

Be School Ready

A WELCOME TO YOUR SCHOOL FROM

Parentkind

**FREE
SAMPLE**



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Welcome

to Parentkind's Be School Ready Magazine

We have pulled together lots of advice and tips, interviews and fun activities to help get you and your little one ready for this exciting new stage.

What does it mean to 'Be School Ready'?

Starting school is a big step for your child and for you too. Schools work hard to help children settle in both before and once they start, but there's plenty you can do at home to help your child feel well prepared and confident:

- **Practical skills.** For you, it's about making adjustments to the family routine and knowing what uniform your child will need. For your child, this includes going to the toilet on their own and getting themselves dressed. **See our 12 top tips on pages 4 and 5.**
- **Emotional and social skills.** For you, this means talking positively about school and being a good listener. For your child, it's about sharing and taking turns, listening and sitting still, and being away from home. **Our article on page 6** is all about making friends and building resilience.
- **Educational skills.** While being school ready is not about being able to read and write before starting school, there is great value in reading to your child which helps them develop and be ready to learn. **Read more on page 7.**



Exciting times ahead!

It's not long now until your child takes their first steps into school life, so you've probably already started thinking about how you can prepare them for this next big milestone. You'll get lots of information from the school, and if your child goes to nursery, a childminder or pre-school, they'll be helping to get them ready too. It's a real joint effort between home and school right from the start.

The importance of parental involvement

As you'll know, your child is very influenced by what you do and say. If your child hears positive things from you about school, they will be more positive; if they see you engaged and having fun at their school, that makes a big difference too. As the experts put it:

“The effect of parental engagement over a student's school career is the equivalent of adding an extra two to three years to a student's education.*”

Luckily there are loads of ways you can support your child, both at home and in school. Find out more about getting involved with your school (however much or little time you have) **on pages 14 and 15.**

Welcome to your PTA

The PTA (or PTFA/ PA/ FA or similar) is a perfect way for you to engage with your child's education. Did you know that you are automatically a member now that your child is enrolled in the school? You don't have to be on the committee, do the accounts or even bake cakes! If you don't have much time, but would still like to help, there are plenty of ways you can join in. Over the coming months a member of your PTA's committee will let you know more about the many different ways you can support your school.

Parentkind

Who are Parentkind?

Parentkind (formerly PTA UK) is a charity that supports parents to participate in their child's education and school life to the full. We are also the largest membership body of Parent Teacher Associations (PTAs) and other parent groups in England, Wales and Northern Ireland.

Visit us at parentkind.org.uk for free access to our parent resources and to sign up for our eBulletin for the latest news, blogs and information. Plus find us on Facebook to join a diverse community of parents and PTAs.

“Starting primary school is an exciting time for the whole family, but it goes by so quickly, so jump in and get involved right from the start. It will be worth it for you and your kids.”



Emma
Emma Hunt
Chief Executive,
Parentkind

Get in touch

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 [@Parentkind](https://twitter.com/parentkind)

 info@parentkind.org.uk

 0300 123 5460

Sign up to our Parent eBulletin at parentkind.org.uk to get more tips for starting school, delivered straight to your inbox.

BACK TO SCHOOL WITH BEAR

no added
sugar

never from
concentrates



Perfect for
lunchboxes

The same natural sugars as a fresh apple

Top tips for starting school



The next few months are the perfect time to focus on helping your child feel happy and confident about starting school and the great news is there are lots of easy things you can start now. The Parentkind team, PTA members and Facebook community (mums and dads) have shared their tips and advice here to help you get started.

Shop for the essentials

The school will probably provide you with a list of everything your child will need. Ask other parents which items are essential right from the start and which can wait until later. Get your child involved by letting them choose anything that doesn't need to be strictly uniform, like their coat or lunchbox. Reception children come home covered in everything from mud to lunch to paint and playdough, so it's a good idea to have plenty of uniform. Ask whether the PTA runs a pre-loved uniform shop – it's a great way of showing your support and saving money.

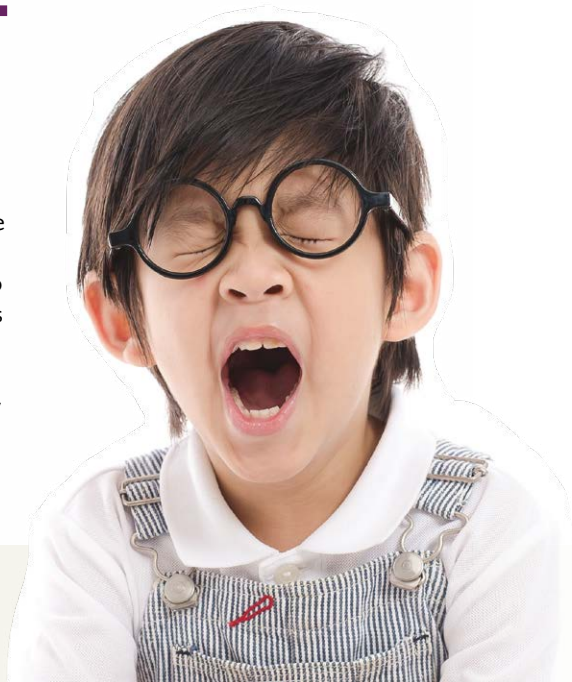


Get yourself organised

There's a surprising amount of admin to deal with once your child starts school. Letters and forms come home every week and it is in your child's interests that you are efficient – you don't want your child to be the only one in uniform on an own clothes day! Read the newsletters, familiarise yourself with the school website, note dates on your calendar. And remember to share information with everyone involved in your child's care.

