

# St Luke's CE Primary School Settling Into School

Class teacher Mrs K Goodwin

## Dates for your Diary

### Stay & Play/Coffee Morning on Wednesday 15<sup>th</sup> June 9am – 10am

Children and parents are invited to join us for a fun session in the school hall. This is an ideal opportunity for everyone to meet and to get to know one another.

### Pre-school visits in July

We have highlighted below the two dates when your child is invited into school for their pre-school visits.

<u>Group A</u>	<u>Session times</u>
Tuesday 5 <sup>th</sup> July	2.00 – 3.00pm
Monday 11 <sup>th</sup> July	2.00 – 3.00pm
<u>Group B</u>	
Wednesday 6 <sup>th</sup> July	2.00 – 3.00pm
Tuesday 12 <sup>th</sup> July	2.00 – 3.00pm

What will happen during these sessions?

**Please bring your child to the Reception Classroom entrance (access via pedestrian lane at side of school) and collect your child from this door too by 3.00pm.** These visits will be for children only. On these occasions they will meet the Buddies, the Reception staff and the children from the existing Reception class. They will have the opportunity to play with all the activities, play outside on the infant playground. It may be possible to rearrange the dates if, for example, you are on holiday.

### Story Time – Monday 18<sup>th</sup> July 9.15am to 10am.

Children are invited into school for a short story time session, as a “new” class. This is part of our whole school transition, when each class meet their new teacher. Parents are invited to wait in the hall (refreshments will be served) until the session has ended.

## **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 do
- Having lots of toys to play with
- Having fun playing in the playground

## **Home Visits**

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.

## First Day

### September Induction

#### Session times

am session	9.00am – 11.45am
pm session	1.00pm – 3.15 pm
am session with school lunch	9.00am – 12.30pm
pm session with school lunch	11.30am – 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
- Purchase and clearly label all uniform including PE kit.
- Talk through and resolve any anxieties or worries your child may have about starting school.
- Ensure the 'return to school' forms have been completed and bring them with you, along with the Boasting Book.
- 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 arrive by 9am, 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
- Reading 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 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
- Recognising the **sounds** of letters in words eg “a” as in cat, “l” as in ladder, “o” as in orange. (not letter names )
- Counting objects up to 10.

## **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. This can be done online by searching online Lancashire Free School Meals, completing the enclosed application form or by simply calling the Welfare/Benefits Offices on 01524-581207 quoting your name, date of birth and national insurance number for an immediate check. **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.**

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.

**A copy of a sample menu for school dinners is included in this pack for your information. ALL reception children will be provided with a lunch prepared in school. There is no need to send them to school with a home packed lunch.**

## **And finally.....**

Please take a look through the School Information Booklet for general school information. If you have any concerns or questions then please make an appointment to see the reception staff before the summer holidays. Call the school office (01524 65445 option 2) and arrange a time. Thank you.