

Getting ready for school



Ready for school checklist

Tick each item when it has been done (not all tasks will apply to you).

This year

- ☐ If your child attends preschool or a long day care centre, talk to staff about their transition to school.
- ☐ Attend school orientation or transition to school program and make sure you have the school's phone number.
- ☐ Take your child to your local community health nurse or doctor for a health check before school starts.
- ☐ If your child has an allergy, medical condition, takes medication or has any special needs, inform the school as early as possible and make an appointment to see the principal.
- ☐ Fill in a travel pass application if this applies to you. If needed phone 1800 227 774 or (02) 9891 8900 or go to www.transport.nsw.gov.au/ssts
- ☐ Organise out of school hours care.
- ☐ Practise walking or travelling to school.
- ☐ Continue reading to your child.



Some useful activities you might like to try during January in the lead-up to starting kindergarten

How about:

- setting up a play date for your child to play with a friend
- checking out the local library and letting your child choose books to borrow
- taking a ball to a park to throw, catch and kick together
- organising a picnic with a packed lunch and encouraging your child to open it and eat the food by themselves
- reading *A Special Place* together.

Don't forget:

- write down the date your child will start school
- if you have a son, use opportunities when you're out and about to make sure he can use the urinal
- write your child's name on all their school things and involve your child in organising them and recognising their name
- if you live close to school, go for a walk together and practise crossing roads safely.

Let your child practise:

- putting on their school shoes and walking in them
- dressing in their school uniform
- writing alphabet letters
- drinking from bubblers
- cutting and pasting pictures from a magazine and drawing pictures.



Did you know?

If your child misses as few as eight days each school term, by the end of primary school they will have missed a year of education.

Going to school every day is important and Kindergarten sets children up for the rest of their schooling.



What your child learns each day builds on what they learnt the day before. If your child misses school, their learning routine is broken, they lose confidence and they miss out on building their friendships.

You have a legal responsibility to send your children to school every school day.

If your child misses school due to illness, religious or family circumstances, please either tell your child's teacher or send a signed note explaining the reason for their absence.

If your child arrives at school late, or needs to leave early, you will need to go to the office to sign your child in or out.

If you're having difficulty getting your child to school every day and on time please talk to the teacher or principal.

The big day

The first day of Kindergarten is a big event in your child's life – and that of your entire family.

To help you make the most of the day and enjoy the experience, here are some helpful tips:

The night before:

- ☐ Lay out your child's clothes, shoes and socks.
- ☐ Make your child's morning tea and lunch and pop it in the fridge.
- ☐ Help your child pack their school bag.
- ☐ Pack a spare pair of underpants, socks and a change of clothes. Let your child know these are there in case they have any toilet accidents at school.

On the day:

- ☐ Be confident with your child and let them dress themselves as much as possible.
- ☐ Tie back or plait long hair.
- ☐ Apply sunscreen and take a hat.
- ☐ Don't forget to take photos and pick up your child on time.





Preparing at home



Preparing at home

There are a number of things to plan and organise before school starts.

Budgeting for new costs

Schools usually provide most things Kindergarten students will use in the classroom, but starting school requires new costs such as uniforms and school shoes, so it may be helpful to budget for these items. It might be useful to check what items are required with your school.

Uniforms

Your child's school will tell you about the school uniform items and where to buy them. There is usually a summer, a winter and a sports uniform. The school can tell you which shops supply the uniform or the material to make it, and many schools run a clothing pool where uniform items are donated after children have outgrown them.

Financial contributions

Schools will ask you for a voluntary contribution to enhance educational and sporting programs. You may be asked to pay for excursions to enhance your child's classroom learning.

Financial assistance

If you are having any difficulty with the costs of schooling, you can make an appointment with the principal to discuss your situation. You may be eligible for financial assistance.



School routines

Saying goodbye

At first, you might like to stay for a while until your child feels secure at school. When your child has settled into school, a short and reassuring goodbye encourages independence. Let them know who will pick them up at the end of the day.

Picking up children at the end of the day

When school finishes each day, your child's class will gather at a regular place. Your child's teacher will wait with the children. Make sure your child and their teacher know who will be collecting them each afternoon. Children can get upset if you or someone else picking them up comes late. Check with their teacher about the best time to arrive in the afternoon and where to stand.

Keep routines

Kindergarten children can get very tired at night because they are doing so many new and exciting things. For this reason it helps if you keep routines like bath time, meals and reading routines as regular as possible. Leaving time for your child to play and a good night's sleep each night are important.

