate your involvement and assistance in activities ranging from sport and excursions, to music and drama presentations.
9. Educate your child about 'stranger danger'	10. Label equipment and clothing
Teach your child not to talk to strangers. They should not accept gifts or lifts from someone that they do not know.	Replacing lost clothing and equipment is expensive and inconvenient. You should clearly mark every item with your child's name.



For more information, visit:
www.transitiontoschool.com.au

Supporting your child's Transition to School



You can help your child prepare for school by providing everyday opportunities and experiences...

Encourage Independence

- Provide opportunities for your child to dress themselves
- Encourage your child to toilet independently
- Help your child to be responsible for their own belongings
- Allow your child to unpack their own lunch
- Follow a structured routine with your child
- Encourage your child to follow instructions
- Always practice road safety with your child

Develop Social Skills

- Explain rules and how to follow instructions
- Socialise with peers and provide opportunities for your child to play with other children, share and take turns
- Play group games
- Help your child to work out strategies for conflict resolution

Encourage Resilience

- Encourage your child to express their thoughts and needs
- Help your child to work through conflict with friends
- Provide opportunities for your child to be responsible
- Allow your child the time to problem-solve themselves
- Allow your child to make mistakes

Enhance Language Development

- Have conversations with your child about everyday topics
- Sing songs together
- Make up silly rhymes and poems
- Play word games e.g. Can you think of an animal that starts with the letter 'A'?
- Look and read out signs

Promote Conversations

- Make everyday things an exploration of language
- Have regular conversations with your child and ask your child questions
- Encourage your child to ask why
- Promote talking and listening to each other's thoughts and ideas

Encourage Reading

- Expose your child to different types of texts every day e.g. Stories, poems, factual books, and comics
- Help your child to recognise their name and the sounds the letters in their name make
- Make reading exciting by trying to guess from the front cover what the story is about

Develop Writing Skills

- Expose your child to a variety of writing mediums e.g. pencils, crayons, paint, textas
- Encourage correct pencil grip
- Play games that strengthen hand muscles e.g. play dough, threading, cutting, drawing
- Practice identifying words

Enhance Co-ordination

- Practice their hand-eye coordination through threading, building with Lego and blocks, cutting, doing puzzles, drawing and using play dough
- Have fun with physical activities such as climbing, skipping, jumping, throwing and catching a ball and running

Develop Mathematical Awareness

- Play with numbers e.g. cards, matching games and singing
- Help them to identify and recognise numbers in everyday situations

- Explore and have fun with measurement e.g. volume, mass, size
- Talk about concepts such as above, below, inside, outside, in, out and on



For more information, visit:
www.transitiontoschool.com.au

Preparing for your child's first day at school...

In the weeks leading up to your child starting school:

- Help familiarise your child with the school environment and the travelling to school procedure by taking regular walks or drives past the school.
- Arrange play dates with other children going to the same school. This will help familiarise your child with their peers and is a great way for families to connect.
- Label all of your child's belongings.
- Ensure that your child "wears in" their school shoes prior to their first day. Velcro shoes may be easier for them to manage.
- Encourage your child to wear their uniform at home before they start school. It is important that they are able to manage zippers and buttons when going to the toilet.
- Discuss with your child what to do if they have a toileting accident. It is a good idea to put a labelled spare set of clothes in their school bag (include underwear and socks).
- Purchase food containers, a lunch box and a drink bottle that are easy for your child to open independently. Encourage them to practice using these before their first day.
- Place a raincoat or small umbrella in your child's school bag.
- Encourage your child to practice packing and unpacking their school bag.
- Purchase a school bag that is a suitable size for your child, easy to open and easily identifiable.
- Purchase a spare hat and school jumper/jacket as these are often items that children leave behind at school.
- Discuss with your child possible scenarios that may occur at school and problem solve solutions together. For example, what to do if he/she needs to go to the toilet during class time.
- In the weeks leading up to school establish a morning and bed time routine. Try and encourage your child to go to bed at a reasonable hour.
- Pack your child's healthy snacks and lunch the night before and refrigerate to avoid rushing in the morning.



On your child's first day of school:

- Ensure your child has a healthy breakfast.
- Encourage your child to brush their hair and teeth and go to the toilet before leaving home.
- Encourage your child to apply sunscreen every morning. Sunscreen sticks are a useful way for them to manage this independently and can be taken to school in their school bag.
- Discuss with your child where you will be standing to collect them in the afternoon. Ensure that you arrive on time.
- Ensure that your child's enrolment form is up to date and any necessary changes are made.
- Ensure you have confirmed before and after school care arrangements and that your child is familiar with the facilities, how they will get there and who will pick them up afterwards.
- It is important that you remain positive about your child starting school.