Avoid the fear of the unknown

There are lots of ways you can get your child used to the idea of school – start by borrowing a few books about going to school from your local library and read them often. Treat your child to a sticker or activity book about starting school, play 'school' with their teddies, and let them wear their new uniform around the house – if there's anything itchy or annoying you can deal with it before the big day.



Label it

If it is not permanently attached to your child, put their name on it! Labels help them identify their own clothes, and also help staff deal with piles of identical jumpers and bookbags. If your child isn't reading yet, use labels with little pictures next to their name. There are lots of quick and effective alternatives to sew-in nametapes, including stamps, stick in labels, or the old marker pen on the label trick.

Lunches

Children don't get a lot of time to eat lunch, and usually they don't want to sit down for too long, so make sure packed lunch quantities are manageable. If your child will be having a hot dinner (all Reception children in England are entitled to a free school lunch), look at the menu together in advance to make choosing less daunting. Try out similar meals at home so they get used to the food on offer, but don't underestimate peer power – children will often give new things a go at school.

Be positive and calm

Your child may feel anxious if they see that you are worried. Accept that, just like them, you will learn as you go. If you have concerns, talk to the teacher, school office, or head teacher; they are there to help – open communication is best. On the first day don't stay around at drop off; it's generally best to leave them to it and have a box of tissues ready at home – just in case!

It's not a race

Try and dodge playground discussions about whose child can already read or count – your child will develop at their own pace. The qualities that matter most in Reception age children are things like curiosity, independence, imagination, and enjoying playing and sharing with other children.



Familiarise & socialise

Familiarise your child with their school before they start. Go along to the summer fair so they start to feel like it's 'their school'. Attend the welcome events, get to know other parents and if possible arrange a few playdates so your child sees familiar faces on their first day. Do a dry run of your journey to school, just as if it is the big day itself.



Listen up

"Nothing" and "I can't remember" are standard answers to questions about your child's day. If you're used to detailed nursery handovers, this lack of information can come as a bit of a shock. Don't be discouraged: wait a little and the stories will come out, usually at an odd time – when they're in the bath or on the toilet! Try asking specific questions like "who did you play with at break?" or "what made you laugh today?"



Develop independence

Though Early Years staff are happy to help with shoes, PE changes, cutlery etc. the effort you put in to preparing your child for school life by encouraging independence won't go unnoticed. Encourage your little one to practice getting dressed and undressed, and make things easier for them – think Velcro shoe straps and elasticated waist bands!

Accept that they're going to be tired

Prepare yourself for inconsolable meltdowns. After being as good as gold all day everything can often come out once they are at home. They'll be hungry too, so bring a snack at pick up time ([see page 17 for recipe ideas](#)). It's good to get into a routine of early bed times and wake ups well in advance. Even children who are used to nursery will be tired after school.

Get involved in school life

Getting involved in the PTA, volunteering to help with reading, or joining a parent council are all great ways to be involved with the school and take part in your child's school life. Attend meetings and get-togethers and you will soon get to know other parents who understand the school well.





Settling in and making new friends... together

It's completely natural to wonder how your child will get on at school and who their friends will be. The good news is that most children settle in to school really easily!

Here are a few ideas to help them along:

- Arrange play-dates with other children that will be in the same class as your child. The classroom will feel more comfortable if there are some familiar faces around.
- If they have brothers or sisters, get them to practise sharing and being polite to each other, using phrases like "can I join in?" or "can we share that?", and not forgetting "please" and "thank you".
- Talk to your child about alternative reasons for why a friend may behave a certain way. For example, just because someone doesn't want to play with them, doesn't necessarily mean they don't like them, they may just want to play a different game.
- Be a good role model. If your child sees you making friends and talking to other parents and the teachers, they'll do the same.

Parent tip: "Go to PTA events to get to know people. You will make long-term friendships!"

Time for you to make friends too

Remember that your child will be at primary school for seven years, so it's great to get to know other mums and dads – the support you can provide each other over this time can be invaluable.

The good news is that joining the PTA is a fast and easy way for you to get to know parents from other year groups – they'll welcome you with open arms and have the inside scoop on the school too! Read more about what the PTA gets up to on page 8.

Parent tip: "Relax and be there to support your child. Don't be stressed, your child will pick up on your emotions."