Getting to and from school safely

Please remember to cross at the school crossing holding your child's hand. Streets around schools are very busy in the mornings and afternoons. Please do not stop or park your car on or near any pedestrian crossing and observe all safety and no stopping signs. Children aged between four and seven must be secured in a forward facing child restraint or booster seat.

www.rms.nsw.gov.au

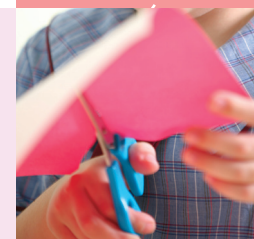


Out of school hours care

Services that care for children out of school hours and vacation care are often run from schools or near schools. Your school can give you information about these services in your area. The Child Care Benefit helps eligible families with the cost of child care for out of school hours care and vacation care.

Phone: Centrelink 136 150
www.humanservices.gov.au

School routines



Keeping children safe and happy

Teachers

Teachers in NSW public schools are university trained and professional. They are sensitive to the needs of young children and will be there to help and guide them. Your child's teacher will let you know the best way to keep in touch with them and find out about your child's progress. Keep your child's teacher informed of any changes in your child's life that may impact on their learning or enjoyment of school.

School counsellors

School counsellors are experienced teachers who are also qualified psychologists with post-graduate qualifications in school counselling. They can help students who are having difficulties at school or home. They can also help families to access services outside of school if needed. You usually need to make an appointment with the school counsellor by phoning the school.

Anti-bullying environment

All public schools actively prevent bullying by having programs such as peer support that encourage appropriate behaviour and build self-esteem and respect for others. Schools also have plans in place to deal with bullying or harassment and school staff are trained to deal with these situations. You can get a copy of your school's anti-bullying plan from the school office.

Anti-bullying and safety online

www.schools.nsw.edu.au/studentsupport/behaviourpgrms/antibullying/index.php

www.bullyingnoway.gov.au

www.esafety.gov.au

Additional care

Public schools provide a range of other staff who contribute to personalised learning and support for students where needed.

These positions include:

- Specialist learning and support teachers
- English as an additional language or dialect
- Community information and liaison officers
- Home-school liaison officers
- Aboriginal student liaison officers.



Gifted and talented

Gifted and talented children have above average potential in one or more areas of intellectual, creative, social or physical ability. Opportunities exist in all NSW public schools for gifted and talented children. Please contact your school to talk with the principal about the programs offered.

www.curriculumsupport.education.nsw.gov.au/policies/gats

Students with additional learning and support needs

The NSW Government's *Every Student, Every School* initiative is strengthening the provision of personalised learning and support for students with diverse additional needs in our public schools through a strong focus on professional learning for teachers and support in schools.

If your child has any additional or special learning needs, please inform the principal. The Department of Education provides a range of specialist services to support students with additional learning and support needs. This includes support for students' diverse needs in learning or behaviour, students with disability, students with additional health and wellbeing needs, as well as students from diverse cultural and language backgrounds.

Every regular NSW public school has a specialist Learning and Support Teacher who works directly in the school to support students with additional needs and their classroom teachers.

www.schools.nsw.edu.au/studentsupport



Did you know?

It's important to keep the school informed of any changes to your child's health.



Health and wellbeing

If your child is sick at school

If your child gets sick or injured at school, the school will contact you. If your child is ill they will go to an area where they can lie down and be monitored. You will be called to come and collect your child if they are too sick to go back to the classroom. For this reason it is important to keep your contact details up to date with the school, including an alternative contact – such as a relative or neighbour – whom the school can call should you be unavailable.

If your child is sick at home

From time to time your child may get sick and display any number of symptoms that mean it's best to keep your child away from school and see your doctor.

Some of these symptoms include:

- a fever of 38°C or above
- vomiting or diarrhoea
- severe cold or flu symptoms
- rashes of an unknown origin.

Head lice

It is common for school children to get head lice and it has nothing to do with being clean or dirty. Head lice can spread when children are in close contact, but head lice do not cause any harm to your child's health.

To prevent your child getting head lice:

- check your child's hair regularly
- keep long hair tied back, plaited or braided.

