

Celebrating  
**5**



# Ten tips to help your child start Kindergarten

## Ten tips to help your child start Kindergarten

- 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 that by the time school starts, you are in a regular bedtime routine. For Sunday to Thursday nights, try to keep this regular bedtime.
- Food** - Children need a good healthy breakfast. Foods such as Weet-Bix, 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 their water bottle. The food they eat at school is important. Lunchbox food is not party food, just a healthy lunch.
- 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.
- 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.
- 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.
- Teach them** - Help your child 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.
- Give them jobs** - Expect your child to make a contribution to the household. They could be responsible for their dirty clothes, setting the table or feeding their pets.
- Encourage** - Remind them how to hold their pencil 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.
- 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).
- Play** - Have fun with your children. Laugh with them. Enjoy being with your children and savour every moment. Dance, sing, blow bubbles, kick balls or run in the sand. Whatever you enjoy, share with your child, as these are the things they will remember about their childhood.

## **On the first Day**

Have an early night and be on time.

- Bring your child's school hat, named.
- Bring a water bottle, named.
- Bring a named container with some fruit inside, for morning/afternoon tea.
- Have a spare set of named clothes (including underwear) in your child's bag.

Talk to your child about the first day in the lead up to starting school. Be positive and keep it simple. Bring your child into the classroom and sit and play with them. When it is time, kiss them goodbye and go.

Please do not draw out the 'goodbye'.

## **Things to remember**

- Bring in the book list items. Please do not name anything. Bring everything in a bag with your child's name on the outside of the bag.
- Write your child's name on every piece of clothing and their lunchbox and water bottle.
- Please put sunscreen and mosquito repellent on your child in the morning.
- There is a staggered start to the school year. This information is sent out prior to school commencing.
- Please bring in a framed family photo.

Each day the children need three sets of food:

1. Fruit for morning tea - Please place in a named container (goes in a basket).
2. Lunchbox (stays in their School bag) - Please make sure they can open containers. Please note, we are not able to reheat food.
3. Crunch and sip - This is a small healthy snack for the afternoon. We suggest: some veggies, crackers, cheese or popcorn. Please place in a named container (goes in a basket).

## **Uniform**

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

Terms 2 and 3 - Blue trackpants, blue polo shirt, blue windcheater.