From birth the opportunities, relationships and experiences that children engage in influence their social and emotional well being and educational outcomes long term.

Nurturing and stimulating environments in the early years encourage children to explore, problem solve and be independent, capable and confident beings.

Families have an important role in providing a supportive social environment where emotions are talked about and supportive adults discuss feelings, ways to regulate emotions and appropriate ways to solve conflict. For more information on ways you can support your child's development prior to starting school visit: www.transitiontoschool.com.au.

Nurturing and stimulating environments in the early years encourage children to explore, problem solve and be independent, capable and confident beings.



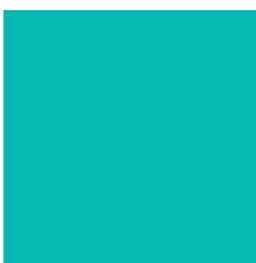
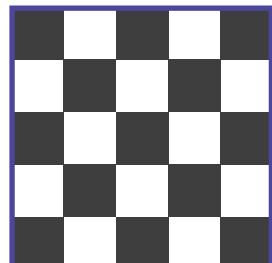
MORNING ROUTINE

Laminate the page. Cut out the images below. Use double sided tape or velcro to attach to the 'WHAT TO DO' column. Once your child completes the task the image can be moved to the finished column.

WHAT TO DO



FINISHED



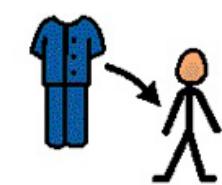
EAT BREAKFAST



BRUSH TEETH



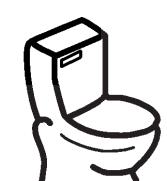
GET DRESSED



PACK BAG

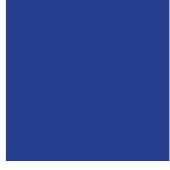
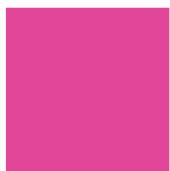
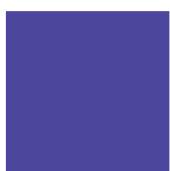


GO TO THE TOILET

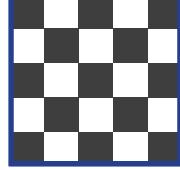
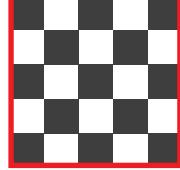
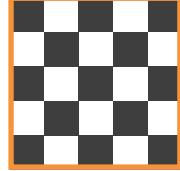
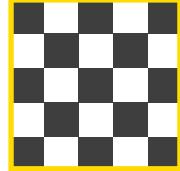
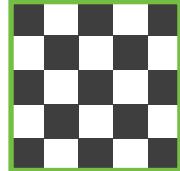
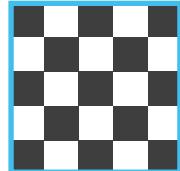
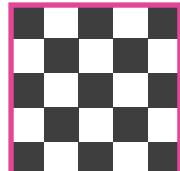
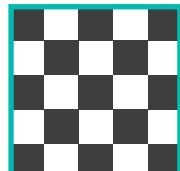
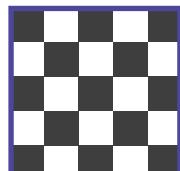


EVENING ROUTINE

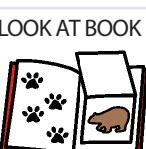
WHAT TO DO



FINISHED



Laminate the page. Cut out the images below. Use double sided tape or velcro to attach to the 'WHAT TO DO' column. Once your child completes the task the image can be moved to the finished column.

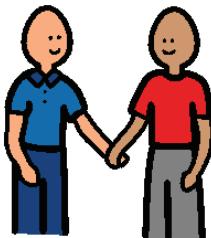


(SET TIMER FOR 5 MINS)



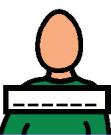


HOW TO MAKE A FRIEND

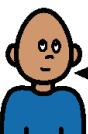


Having friends is important. Friends are people who are kind to you and who like to spend time with you. Your friends might like some of the same things that you do. They may also like different things. Spending time with friends is important. It makes us feel good.

**Starting school is a great time to make new friends.
You can do this by:**



**Telling another child what your name is.
Ask them their name.**



Ask a child if they would like to play a game with you.



Ask a child if you can play their game.



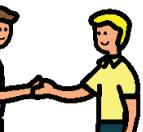
Show a child something that you like.



**Ask a child a question.
“Have you got a pet?” “What is your favourite TV show?”**



Tell the child something about yourself.



**Say something nice to the child.
“I like your lunch box”**



Bright Spark and Bangu's Tips for Early Literacy Development

Reading Together!

