

You may find it useful to read through this leaflet with your child and practise things they may need help with, before they start school.

Being able to dress themselves

Throughout the school day your child will have to put on aprons and outdoor clothing. They may also need to take off and put on their school jumper. To help your child feel more confident doing this, make sure their clothes are easy for them to take off and put on. Think about clothes with easy fastenings or big buttons. Shoes with Velcro fastenings are easier to take off and put on. Encourage your child with practice sessions before they start school.



Using cutlery independently

At mealtimes, children will be using cutlery to eat their food. We also encourage good table manners. Adults will always be available to help children if they need it, but your child will feel more confident at mealtimes if they can use a knife and fork independently. Help your child to practise using cutlery correctly at home and encourage good manners, especially emphasising to them when to use 'please' and 'thank you'.

Using the toilet independently

Children in reception usually go to the toilet independently, although an adult is always available if they need help. Children will need to be able to clean themselves and flush the toilet when they are finished. They also need to wash and dry their own hands. If children do not usually go to the toilet themselves, help them to practise before they start school. This is an important step to independence for them.



Recognising their own name

Please don't worry if your child doesn't know their letter sounds when they start school. We will teach them how to recognise and write numbers and letters. However, it will help your child feel more confident if they are able to recognise their own name, for example, when they see it written on a coat peg or items belonging to them. You can help them practise before they start school by showing them what their name looks like and by helping them write it.

Please remember to clearly label all your child's clothing and belongings.

Enjoying books and reading.

We read to the children when they start school, and they will also be handling and using books. It helps your child to settle into classroom activities if they feel confident and are used to looking at and handling books. Reading to your child regularly and talking to them about stories and pictures is a great way to get them to start enjoying books.



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Helping to get your child Reception ready

Starting school is a very exciting time for young children and their parents or carers. We also know that it can be a worrying time too, with lots of questions about starting school

This special guide will help ease any worries and get your child ready to start school.

Using tissues to wipe and blow their nose

Children often have colds in their early school years. Over recent years, it's become more important than ever to teach your child to wipe and blow their nose hygienically. Teach them to use a tissue whenever they have a runny nose and to throw the tissue in the bin and then wash their hands. This helps stop the spread of germs at school.



Using the toilet independently



Recognising their own name



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**Learning and Growing Together,
Unique in God's Eyes.**

