



MAHOGANY RISE
Primary School

The Step into Prep

Prep Information Booklet



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The Step into Prep

*Is your child ready
to start school?*

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How will I know if my child is ready to start school?

**Starting school is a natural part of growing up — an exciting step for your child to take.*

Before starting school, your child should be able to do the following things confidently and independently...

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Is your child ready to start school?

Physical development

- Eat a packed lunch
- Go to the toilet
- Blow his or her nose
- Ask for help when he or she needs it.

Emotional development

- Leave their parents
- Play with other children
- Understand and follow simple rules

Social development

- Take turns
- Share
- Co-operate
- Listen

Intellectual development

Take part in such activities as playing games, going on outings, building with materials, going shopping, cooking, following instructions, listening to and telling stories, drawing and pretend writing.

Getting Organised

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**Your child should have a regular morning routine.*

Establish a morning routine.
Practice this routine
with your child.



Start getting ready
the night before.

*Preparing your
child for school*

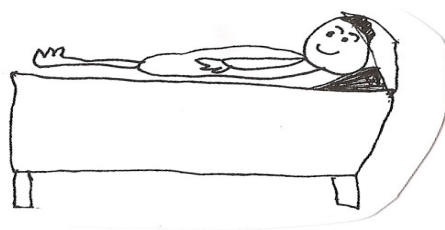
Encourage your child to
organise clean clothes,
books and their bag.

Establish a sleep routine

Regular sleep patterns will help your child's concentration and ability to learn

***Your child should have at least 10 hours of uninterrupted sleep each night.**

Establish a routine with a set bedtime to ensure your child gets to sleep.



Ensure your child's sleep is not interrupted.

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Establish a routine to prepare your child for sleep. eg. Read them a quiet story.

Dressing for school

Your child will need to manage things like taking their jumpers on and off at school.

**Your child should be able to confidently and independently dress themselves.*

Check the weather forecast and be prepared for unexpected changes.



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Look for easy fasteners when choosing belts shoes hats and clothing.



Encourage your child to dress themselves every day.

Looking after belongings

Label everything!

***Your child will be responsible for their own belongings at school.**

Label all of your child's belongings.

Show your child where these labels have been placed.

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Your child will be provided with a library bag and art smock. Ensure these items are labelled.

Note where lost property is held at the school.

Food for energy

**Your child should be eating a well balanced and nutritious diet.*

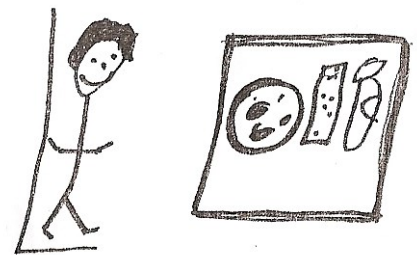
Provide your child with a healthy lunch and snack.

Research shows that a child's diet affects their ability to learn.

Be sure your child has a balanced breakfast.



Pack a healthy lunch and snack. Ensure your child knows when they should be eaten.



Avoid food high in sugar. These will effect your child's concentration at school.

Try to remove wrappers before placing food in your child's lunchbox.

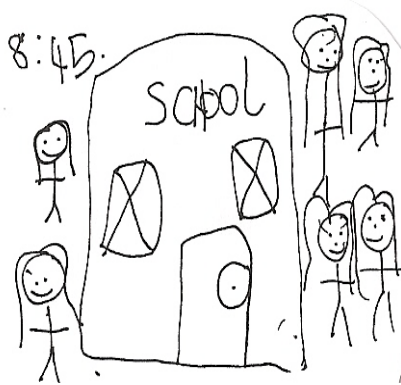
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Avoid the last minute rush

Being organised models important skills for your child.

**Rushing at the last minute will unsettle your child and effect their learning.*

Leave home on time.



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Arrive at school well before the first class.

Allow time to say goodbye and for your child to join others at play.