Reading with your child is valuable as it helps them become familiar with sounds and words. Set a time to read each day so you can both look forward to spending this fun time together.

Talk with your child!

Even babies begin to develop their vocabulary by listening to you talk to them. Tell them what you are doing in everyday activities

Sing with your child!

Singing can be a great opportunity to practice different sounds, memorise the alphabet and learn new words in an enjoyable way.

Play rhyming games!

Rhyming can be fun, helping your child feel the rhythm of language and understand the different sounds that make up each word. You can make a game out of it by saying silly rhymes.

Have trips to the library!

Visiting your local library will give you and your child access to a wide variety of high quality books for free that will help your child get excited about reading.



Paint
Shellharbour
REaD

read • talk • sing • rhyme



Starting School with Billy Backpack

February

Start health checks (eye, dental, hearing) and ensure immunisation is up to date.

Practice independent skills with your child (going to the toilet and dressing independently, being responsible for their own clothes and toys).

March-April

Speak with your child's early childhood educator about their school readiness. Consider all aspects of their social and emotional development.

Enquire now for Independent and Catholic school enrolments.

May-June

Attend a Transition to School info session. Check the Transition to school website or Facebook page for local dates and venues.

Enrol now for public schools: visit your school to complete an enrolment form.

July-August

Meet with other parents and organise regular play time with other children who will be attending the same school.

Look out for Transition to School playgroups.

Contact your school for orientation dates.

September-October

Buy uniforms and label everything.

Participate in orientation programs and school events.

Visit your school and point out important buildings.

Practice eating lunch with a lunch box, opening drinks and putting things in a school bag.

November-December

Practice walking to school or catching the bus.

Visit your local School Age Care service to discuss before, after and vacation care options.

Check your school's start date for next year.

January

Practice morning routines and wearing uniforms.

Speak to your preschool director or local school principal or contact:

Illawarra Transition to School Program at Big Fat Smile on 4283 9900 or www.transitiontoschool.com.au

- Establish routines with your child. Make a daily routine that includes mealtime, talking time and reading time.
- Become familiar with school activities – develop a relationship with the school. If you are positive, and comfortable at the school, your child will be too!



Big Fat Smile®

Department of Education and Communities on 4251 9900 or www.dec.nsw.edu.au



ALBION PARK RAIL SCHOOL AS COMMUNITY CENTRE

FAMILY CENTRED, CHILD FOCUSED, CONNECTING SCHOOLS AND COMMUNITIES

Term 4 2021

Contact Claire for bookings and enquiries Phone: 0448 564 219 Email: claire.jones42@det.nsw.edu.au

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
STORY TIME Storytime introduces your child to books, rhymes and rhythm, music and songs, puppets, felt board stories, taking turns, paying attention, and being in a group. Time: 10.00am - 10.45am Meeting ID: 680 9250 9128 Passcode: 371732	CREATIVITY WITH CLAIRE Let your creativity run wild with our fun, easy craft activities, gardening, messy play, recycled art and more. Time: 10.00am - 10.45am Meeting ID: 680 9250 9128 Passcode: 371732	COOKING WITH CLAIRE Learn to make simple healthy recipes, save money on groceries while developing children's independence, self help skills and so much more. Time: 10.00am - 10.45am Join Zoom Meeting Meeting ID: 680 9250 9128 Passcode: 371732	KINDY STARTERS FREE Transition To School Program for families with children starting school in 2022. Join us for, stories, music, and activities to prepare children in their readiness for school. Time: 10am - 10.45am Meeting ID: 680 9250 9128 Passcode: 371732
KINDY STARTERS FREE Transition To School Program for families with children starting school in 2022. Join us for, stories, music, and activities to prepare children in their readiness for school. Time: 2.00pm - 2.45pm Meeting ID: 680 9250 9128 Passcode: 371732	SING AND GROW TRANSITION TO SCHOOL MUSIC PROGRAM Free 8 week music program 13th October - 1st December with Janet Andrews For children starting school in 2022. Meeting ID: 673 500 6595 Passcode: 288561 Time: 2.00pm - 2.45pm Bookings essential	BABY BEATS PLAGROUP Birth - 18mths Join us for singing, movement and a different activity each week. Time: 1.30pm - 2.00pm Meeting ID: 680 9250 9128 Passcode: 371732	Play Strong Pathways to early education Playgroup NSW COFFEE CONNECT Drop in for a chat and catch up with friends. Time: 1.30pm - 2.30pm Join Zoom Meeting Meeting ID: 680 9250 9128 Passcode: 371732





www.shellharbour.nsw.gov.au



Shellharbour
CITY COUNCIL



**MISSION
AUSTRALIA**