

Working together for a bright future



**Victoria
Road**
Primary
School

**School
Readiness
Pack**

Preparing your child for Prep / Foundation

THE
EDUCATION
STATE

GET READY FOR PREP

 1	Practise the journey to and from school 	2 Arrange play dates with families who will have kids at the same school 
Encourage independence – skills like dressing, packing and carrying a bag, applying sunscreen and going to the toilet  3	Label all belongings  4	Talk about and practise any after school arrangements  5
6 Check start and finish times and where to drop off and collect your child 	Be positive, get your child excited, and talk about any worries they have  7	Visit a library and read with your child  8
Start using the name of their new teacher to help build familiarity  9	10 Establish predictable routines including dinner, bath time and bed time 	

Tips for starting school

The year before school

- Ask your child what they think about starting school.
- Encourage your child to ask questions about going to school.
- Encourage your child to do things on their own. This could be dressing, going to the toilet, washing their hands, unwrapping their food and opening and closing their drink bottle and lunchbox.
- Talk to friends and other families about what school is like.
- Talk to your child's early childhood educator about things you can do at home to help your child.

During the summer holidays

- Show your child where the school is and talk about how you will get there.
- Arrange play times with other families whose children will be going to the same school. It helps if your child knows another child at their school at the start of prep.
- Practise the things your child will need to do to get ready for school (e.g. putting things in their bag, remembering to take a hat).
- Confirm your before or after school care arrangements and explain these to your child.
- Be positive about starting school and enjoy your child's excitement.
- Visit your local library and read books with your child about starting school.

The first day of school

- Make sure your child knows who will take them to school and pick them up on the first day.
- Help your child to organise their clothes, hat, shoes and socks the night before.
- Help your child to pack their school bag with a snack, drink, lunch and a hat.
- Show your child where you will meet them at the end of the school day.
- At the end of the day talk to your child about what happened at school.

The first year of school

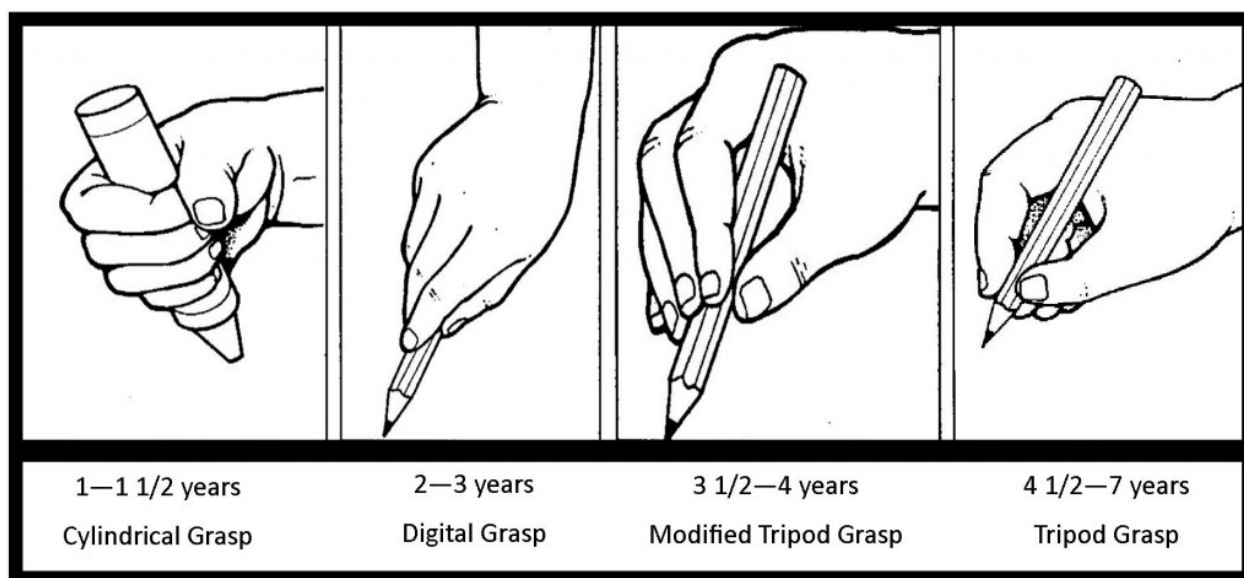
- Find out about what your child is learning at school. By doing this, you can support your child's learning and find out how your child is adjusting to school.
- If your child is having difficulty at school, talk to their teacher. Your child can also say what they think might help them.
- Keep talking to your child about school. Ask them about their new experiences, what they like and what they find hard.
- If your child goes to care before or after school, find a way of sharing your child's school progress with the staff.
Organise time for your child and their new friends to play together outside of school.

Preparation for Handwriting

Encourage your child to use a variety of sensory items to develop letter and number recognition and in turn assist with letter formation. Start with prewriting skills which help with fine motor skill development and strengthen the muscles in the hands and fingers in preparation for writing.

<https://www.theotttoolbox.com/skills-kids-need-for-handwriting/>

Here is a visual of age appropriate development of pencil grip and when children start to develop the skill and muscular strength to hold a pencil correctly with the Tripod Grasp.