If your child has head lice:

- remove tangles with a large comb, then comb hair with a thick, white hair conditioner using a fine-tooth comb to get rid of head lice and their eggs (nits) daily until there are no more eggs
- inform the school so they can ask others to check their children's hair; your child does not have to be identified
- continue to send your child to school.

www.health.nsw.gov.au/topics

www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/headlice/index.php

Allergies

It is important for you to inform the principal and the school of all your child's allergies, not just diagnosed severe or food allergies. Anaphylaxis is a severe and sudden allergic reaction to foods such as nuts or shellfish, or insect bites. If your child is diagnosed at risk of an anaphylactic reaction, an individual health care plan is developed. You will need to provide information from your child's doctor, including an ASCIA Action Plan for Anaphylaxis. The individual health care plan will describe your child's needs and how the school plans to meet these needs during the school day, on excursions and in other school activities such as sport. Schools and parents work together to put arrangements in place for health care support. Information from the child's doctor, provided by you, will inform the planning process.

www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/anaphylaxis/index.php

www.allergy.org.au

Sun safety

Schools try to protect children at school from the damaging effects of the sun's UV rays by providing shelters where possible and having hats as part of the school uniform. Hats that provide adequate protection to the face, neck and ears are recommended. You can support sun safety by role modelling sun-safe hat and sunglass wearing. Children can also wear sunglasses at school to protect their eyes from sun damage.

At home, apply sunscreen to your child each morning before they leave for school as part of their regular routine.

www.sunsmart.com.au

www.cancercouncil.com.au

www.schools.nsw.edu.au/gotoschool/a-z/sunsense.php





Eating at school

Eating at school will be a different experience for your child compared to eating at home or at preschool. There are no places to keep food hot or cold. Children often sit on the grass or on benches and balance their food on their knees. They will also need to be able to open everything that their food is wrapped in and they won't want to spend so much time eating that they miss out on playing.

Tips to help your child

- Pack food that is easy to open, easy to eat and not messy.
- Write your child's name on their lunch box, water bottle and any other containers.
- Include a frozen drink bottle to keep food cold. Wrap it in a tea towel in case it leaks.
- Use insulated lunch boxes or cooler bags.
- Avoid using plastic wrap because children find it hard to pull apart; paper bags are better for the environment too.
- Pack tissues or paper around fruit so it won't bruise.
- Remind your child to wash their hands before eating and use the toilet at recess and lunch.
- Pack a water bottle for your child each day and remind them that they can also get water from the taps or bubblers throughout the day.

Recess and lunch ideas

- Cut fruit into pieces (squeeze a little lemon on apples or pears to stop them going brown) and put them in a small container.
- Cut up vegetables such as carrots, celery and cucumber and put them in a resealable plastic bag. In a separate container put dips or yoghurt to dip vegetables in.
- Make wholemeal muffins and freeze them.
- Cut an orange into slices and store in a container.
- Try different breads, such as rolls, pita, wholegrain or tortilla wraps.
- If using tomato, slice thinly and place between other fillings to stop the sandwich from going soggy.
- Cook a little extra dinner and save some for lunch the next day. Quiche, homemade pizza slices, salmon patties, roast vegetables, noodle salads or sausages could be used. A freezer brick or frozen drink can keep this food fresh.

www.healthykids.nsw.gov.au

www.foodsafety.asn.au

Eating at school



What your child will learn at school

Most time in Kindergarten is spent developing children's literacy and numeracy skills.

There are six subjects (known as Key Learning Areas) studied throughout primary school:

- English
- Mathematics
- Science and Technology
- Creative Arts
- Human Society and Its Environment (HSIE)
- Personal Development, Health and Physical Education (PDHPE)

You can find more information about what your child will study on the Board of Studies website.

www.bostes.nsw.edu.au





NSW Foundation Style writing guide

a b c d e f
g h i j k l m
n o p q r s t
u v w x y z

A B C D E F
G H I J K L M
N O P Q R S T
U V W X Y Z

0 1 2 3 4 5 6 7 8 9

The NSW Foundation Style writing guide and activities have been included as things you can do with your child before they start school.

There are no specific skills your child needs to have before starting Kindergarten.

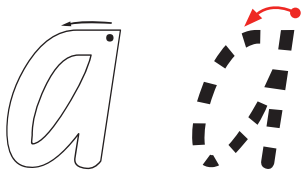


Making an alphabet book

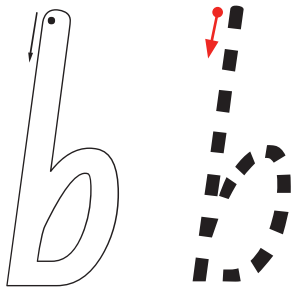
finding, cutting and pasting magazine pictures

Help your child consolidate his or her beginning sounds by making this alphabet book.

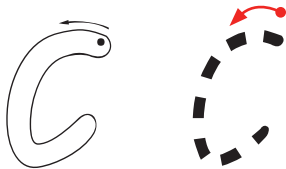
Trace *a*. Draw or cut and paste pictures from magazines that begin with the letter *a*.



