

Pembroke Primary School



September 2021

A guide to starting Reception.

It's an exciting time! Your child is about to start Reception! They will be joining our school community and becoming part of a whole new way of doing things. New friends, new grown-ups to meet and an exciting chance to learn, grow and flourish.

We are thrilled that you chose Pembroke Primary as their school and we know it will be a really positive and happy experience but we know that you and maybe your child will be feeling a little nervous about it too. Don't worry, with a little preparation and encouragement transition into school will be easy.

Ways to prepare yourself and your child for school.

Be positive

Ensure your child knows it's a happy, secure and safe place to be. Talk about making new friends and about all the new and exciting things they will get to do.

Celebrate curiosity

Wanting to know new things really is the cornerstone of learning. Encourage your child to ask questions. If you don't know the answer, find out together.



Encourage self confidence

A child who is confident in their ability is more likely to want to try and learn about new things. They will be ready for any new challenges school throws their way.

Help your child become a good listener

School is full of information and instructions. If your child can listen to grown-ups they are more likely to be able to learn in the classroom environment.

Allow your child to be sociable.

We know this is difficult during this time but when it is possible let your child mix with others. If they are able to talk to other children they will be able to work, play and learn as a group. They will be able to empathise with their friends and will develop the social skills to cooperate and be kind.



Independence

With 30 children in a class your child will be expected to do lots of things themselves (with some support if necessary) that you may usually do for them. Being able to put their coat on, eat with a knife and fork, and use the toilet are skills we would love for your child to come to school with.

Making sure they know how to wash and dry their hands correctly is really important, especially at this time, but also after using the toilet too.

Children worry most about taking off and putting on their shoes. Over the next few weeks allow them to do it independently. They will surprise you how quickly they pick it up. Allow extra time before leaving the house the first few times! If you can, let your child wear shoes with Velcro fastening or buckles because children find these so much easier than laces.

Being able to get themselves changed for PE means that we can get on with the learning. Dressing 30 children at once is hard!

It seems like a small thing but helping your child practise putting things in and out of their school bag can make it seem a whole lot less stressful than struggling in front of their friends.

Help your child to recognise their name. We talk a lot about labelling all their clothes and belongings. The

children are always thrilled when they can check if something is theirs because they know what their name looks like.

We work outside a lot so your child needs to be able to easily put their coat on and do it up, so we don't delay our adventures.



How to teach a child to put on a coat independently

<https://www.youtube.com/watch?v=XLGSvXVltRc>

1. Lay the jacket on the floor (or a low table) with the collar or hood facing up (inverted) and nearest the feet.
2. Stand behind the collar and bend down.
3. Push one arm into the corresponding sleeve of the coat. Push all the way until the hand has come out of the armhole.
4. Repeat with the other arm.
5. Stand up halfway bringing the coat up with the arms.
6. Stand up fully as you do this, lift both arms simultaneously up. Use momentum to lift and flip the coat over your head.

7. As the coat goes over your head use your hands to guide the coat towards the body as it comes down your back. The back may need to be pulled down for ease.
8. Adjust the coat if necessary.
9. Zip up.

There are many videos on youtube that show easy ways for children to put on shoes, socks etc. independently.

Playing schools with your child is a really fun way of practising these skills.

Talk positively about your school days

We know that our children are heavily influenced by the way we feel about things so if you share positive things about coming to school with your children the likelihood is they will see it as an exciting and positive experience. We know it is a nerve wracking time for you but try to be relaxed and positive about school with your child and it will rub off on them.



On the first day

The first day of school is the most exciting one for the children. A whole new world is opening up for them.

A really great way of making school a positive and less daunting

experience is to establish a routine from the start. If your child knows the morning routine: when they have to get up; the order they have to do things in; what they are going to wear; how they are getting to school; what they have to take with them it will make life easier. Leave plenty of time for getting ready and having a good breakfast and leaving the house on time. It is so much easier to come into a class with their friends than arriving half way through a session.

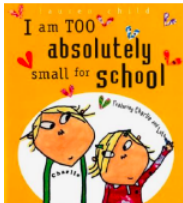
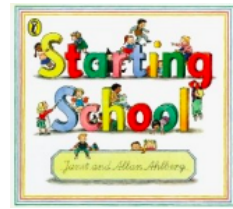
The hardest part of the first day is to part with your child without you or them getting upset. It is understandable that you will be worried about leaving them, especially if this is a new experience for you, but if you can put on a smile and show your child that you are happy it will give them confidence to leave you. If your child is upset please let the grown-ups in Reception look after them. They are very experienced in reducing first day nerves and anxieties. It is better if you leave them with their teacher after reassuring them that you will be there to collect them at home time. Keep smiling then go home and have a calming cuppa and perhaps a few tears! You will soon be back to collect them.

We are looking forward to meeting you and your child in September. Any questions, don't hesitate, please ask.

Some starting school books to read with your child.

Starting School - Janet and Allan Ahlberg

<https://www.youtube.com/watch?v=1zQivaCXu-Q>

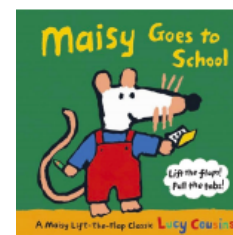


I am Too Absolutely Small for School - Lauren Child

<https://www.youtube.com/watch?v=XgbDO-gX9pM>

Maisy Goes to School - Lucy Cousins

<https://www.youtube.com/watch?v=FnoLszKcm7I>



Going to School - Anne Civardi and Stephen Cartwright

https://www.youtube.com/watch?v=ibS5_IjlvCc