Helping Your Child Prepare For School

It is our ultimate goal for children to settle into school feeling happy and safe. Without this, children can experience difficulty with their ability to learn, play and develop both socially and emotionally. As children transition from Kindergarten to Primary School, it is paramount that they display a level of independence, resilience and self-management. Children require skills to assist them with problem solving and decision making.

Between now and February 2016, there are a number of ways that you can help prepare your child for their transition into School. These suggestions might seem simple but they are skills that will make your child’s time in the classroom and at school a little easier.

Please teach your child how to:

- use a zipper
- carry their school bag
- put items in their school bag and take them out
- open and close their lunch box, food containers and unwrap cling film
- take off and put on their school jumper
- apply sunscreen (preferably roll on)
- carry, hold and use scissors safely
- use a glue stick
- look after belongings and recognise their name on these belongings
- undo their uniforms (zippers and buttons) when needing to use the toilet
- use a urinal (boys)
- lock and unlock a toilet door
- wash their hands and be hygienic at school
- read and write their name
- correctly hold a pencil (tri / mature pencil grip)

Please keep spare underwear and socks or tights in your child’s bag just in case of any accidents.
Food and Drink
At Marymede Catholic College we encourage healthy eating. Students have three opportunities to eat during the school day being:

1. Fruit Break – a time to eat fruit and/or vegetables only
2. Lunch Time - parental choice of food
3. Snack Time – parental choice of food

To ensure that all students remain safe, particularly students with allergies to food the following rules apply to all Primary School students

1. No sharing of food or drinks
2. No touching the lunch boxes and food containers of others.

Students are encouraged to drink water throughout the day. Each child keeps a refillable drink bottle on their table in class. Drink bottles need to be clearly labelled with your child name

Birthday Treats
Students celebrating their birthday are permitted to bring treats such as lollybags, cakes or muffins to give to their classmates. Such treats are distributed by the Pastoral Teacher at the end of the school day to be taken home and eaten. Fast foods such as fish and chips or hamburgers are not permitted. Treats are not distributed to students with food allergies. If your child has any food allergies, speak with your child’s Pastoral Teacher to organise his/her own treat bag for these special occasions.

Prep House
It is important that children are prepared and have skills to self-manage their belongings. At Marymede Catholic College, children are expected to carry their own bag and independently enter the building each day with their peers and classroom teacher. Parents are encouraged to support this College routine and ultimately support the development of their child’s independence and resilience by saving goodbye to their child outside at the line.