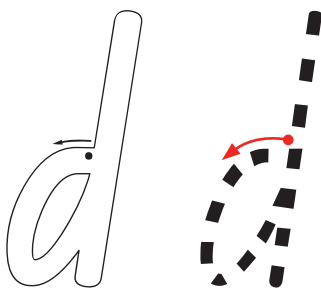
Trace *b*. Draw or cut and paste pictures from magazines that begin with the letter *b*.



Trace *c*. Draw or cut and paste pictures from magazines that begin with the letter *c*.



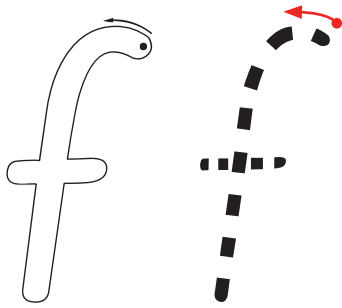
Trace *d*. Draw or cut and paste pictures from magazines that begin with the letter *d*.



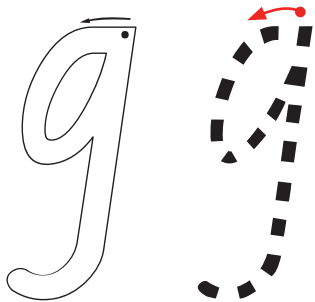
Trace *e*. Draw or cut and paste pictures from magazines that begin with the letter *e*.



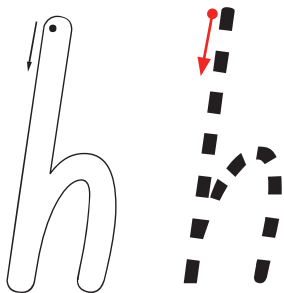
Trace *f*. Draw or cut and paste pictures from magazines that begin with the letter *f*.



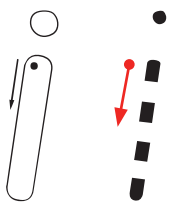
Trace *g*. Draw or cut and paste pictures from magazines that begin with the letter *g*.



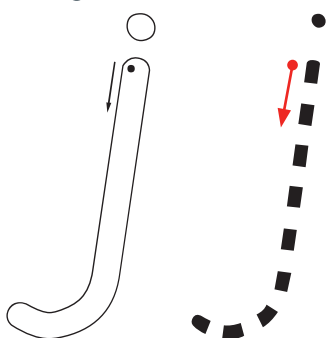
Trace *h*. Draw or cut and paste pictures from magazines that begin with the letter *h*.



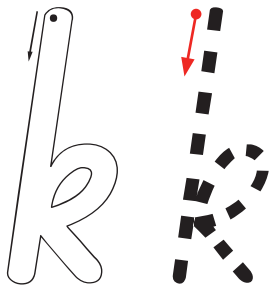
Trace *i*. Draw or cut and paste pictures from magazines that begin with the letter *i*.



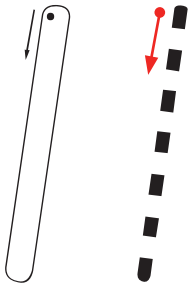
Trace *j*. Draw or cut and paste pictures from magazines that begin with the letter *j*.



Trace *k*. Draw or cut and paste pictures from magazines that begin with the letter *k*.



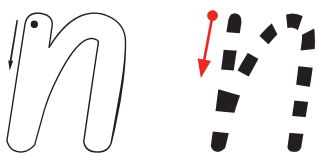
Trace *l*. Draw or cut and paste pictures from magazines that begin with the letter *l*.



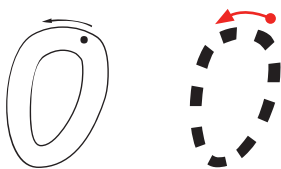
Trace *m*. Draw or cut and paste pictures from magazines that begin with the letter *m*.



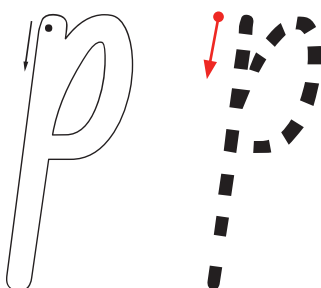
Trace *n*. Draw or cut and paste pictures from magazines that begin with the letter *n*.



