



## 10 tips to help your child start Kindergarten

1. **Sleep** ~ Your child needs a good night's sleep to be ready to learn. A few weeks before school starts, have your child in bed a little earlier, so by the time school starts you are in a regular bed time routine. For Sunday to Thursday nights, try to keep this regular bed time.
2. **Food** ~ Children need a good healthy breakfast. Foods such as weetbix, porridge, fruit and toast will give your child energy to learn and play. Teach your child to open their lunchbox, unwrap their sandwiches and use water bottles. The food they eat at school is important. Lunch box food is not party food, just a healthy lunch.
3. **Routines** ~ Think ahead about how you are going to manage mornings. It is important to give children enough time to eat their breakfast and dress themselves before school. Encourage your child to help get their bag packed.
4. **Dressing** ~ Help your child to learn how to dress and undress themselves, especially how to put on and take off their own jumper and shoes. Teach them to go to the toilet by themselves and wash their own hands.
5. **Talk with them** ~ Ask them about their day and tell them about yours. Children need to learn to talk about things and also to listen to others. This is a great activity for around the dinner table.
6. **Teach them** ~ Help them remember personal information such as their birthday, address, telephone number and their parents' names. Tell them the days of the week and what happens on particular days.
7. **Give them jobs** ~ Expect your children to make a contribution to the household. They could be responsible for their dirty clothes, setting the table, feeding their pets.
8. **Encourage** ~ Remind them how to hold their pencils properly and how to use scissors. When they are talking to you, help them to pronounce words like 'yellow'. If they are writing their name, please use lower case letters and start at the top. Show them how to put things in their bags and zip them up.
9. **Read to your child** ~ Mem Fox writes that children need to have 1,000 books read to them before they can learn to read. So keep reading together. Encourage children to look at books on their own and show them how often you read eg cookbooks, catalogues, papers, novels.
10. **Play** ~ Have fun with your children. Laugh with them. Enjoy being with your children and savour every moment. Dance, sing, blow bubbles, kick balls, run in the sand, whatever you enjoy, share with your child. These are the things they will remember about being a child.



## On the first day

Have an early night and be on time.

- Bring school hat - with a name on it.
- Bring a water bottle - with a name on it.
- Bring a container with some fruit inside, for morning/afternoon tea and with a name on it.
- Have a spare set of clothes in their bag.

Talk to your child about the first day. Be positive and keep it simple. Bring your child into their room and sit and play with them. When it is time, kiss them goodbye and go.

Please don't draw out the "Good Bye".

## Things to remember

- Bring in the book list. Please don't name each thing. Bring everything in a bag with your child's name on the outside of the bag.
- Write names on every piece of clothing and all lunch boxes and water bottles.
- Please put sunscreen on your children in the morning.
- Staggered start to the school year. This information is sent out prior to the start of the year.
- Please bring in a Family photo in a frame

Each day the children need 3 sets of food.

1. Fruit for morning tea. In a container with a name on. (Goes in a basket)
2. Lunch box (Stays in their school bag). Please make sure they can open containers. We are sorry but we are not able to reheat food.
3. Crunch and sip. This is a healthy snack for the afternoon. Some vegies, crackers, cheese, popcorn. A small amount in a container with a name on. (Goes in a basket)

## Uniforms

Terms 1 & 4 - Blue shorts, blue polo shirt, blue School hat, sandals or joggers

Terms 2 & 3 - Blue track pants, blue polo shirt, blue windcheater