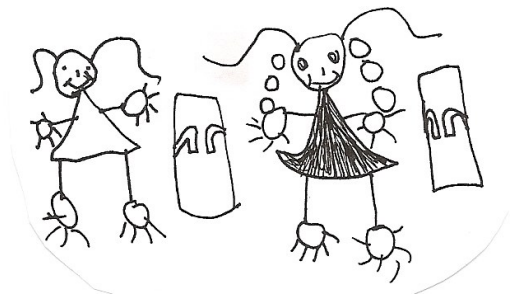
Saying Goodbye

**Encourage your child's independence as quickly as possible.*

Be guided by your child's teacher.

Once your child has settled into school, a short and reassuring goodbye encourages independence.

Always tell your child that you are leaving



Avoid showing your anxieties or emotions. This will unsettle your child.

Be guided by your child's teacher.

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Going Home

***Arrive in plenty of time to collect your child.**

Communicate any concerns with your child's teacher.

Check the school bag with your child each night for notes from school.



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Make sure your child knows when you place a note in their bag and what they need to do with it.

Home Reading Program

** Your child should be reading at home every night.*

Home reading is essential for your child's education.

Your child's teacher will tell you about the home reading program when it starts.

Establish a quiet time for reading together. This could be part of your bedtime routine.

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Let reading together be a pleasurable activity!

How to help your child learn

* Be positive and encouraging about the school experience to help your child enjoy all the good things that will happen there.

Teachers, Parents and Students all work together to achieve great results!

* **Your child should read every night.**

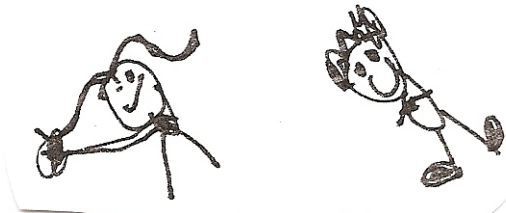
When your child chooses a book to read, decide whether it should be:

- Read to your child
- Read with your child
- Read by your child (by telling stories about the pictures)

* **Sing songs and play games**



* **Sing finger play songs to help your child's writing**



* **Talk about letters, words and numbers you see on television, in books and when shopping.**



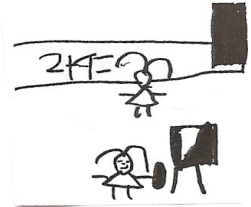
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How to help your child learn

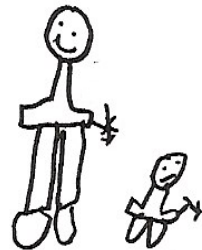
* Be positive and encouraging about the school experience to help your child enjoy all the good things that will happen there.

Teachers, Parents and Students all work together to achieve great results!

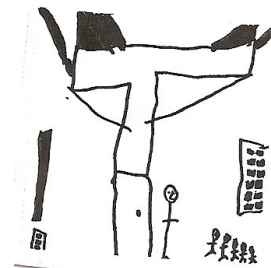
* Provide pencils, crayons, felt tipped pens, junior scissors, paste and paper and show your child how to use them.



Show your child how to hold writing tools correctly with whichever hand feels comfortable.



Join the local library and borrow books.



Talk about books.



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How to help your child learn

* Be positive and encouraging about the school experience to help your child enjoy all the good things that will happen there.

Teachers, Parents and Students all work together to achieve great results!

* **Let your child help with cooking**

- pouring
- Measuring
- Stirring
- Counting cups
- Spoonfuls



* **Count and sort things together**

- Washing
- Cutlery
- groceries



Talk about how to use clocks and calendars.



Do jigsaw puzzles and build things out of junk.



Talk about what happens during the day and about past and coming events.



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Is your child ready for school?

* Complete this checklist to identify what your child needs to work on before starting school.

*Ready?
There is still time*

* Can your child:

- Eat a packed lunch
- Go to the toilet
- Blow his or her nose
- Dress themselves
- Look after their belongings
- Ask for help when he or she needs it
- Leave their parents
- Play with other children
- Understand and follow simple instructions
- Take turns
- Share
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- Recognise and write their own name
- Recognise letters of the alphabet
- Count to 10
- Hold and use a pencil
- Understand opposites (eg. Wet/dry)
- Recognise basic shapes
- Identify colours
- Follow three directions accurately.
Eg. (stand up, get your shoes on and go to the door.)