(picture source <http://kidlink.net.au/classroom-tips-series-pencil-grasp/>)

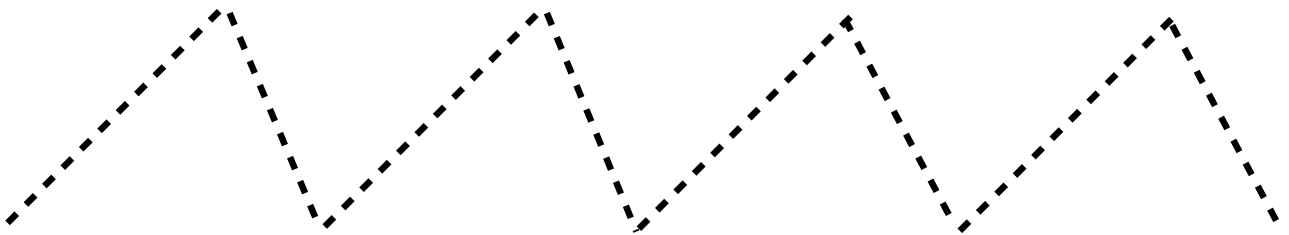
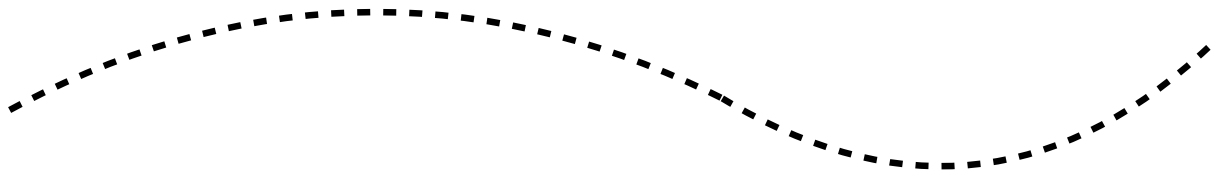
Once your child is showing an interest in letters and numbers, allow them to explore through play and using multi-sensory handwriting activities to help strengthen the connection between the way the letters look and the correct formation. There are several fabulous suggestions listed at The OT Toolbox website listed below.

<https://www.theotttoolbox.com/handwriting/>

Activity Sheets

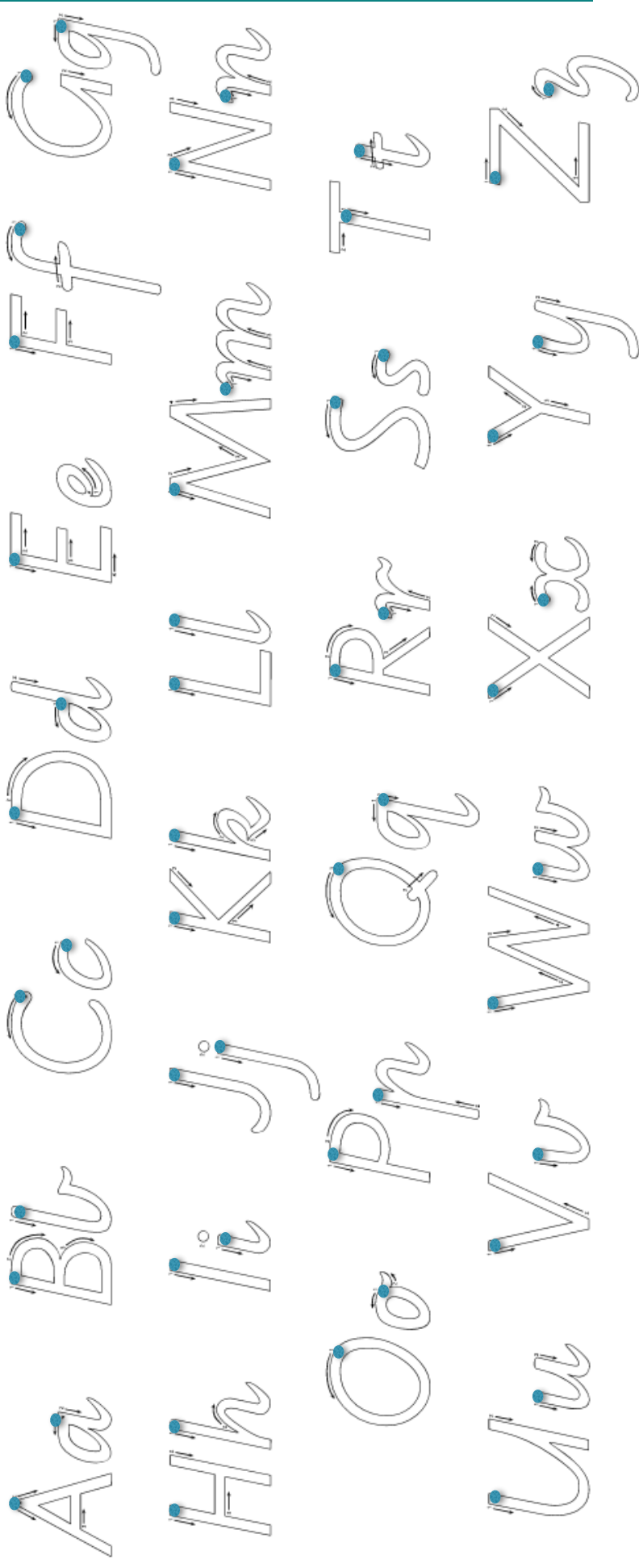
Name: _____

Trace Over The Lines



Victoria Road
Primary School

Practice Your Letters
Name:



Victoria Road
Primary School

Practice Your Numbers

Name: _____

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Victoria Road
Primary School

I am going to Victoria
Road Primary School
in 2021!



Victoria Road
Primary School