

### Develop Independence

- Dress and undress self without help. Once you have bought your child's school uniform give them time to practise putting it on and taking it off, this can also be done with their PE kit. Don't forget socks and shoes too. Velcro or slip on shoes are the way to go!
- Put on their coat and fastening buttons or zips.
- Show your child how to put their clothes the right way when they become inside out. This is a great skill to learn.
- Use a knife and fork to cut food and eat with.
- Go to the toilet and wiping their bottom, we cannot do this for your child when they are in school.
- Blow own nose and wiping it clean.
- Wash hands after they have been to the toilet and before meals.
- Apply own sun cream.
- If you have a computer at home, encourage the use of a mouse.
- Make own choices.
- Try different foods particularly fruit and vegetables with the skin left on and not cut up.

### REACH

The school's motto (shortlisted by the pupils' School Council and voted for by the children) is **REACH**:

**Respect, Effort, Achieve, Challenge**

You too can promote this at home by encouraging your child to take risks, realise that it is good to find things hard and that if things are easy we are not learning. Encourage your child to have a go, keep trying, never give up, think about ways to solve problems they might face or how they can make things better.

## Ways to help prepare your child for school



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### **Personal, Social and Emotional Development**

- Take turns and share
- Wait for their turn to speak
- Make own choices
- Socialise with their peers
- Tidy up
- Recognise that it is ok to say “No thank you” even to our friends if there is something we would rather not do.
- Recognise how they feel, naming feelings such as happy, excited, sad, angry, confused, cross, why they feel the way they do and how they can feel better.
- Tell our friends how we feel whether it is happy, sad or angry.
- Use our words rather than our hands and feet, for example, “Please stop I don’t like that.”
- Ask an adult for help.
- Use good manners, say “Please” “Thank you” and “Excuse me”

### **Physical Development**

- Use tweezers to pick up small and medium sized objects
- Threading using beads, pasta, cotton reels or fruit.
- Use sensory trays to explore texture. Make different marks, shapes and lines using whole hands and fingers. You could use sand, flour, paint, rice, glitter, water or gloop in the trays.
- Use play dough to strengthen hand and finger muscles, eg apply pressure by rolling, squeezing, flattening etc.
- Encourage your child to get messy by playing with glue, paint and wet and dry sand and mud.
- Roll a ball to each other.
- Find an open space and allow your child to run, hop, skip, jump and climb.

### **Mathematics**

- One to one counting. When your child is counting objects encourage them to touch and move the objects as they count.
- Count from 0 to at least 10.
- Recognise numbers to at least 5.
- Name common 2D shapes such as circle, oblong, triangle and square.
- Recognise common number patterns for example on dice and dominoes.
- Talk about measure including things being light, heavy, long, short, full or empty.

### **Ways to help prepare your child for school**

#### **Sing nursery rhymes and songs together**

- Twinkle Twinkle
- Baa Baa Black Sheep
- Wind the Bobbin Up
- Humpty Dumpty
- The Grand Old Duke of York
- The Wheels on the Bus
- Jack and Jill
- Hickory Dickory Dock
- Incey Wincey Spider
- Hot Cross Buns
- Hey Diddle Diddle
- Row Row Row your Boat

### **English**

- Recognise own name
- If your child is forming letters, please ensure they are lowercase and only a capital letter is used at the start of their name.
- Use letters sounds rather than letters names. You can follow the link below to check you are articulating phonemes/letter sounds correctly.  
[www.youtube.com/watch?v=BqhXUW\\_v-1s](http://www.youtube.com/watch?v=BqhXUW_v-1s)
- Sharing a book, talking about the pictures, naming animals, objects and places. Discuss how the characters might be feeling and why. Talk about likes and dislikes.