

St Luke's CE Primary School

Settling Into School

Class teacher Mrs K Goodwin

Starting School

The first day at school is a big step for children, and also for parents and teachers too. It is a time for children to make new friends, learn new skills, develop their self-confidence and experience independence. It also brings a major change to everyone's daily routine, so there's a lot to think about.

It is never too soon to start talking about the first day at school with your child. If they are prepared and know what to expect it will alleviate most worries and fears. One of the main changes for your child will be the classroom environment. School is bigger, louder, and busier than anything they have experienced in the past. The classroom is likely to be fuller and the day more structured and longer. Preparing your child for these changes should make the day exciting and fun rather than daunting and scary. Always focus on the positives eg:

- Having more children to play with and making new friends
- Having lots of new and exciting activities to get involved in
- Having new learning opportunities
- Having lots of toys to play with
- Having fun playing in the playground

Contact before school starts

We would normally carry out a home visit during the first week of September. This will not happen due to the current crisis. As part of our welcome to St Luke's, Mrs Goodwin will contact you before your child starts school.

There are often a broad range of common worries and anxieties experienced by parents and children before starting school. Think about the questions you would like answered, perhaps discuss them with your child so that they can feel part of the process from the start. Knowing the answer to questions will help to put you all at ease. You will know what to expect and your child will be reassured by being involved in the process.

It is important that you and your child know that you can talk to us. We are here to answer any questions so please talk to us if you have any concerns. From now onwards our priority is to ensure that your children are happy and integrate well into the class. Please let us know if your child :-

- Has any special needs or disabilities
- Has any specific worries about school
- May be worried about family issues
- Is on any medication
- Has any allergies
- Has regularly disturbed sleep

Strong links between home and school are invaluable throughout a child's life and especially important during the settling in period. The more we know about your child the more supportive we can be.

Induction DATES TBA – UNDER REVIEW

am session	8.55am – 11.45am
pm session	1.00pm – 3.15 pm
am session with school lunch	8.55am – 12.45pm
pm session with school lunch	11.45am – 3.15pm

Please bring your child to the **reception door** for the start of each session and later collect your child from the **reception door (doors open in the morning at 8.45am)**. We will come into the playground to collect the children, and take them into the classroom. **Please remind your child that all the children say their good byes in the playground and go into school with their teachers.** We will bring the children out to you at the end of the session. It can be helpful to stand in the same place, if possible, so your child can find you easily at the end of the day.

Here is a first day check list, hopefully this will help :-

- Double check the start and finish times for the small group sessions (dates tba)
- Purchase and clearly label all uniform including PE kit.
- Talk through and resolve any anxieties or worries your child may have about starting school.
- Complete and return any forms and the All About Me booklet.
- Inform school about any special requirements/issues relating to your child
- Check and time the route to school.

New Routines

Getting up and out every morning for a certain time is difficult for all of us with a family. Now that your child is starting school and must be arrive by 8.55am, it can be even more taxing. Having a good routine can take the stress out of mornings but also children love having a routine. Make sure your child has a good breakfast to give them plenty of energy for a day at school. A good night's sleep is also essential to prepare for the busy day ahead. It is recommended that children of this age should try to have eleven and a half hours sleep per night. A lack of sleep will leave children irritable. It can also reduce their ability to learn and their immune system. Ensuring you have a bedtime routine will help your child settle. Most Health Visitors recommend :-

- Agreeing a bedtime and sticking to it
- Having a "winding down" time, perhaps an hour before bed
- A warm bath
- A milky drink before cleaning teeth
- Sharing a story together

A Few Basic Skills

Here are a few basic skills that could be practised and will help with the settling in process:-

- Getting dressed/undressed themselves eg fastening up their coat and taking their jumper on and off.
- Talking about sharing and taking turns
- Being able to ask and go to the toilet
- Washing their hands correctly and flushing after they have been to the toilet. (Please ensure that boys know how to use a urinal)
- Recognising their own written name/ writing their own name
- Holding a pencil correctly and mark making

Some more things you should know

Parent Pay

This is a central online payment system where all money transactions between parent and school are made. Anything from paying for a school trip to paying for music lessons is done online. A username and password will be sent home for you to register in the autumn term. If you have any problems registering, please see a member of the office staff.

Parent APP

This should be downloaded on your mobile device or tablet. The school office will send you an invitation with an activation code once. The APP is the main way school keeps in touch with parents by sending messages and information about their child, school closures, trips, news and events for example.

School Website

Our website is full of useful information about school, the curriculum your child is following, what your child is learning in class, plans and events, school newsletters and much more. It works alongside our Parent APP and keeps you up to date with your child's learning and school life.

Uniform

As in the General School Information Sheet (and as detailed on our website) school uniform can be purchased from Uniform & Leisure in Lancaster (school carry a small stock of book carriers). School will provide your child with their first PE t-shirt. PE kit should be in a named bag. VELCRO SHOES ARE BEST (no laces). NO TRAINERS and NO RUCKSACKS PLEASE. ALL items of school uniform should be clearly named.

Free School Meals

School meals in reception and KS1 are free, however, if you have a statutory entitlement to free school meals we request you register your child so as a school we receive the Pupil Premium. **Even if you do not wish to take up these benefits, the school's budget is worked out on how many families are entitled to free school meals and the school could lose valuable money if you do not register. School will send you an option to register your NI number and a check will be made on your behalf.**

If you have any queries over this or would like to talk about this in confidence please see Mrs Armistead or speak to the school office.

School Milk

If your child has a statutory entitlement to free school meals they will receive free milk automatically unless you tell us otherwise. Children under 5 years receive free milk up to the Friday before their 5th birthday. Otherwise, milk is charged in advance at 18p per day (there may be a small increase in the new academic year. If your child would like school milk we will advise you if payment is required when your child joins us.

Fruit Scheme

Children in KS1 receive a free piece of fruit each morning. If your child is allergic to any type of fruit and will not require fruit, please inform the classteacher by letter.

Water Bottles

Water bottles can be purchased from school for £1.00 (pay at the school office). Alternatively, they can bring one in from home. Either way, bottles will be sent home with the child each night to be sterilized/cleaned at home and must be returned the following day filled for your child to have access to water during the school day. Your child can refill their water bottle at school if necessary. Only water can be used in the bottles and this drinking container. If your child should lose their water bottle, it must be replaced.

We are a NUT FREE school

We are a NUT FREE school. This includes sandwich spreads such as Nutella. In school we have staff and children that suffer a severe reaction when exposed to nuts in any form. We ask that you take care when sending food in to school with your child.

Friends of Skerton St Luke's (FOSSL)

As a parent of a child attending St Luke's you automatically become a "Friend." To find out more about our "Friends" and how you can help school by fundraising, volunteering or helping out on school trips, please speak to Lucy Ellis who is also our Chair of Governors. The school office will be happy to put you in touch with her.

And finally.....

School is currently closed to visitors.

Emails are monitored contact-us@skertonstlukes.lancs.sch.uk if you have any concerns or questions alternatively call the school office between 8.45am – 9.45am or 2pm – 3pm on tel 01524 65445 option 2..

Your child's completed admissions pack can be dropped off at school on a Friday between 1pm – 2pm. There is a collection box at the school office.