



Deepdale Community Primary School



School Readiness



School Readiness


School can seem a big step for any family but being 'school ready' ensures that the children are well prepared to start school in a Reception class which makes the transition smoother. In this booklet you will find some top tips and links to support you and your child on the journey to having a great start in the classroom.





Lancashire Readiness

Lancashire school readiness definition which is a locally agreed understanding of what being 'school ready' means.

Personal, Social and Emotional Development	Communication and Language	Physical Development
Children should be able to ...		
<ul style="list-style-type: none">• Leave their carer and happily come into school• Interact positively and appropriately with others• Listen when someone else is speaking• Talk about their feelings• Consider how others might be feeling• Play co-operatively with other children, taking turns and sharing• Talk with others to try and solve conflicts• Follow simple rules• Dress themselves independently• Go to the toilet independently• Show perseverance and determination when working on a task• Respect others' property and school resources	<ul style="list-style-type: none">• Listen attentively for a short period of time• Use a wide range of vocabulary• Join in with stories, songs and rhymes• Talk about characters in a story• Understand a simple question and respond appropriately• Follow simple verbal instructions, for example, 'Put your coat on the hook'• Talk about their own needs, feelings and ideas• Know and talk about familiar people and places• Join in a short conversation	<ul style="list-style-type: none">• Use small tools and equipment, for example scissors and a knife and fork• Put on and fasten a coat with a zip or buttons• Move confidently in a range of ways, for example, walk, run, jump, climb, crawl• Be independent and confident when moving and using equipment• Choose the right resources for an activity• Use a comfortable grip with good control when holding a pencil 



Deepdale Readiness

Going to the toilet

I can go to the toilet on my own, and flush.



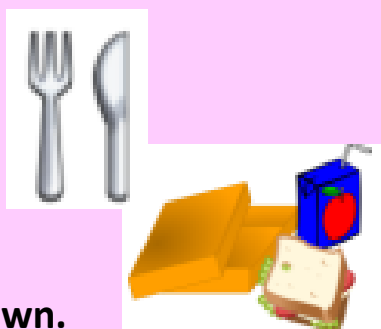
I can wash and dry my hands without any help.

Eating

I can sit at a table.

I can use a knife and fork.

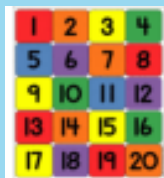
I can open my packed lunch on my own.



Maths

I can join in with number rhymes and songs.

I enjoy practising counting objects.



Getting dressed and undressed

I can button and unbutton my clothes.

I can put my own shoes and socks on.

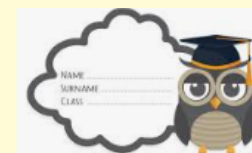
I can put my own coat on and use a zip.



Literacy

I can recognise my own name.

I can hold a book and show an interest in stories.





How can you help you child be school ready

Top Tips!

<p>Getting dressed</p>	<p>Putting on clothes is a tricky skill. It requires both big and small movements. Buttons and zips can be fiddly for small fingers .</p> <p><u>Shoes</u>—Velcro or buckles are much easier to fasten shoes. Practise putting shoes on the correct feet. Draw half a smiley face inside each shoe—this can help with their left and right.</p> <p><u>School Uniform</u>—A uniform that is easier to get on and off such as ones with elasticated waists. Practise putting it on (the right way round!) and taking it off before their first day. Be sure to plan extra time in the morning so that it is not a stressful rush.</p>
<p>Ready for lunch!</p>	<p>All children are entitled to a nutritionally balanced school meal in Reception, Year 1 and Year 2 free of charge. Children will need to feel confident eating independently, using a knife and fork and sat at a table.</p> <p>Get your child used to this by eating as a family at the table at home—practicing cutting up food and even get them to carry their own plate and clear it away.</p>
<p>Toilet Training</p>	<p>Toilet training requires time and patience. Give your child plenty of encouragement and praise when they are dry; don't get cross or let your child see your frustration when they have an accident.</p> <p>If they have an accident, change them in the bathroom. This helps them learn where they should be going.</p> <p>Encourage them to wash their hands if they are able to.</p> <p>Using (non-food) rewards can be helpful when toilet training—stickers work well!</p>



How can you help you child be school ready

Top Tips!

