



Growing into Prep: Preparing for a smooth transition

Smooth Transition Tips

There are many things you can do at home to ensure your child has a smooth and easy transition into school life. Over the holidays, practise some of the following:

- ★ pack a school bag
- ★ getting dressed in school uniform
- ★ open and close lunch box and containers
- ★ take care of belongings - recognising their drink bottle, jumper etc.
- ★ practise the journey to school to ensure you're on time (both drop off and pick up).

The First Day of School

Drop off: Please bring your child to their classroom on the first day and leave him/her in the care of the classroom teacher. It can be unsettling for your child and others if he/she sees that you are apprehensive about leaving. The earlier this routine is established, the earlier the children become accustomed to and settled at school.

Pick up: At the end of the first day we will line up outside for dismissal at 3.25.

What your child will need:

- Their school bag (hang a key ring or tie a ribbon so that it can be easily identified).
- A clearly named **bottle of water**.
- A Galilee hat (labelled).
- Lunch box with healthy snacks and lunch.
- A pair of clearly labelled socks, undies and shorts in a plastic bag. Please let your child know these clothes are in their bag in case of any accidents at school.
- Put sunscreen on your child in the morning if needed.

The First Term of Prep

What to expect:

- ★ They will be tired!
- ★ Your child might be hungry after school!
- ★ They might not want to tell you everything they did. Try asking “*what was one thing you enjoyed today?*” instead.
- ★ They will bring work home to share with you as conversation starters.
- ★ Your child might not remember their new friend’s name or what they played and that is ok!
- ★ Don’t expect too much of them too soon, all children develop at different rates. Popcorn!
- ★ They may not cry on the first day, but they may have a moment when it’s hard to leave mum or dad and that’s ok.

The First Term of School

Things that can help:

- Make sure your child knows who will take them to school and pick them up and if they are going to GOSH.
- Have a planned afternoon tea.
- Most children are very tired after their school day and many need an earlier bedtime or extra naps on weekends or after school to 'catch up'. It is recommended you consider keeping extra-curricular activities after school to a minimum, particularly in Term 1.
- Be prepared that your child may discuss their school day in detail or they may share little information with you.
- Please try to be punctual for school drop off and pick up so that your child has a smooth start to the day and doesn't worry about being picked up.

Let's work together!

We would appreciate your help by encouraging your child and supporting our Prep program in the following ways:

- Ensure your child has a **clearly named** school hat to wear in Terms 1 and 4 as our policy is ***No Hat, No Play.***
- Ensure all belongings are **clearly named** (water bottle, lunch box, jumper, coat).
- Please provide a **large box of tissues** to share with the class.
- Practise independent toileting and hygiene practises, for example **washing hands.**
- Teach your child to tie his/her shoelaces. OR wear velcro shoes.
- **Keep up to date** with school communication from Dojo, newsletters and the parent calendar.
- Reply promptly to notices and requests.
- Carefully monitor your **child's health** especially once colds etc, become prevalent so we can prevent the spread of sickness.
- Phone the office answering service to explain absences.
- If you are late to school please, take your child to the school office and sign him/her in.
- If you need to collect your child from school early, pick up times are 10.50 and 1.40
- Notify us of changes of address, phone numbers in case of emergencies.
- If an issue arises please contact us and let us know.

***** ALLERGIES and ANAPHYLAXIS *****

As there are students with **SERIOUS** allergies, it is important that students **do not swap or share food.**

We ask that you are mindful of these allergies and if possible **avoid sending nuts or nut products (peanut butter, nutella, nut bars) to school.**

Children eat lunch in the classroom to minimize exposure to allergy triggers and we ask that you avoid eating in the school yard.

Tips and hints from Prep parents

Trust that your child is stronger than you know!

Enjoy watching your child develop a new sense of independence, you will be so proud!

Trust the amazing teachers and enjoy watching a beautiful relationship form between your child and their class teacher.

Place a key ring on your child's school bag so they can recognise it.

On the first day, it is quite overwhelming for the children, don't make it harder by taking a million photos and staying in the classroom for an extended period of time.

It's great to go along to the social things, especially the 'welcome drinks' in Term 1 so that you meet other parents.

It's handy to have your Working With Children Check so that you can be involved with the children whenever suits.

Tips and hints from Prep parents

Your child WILL learn everything they need to and the teachers will make sure of this, don't stress if you think it's not happening fast enough.... it absolutely will happen when they are ready.

It all goes way too fast.... stop and appreciate their achievements and milestones both in their learning and socially. Before you know it, the next group of preps will be starting and they won't be the babies any longer!

Get involved in the school and its activities, it helps your child feel a greater sense of belonging and helps you to feel a part of the special school community.

School is so different to child care and kindergarten, they are so much more independent. So take advantage of the opportunities to be involved in their new and exciting life!

Enjoy making new friends yourself and remember you all feel as 'new' as each other!

LABEL EVERYTHING!