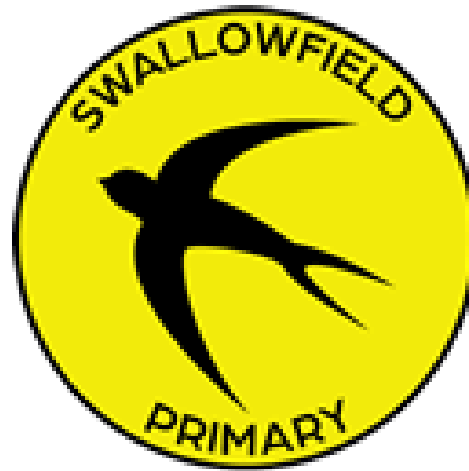


School Readiness Workshop



SUPPORT • INSPIRE
NURTURE • ACHIEVE

Aims

- To help you prepare your child for starting school
- To support your child's well-being and ensure a smooth transition into school
- To give you ideas of things you can do before September to help build your child's school readiness skills



School Stars

I am practically ready

I am ready to communicate

I am physically ready

I am socially ready

I am emotionally ready

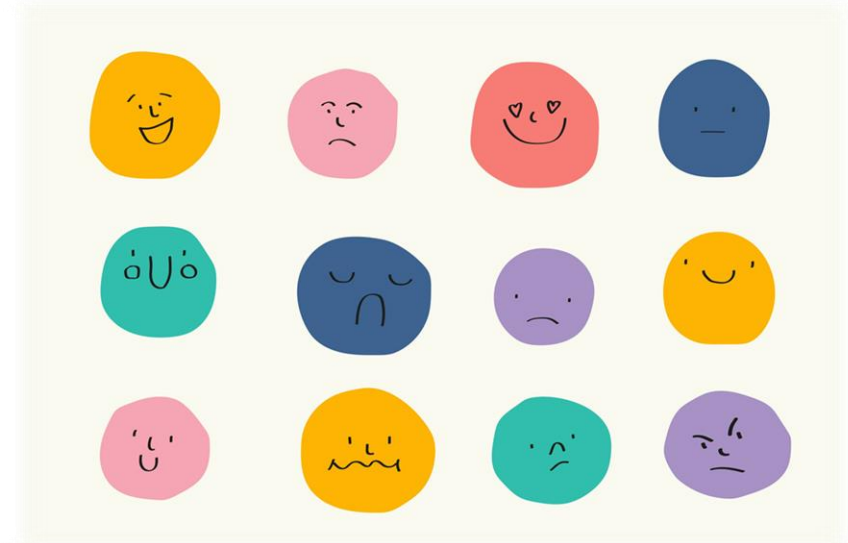
**Ready
for
School**



- I am confident being away from my mummy, daddy or main carer
- I am able to identify how I feel and share it with others
- I am willing to have a go at new activities
- I keep trying when I find things difficult
- I know who to ask for help if I'm unsure

Supporting emotional readiness

- Talk about emotions when your child feels them e.g I can see your feeling sad/frightened, anxious, worried, happy, excited, angry
- Talk about people at school who can help them if they need it
- Talk about school in a positive way
- Play turn taking games and practice winning ... and losing!
- Model and encourage patience and waiting
- Walk to school/visit outside in the holidays to familiarise the route/building





**Ready
for
School**

I am socially ready

- I am able to share with others
- I am able to take turns
- I am good at making friends with others
- I enjoy interacting and playing with others

Supporting social readiness

- Playdates in the holidays with people coming to the same school
- Trips to the park/soft play – socialising with other children
- Take turns and share by playing games like snakes and ladders, snap, dominos etc
- Talk about what your child likes and dislikes
- Practice phrases to help your child make friends e.g Will you play with me? Can I play with you? Can you help me?
- Encourage your child to follow rules and boundaries at home and understand what they need to do in school – Be safe, Be ready, Be respectful





**Ready
for
School**

- I am physically ready
- I am able to use the toilet independently
- I can wash my hands
- I can get dressed and undressed
- I can move around confidently (walk, run, jump)
- I have good muscle control in my arms, hands and fingers
- I have good balance
- I am confident within climbing, jumping, and running