<p>Staying healthy</p>	<p>Make sure your child is fit and healthy to attend school as much as possible.</p> <p>Remember to take them for their MMR booster and make sure that all their immunisations are up-to-date.</p> <p>Make sure your child knows when they need, and how to, wipe their own nose. Send them to school with a tissue to avoid snotty sleeves!</p> <p>Did you know that under 5s can have a free NHS eye test? Don't worry—they don't need to be able to recognise letters or read to have their eyes checked. It is important to find eye problems early as it can affect their development and education.</p> <p>To support you child to eat well, include a variety of fruits and vegetables—at least 5-a-day—make sure you often expose your little ones to new foods, and in different forms—raw or cooked, in sticks or in slices, on their own or as part of a meal. Try to incorporate a variety of textures too—smooth, lumpy and crunchy foods, as this will help your child to learn to like a range of different food.</p> <p>To help keep their bodies and teeth healthy, children should drink plain water or unflavoured milk. Children over one should drink from a cup or free-flowing beaker with a hard spout—no bottles!</p>
<p>Sleep</p>	<p>We all need sleep. Setting a healthy bedtime routine will help your child to feel ready and prepared to learn at school every day. Being tired affects behaviour and performance at school.</p> <p>Children aged three to six need roughly between 10-12 hours of sleep a night. So, for a child that wakes up at 7am, you should be aiming to be in bed, or at least ready for some quiet time, at around 7pm.</p>



Books



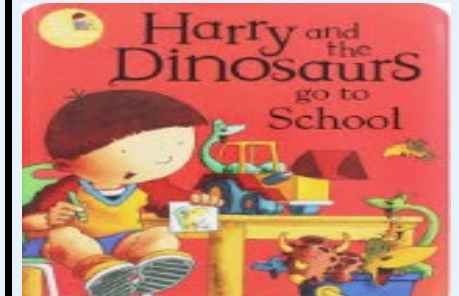
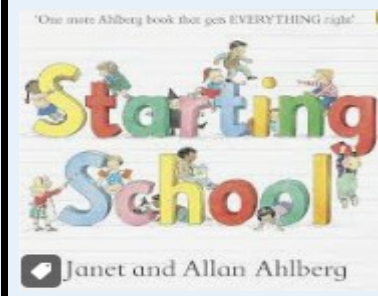
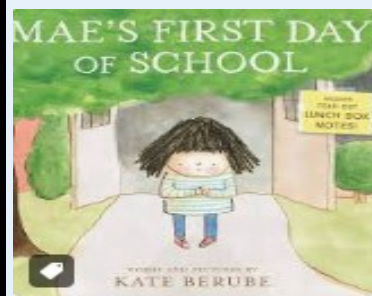
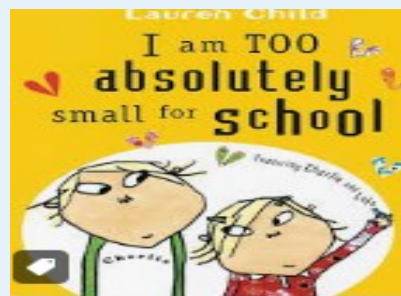
**The Colour Monster
Goes to School**
By Anna Illenas

**I Am Too Absolutely
Small For School**
(Charlie and Lola)
By Lauren Child

**Mae's First Day of
School**
By Kate Berube

Starting School
By Janet and Allan
Ahlberg

**Harry and the Dinosaurs
Go to School**
By Ian Whybrow



From music lessons, to lunchtime, to making new friends, the Colour Monster's first day of school is filled with exciting new adventures.

Starting school is the focus of this story with Charlie as the older brother helping Lola with her feelings about starting school.

This picture book acknowledges the anxiety that children might have about starting school, but reassures them that they're not the only one with such worries.

This book reassures children who are about to start school for the very first time. The colourful pictures and large, simple text make Starting School a great book to share.

Harry's not so sure he's going to like school, but the dinosaurs come to the rescue. The book shows just how much fun school can really be.



Websites



Getting ready to start school

Some more ways you can give your child help and encouragement to help them be ready for school.

NHS website - Anxiety in children

NHS, Separation Anxiety

PACEY website - Being school ready

Professional Association for Childcare and Early Years (PACEY)

BBC Bitesize and CBeebies

Activities, games and top tips around starting school.

[What-to-expect-in-the-EYFS-complete-FINAL-16.09-compressed.pdf \(foundationyears.org.uk\)](#)

Parents' guide on what to expect in the Early Years Foundation Stage and when.

NHS Better Health Start for Life website

Provides lots of simple tips and activities that you can slot into your routine and that children love.