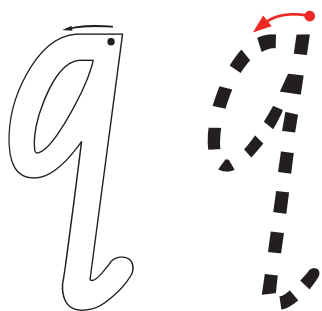
Trace *o*. Draw or cut and paste pictures from magazines that begin with the letter *o*.



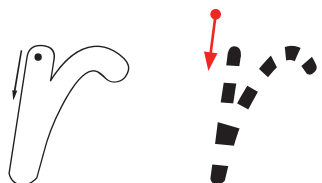
Trace *p*. Draw or cut and paste pictures from magazines that begin with the letter *p*.



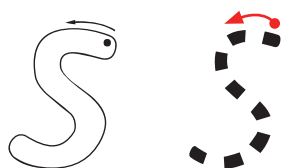
Trace *q*. Draw or cut and paste pictures from magazines that begin with the letter *q*.



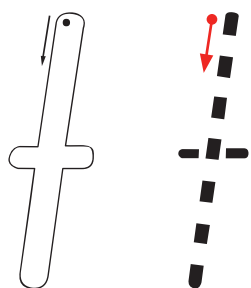
Trace *r*. Draw or cut and paste pictures from magazines that begin with the letter *r*.



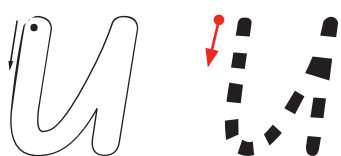
Trace *s*. Draw or cut and paste pictures from magazines that begin with the letter *s*.



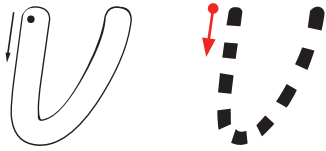
Trace *t*. Draw or cut and paste pictures from magazines that begin with the letter *t*.



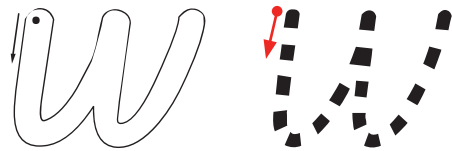
Trace *u*. Draw or cut and paste pictures from magazines that begin with the letter *u*.



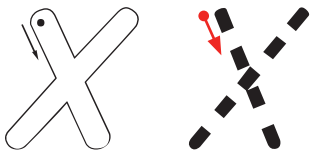
Trace *U*. Draw or cut and paste pictures from magazines that begin with the letter *U*.



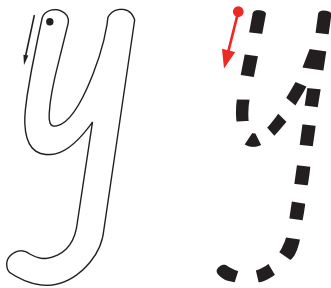
Trace *W*. Draw or cut and paste pictures from magazines that begin with the letter *W*.



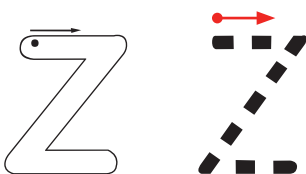
Trace *X*. Draw or cut and paste pictures from magazines that begin with the letter *X*.



Trace *y*. Draw or cut and paste pictures from magazines that begin with the letter *y*.



Trace *Z*. Draw or cut and paste pictures from magazines that begin with the letter *Z*.





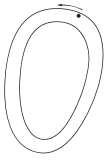
Matching numbers to groups (1 to 10)

Children learn to make collections and match these to numbers 1 to 10 early in Kindergarten.



Remember to praise all efforts and to help your child as required.

Trace 0.



Trace 1.



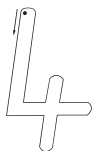
Trace 2.



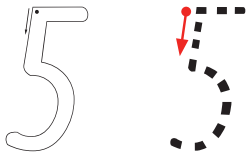
Trace 3.



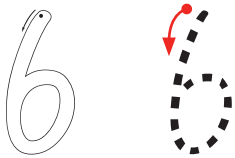
Trace 4.



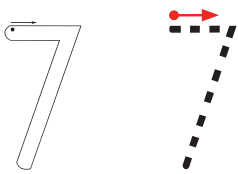
Trace 5.



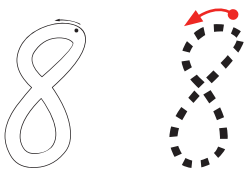
Trace 6.



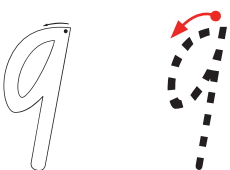
Trace 7.



Trace 8.



Trace 9.





Education
Public Schools