Fine Motor Skills

- Practice holding a pencil, paintbrush, pen, chalk and making marks
- Use scissors and practice cutting a straight line
- Use playdough to build strength in hands and fingers
- Thread pasta tubes onto string or straws
- Trace lines and shapes in salt, flour, rice
- Practice making anticlockwise motions in the air or with writing tools
- Trace over simple shapes
- Use tweezers to transfer an object
- Dab and dot using cotton buds with paint
- Squeeze sponges in water
- Use small spoons to transfer objects like rice into a bowl



Getting physically ready for school

- Practice putting on school uniform
- Practice putting on their own coat – flip method!
- Practice doing up their zip
- Practice taking off shoes and socks and putting them back on again
- Going to the toilet and wiping – children need to be able to do this themselves. If you need advice please seek early support from your health visitor or GP.





- I am able to sit and listen for a short while
- I can follow instructions
- I am understood when I talk
- I am able talk about myself, my thoughts and feelings
- I enjoy interacting with others
- I enjoy sharing stories

<https://www.bbc.co.uk/iplayer/episode/m000vkv4/bluey-series-1-6-bbq>



Getting ready to communicate at school

- Give your child a two step instruction e.g. get your coat and then put it on
- Read them stories and encourage them to listen attentively for 10 minutes
- Encourage your child to wait when an adult is speaking to another adult, practice patience and waiting their turn to talk.
- Have conversations with your child and ask them questions.
- Reduce background noise from TV/music when talking to your child to develop attentive listening skills
- If you have concerns about your child's listening or speaking skills please share these with staff early on or seek advice from your health visitor or GP as early as possible.





- I can open my packed lunch box and eat independently
- I can use a knife and fork
- I can sit at a table when I eat
- I have practised getting my uniform on and being ready to leave on time
- I have a good bedtime routine so I get enough sleep
- I am making sure I have breakfast before I leave for school

Getting ready to be independent and ready to learn at school

- Show them their packed lunch box and practice opening packets by themselves
- Show them how to find their own bookbag/coat/lunchbox and practice putting things in and out of their bags.
- Encourage them to peel their own banana and satsuma, eat an apple whole.
- Practice using a knife and fork – make playdough food to “cut up”
- Practice scraping their plate into a bin
- Show them their uniform and name it clearly with name labels
- Have a good bedtime routine to support healthy brain development – 4 and 5 year olds typically need 10-11 hours of sleep a night.



Academic Extras

- Practice recognising their name when written down
- Practice copying or writing letters in their name with a capital letter to start and the following letters in lowercase
- Practice counting 0-10 out loud and counting with 1:1 correspondence (touching each object they count and saying a number for each)
- Practice using scissors to cut a straight line
- Practice reading a book together and tracking text from left to right
- Practice recognising numbers 0-10 by looking at door numbers, number plates etc
- Practice identifying initial sounds orally e.g sun begins with the sound ssss what else starts with s?
- Practice oral blending e.g can you get me your c-oa-t
- Sing nursery rhymes and songs together in the car
- Play "I spy" with initial sounds
- Practice drawing a simple person picture with all the features it needs.



Useful Websites

<https://www.bbc.co.uk/programmes/p05bvjyt> BBC – getting ready for school

<https://www.youtube.com/watch?v=-FaxBoCvNqM> Coat flip video

<https://www.pacey.org.uk/partners/school-ready/preparation/> PACEY Getting ready for school

<https://www.childnet.com/help-and-advice/screen-time-boundaries-parents/> healthy screen use information

Contact Health Visitor



Address

Milton Keynes 0-19 Children's
Universal Health Services
Shipleigh Court
Marsh End Road
Newport Pagnell
Milton Keynes, MK16 8EA

Email address

cnw-tr.0-19adminhub.mk@nhs.net

Telephone

01908 725 100

Any questions or queries – who can I contact?

If you have any concerns or queries about your child's development, skills, home life or parenting support needs please ask for help early so we can support you.

Kirsten Garratt (Pastoral Care) : k.garratt@swallowfieldprimary.com

Rebecca Millward (SEND) : r.millward@swallowfieldprimary.com

Next meeting/dates

Reception at Swallowfield Meeting – 13th June 5.00-6.00pm – parent meeting

Stay and Play sessions – 20th and 27th June 4.00-4.45pm – parents/carers and child to attend together.

Transition Morning – 3rd July 9.45am-11.00am – parents/carers to drop off and children stay with class teacher for the duration of the session.

Home Visit – you will be emailed your date/time.