Building Resilience

Knowing your child has the skills to cope with new situations and bounce back when things go wrong is one of the best ways to ease any worries. Here are some things you can work on together:

- **Feelings.** Encourage your child to talk about how they are feeling, teach them the names of the different emotions and how to recognise how others might be feeling.
- **Positivity.** When problems come up, show your child how to look at them in a good way – encourage a 'glass half-full' attitude.
- **Coping.** Let your child know that sometimes things go wrong, but there are ways to distract themselves by counting to ten or doing something different.

Read more about preparing for school on our website parentkind.org.uk

Getting ready to read and write

Every child is different and will develop at their own pace. Children aren't expected to read and write before they start school, but there are some skills that you can help your child master so they can get off to a great start.



Reading to your child

The benefits of reading regularly with your child are well known. It's an enjoyable and simple way to support your child, so why not give it a go? Here are just a few of the reasons reading together is great:

- It helps develop **imagination and creativity**. Looking at the pictures, talking about how the characters feel and what's going to happen next can really ignite their imagination.
- Sitting down regularly to read can help **increase concentration** – the length of time your child can sit still and concentrate will help them when they start school.
- It can help **develop language skills** – through books, children will hear and learn words that are different from their day to day vocabulary.
- The variety of topics in books introduces children to different places, cultures and interests, helping them **develop a greater understanding** of the world around them and an **empathy for others**.
- It's a great opportunity for some **quality time together**. Make the most of cuddling up to relax and enjoy a story away from the regular demands of busy lives.

Mark making and learning to write

Learning to write is trickier than you'd think. Young bodies need to develop muscle strength in the fingers, wrists, elbows, shoulders and backs to be able to hold a pencil properly, make marks and then form shapes and letters with control. The good news is that children can happily build up this muscle strength through play, both indoors and outdoors, so get them involved in the following... not only will it help them as they learn to write, they'll have fun too!

- Getting creative with the 'play dough' by encouraging pinching, chopping and squeezing will help **develop all the muscle groups** needed for writing.
- Encouraging your child to help you peg out washing develops their pencil grip and using building blocks or Lego can **increase strength** in little hands and fingers.
- Doing puzzles is a fun way to **develop hand-eye coordination**.
- Getting your child to climb and swing from the play frames in the park will **build up strength** in their shoulders and backs.
- When reading a book or watching TV, by getting them to lie on their stomach, they'll be **developing core strength and coordination**.



PTA fact from fiction

When you support your PTA, you're not just baking a cake, writing a cheque or giving up your time to volunteer. You're buying your child playground equipment to climb on at break time, you're sending them on outings to places they've never been, you're making new friends, building a community, and you're helping to make your child's school that little bit better.

We've heard stories about the fears of getting involved with the PTA so let us help you banish your reservations and reap the rewards for you and your child.

What is a PTA?

A PTA (also called Friends association, Parents association or other combination) is an open, friendly group of parents (and teachers/ family/ members of the community) working towards a common goal; supporting the education of the children at your school and strengthening the school community.

Everyone's invited

Now that your child has started at school, you're already a member of the parent association. How involved you choose to become is up to you. If you're passionate about making a difference and want to be involved in running the association, you might want to consider joining the committee. If you have ideas to share and time to volunteer (it doesn't matter how much), head along to the next meeting.

It's great for the kids (even if they don't realise it)

Studies show there's a direct link between parental involvement at school and a child's attainment; when children see us involved in their school and learning, it encourages them to do their best. Being active

in a parent group not only improves your child's school, it makes you an excellent role model.

It won't take over your life (unless you want it to!)

There are always plenty of opportunities to volunteer for your PTA. Whether you work full-time, part-time, or you're a stay-at-home parent, any time you can offer will be welcomed. PTAs are involved in a huge range of activities, all with varying time commitments, so how much or how little you choose to get involved really is up to you.

We all have something to offer

It doesn't matter how many children you have, how old you are, or what your background is; the skills that PTAs need are so diverse that everyone has something to offer. Of course, if you have book-keeping experience you're likely to be ear-marked as a future treasurer, and anyone showing a creative flair might be asked to design a poster for the summer fair – but the most important skills you can bring to your PTA are enthusiasm and a willingness to get stuck in.

It's good for you

Joining the PTA is a fast way to get to know other parents and staff outside of your child's year group. Feeling part of a community is a very real human need – and more practically, these friendships create a support network. Chances are there will be opportunities for you to learn new skills, and who knows, you may even discover some hidden talents!



fun activities

As a parent or carer there are so many simple ways you can support the communication and language skills your child is learning at school.

Chatting and singing together develops listening and speaking skills. Sharing books inspires children to love books and to want to learn to read. Scribbling and drawing develops early writing skills and helps children express themselves. Noticing signs and words out in the street helps children understand the world around them.

The National Literacy Trust is an independent charity which transforms lives through literacy, and is celebrating its 25th anniversary in 2018.

Their website for parents has tips, milestones and activities like the ones in this booklet for you to complete with your child to help them develop their literacy skills. Visit wordsforlife.org.uk for lots more.

National Literacy Trust

Changing life stories

1

Can you help the family find their way as they wade through the grass, splash through the river and squelch through the mud in search of a bear?

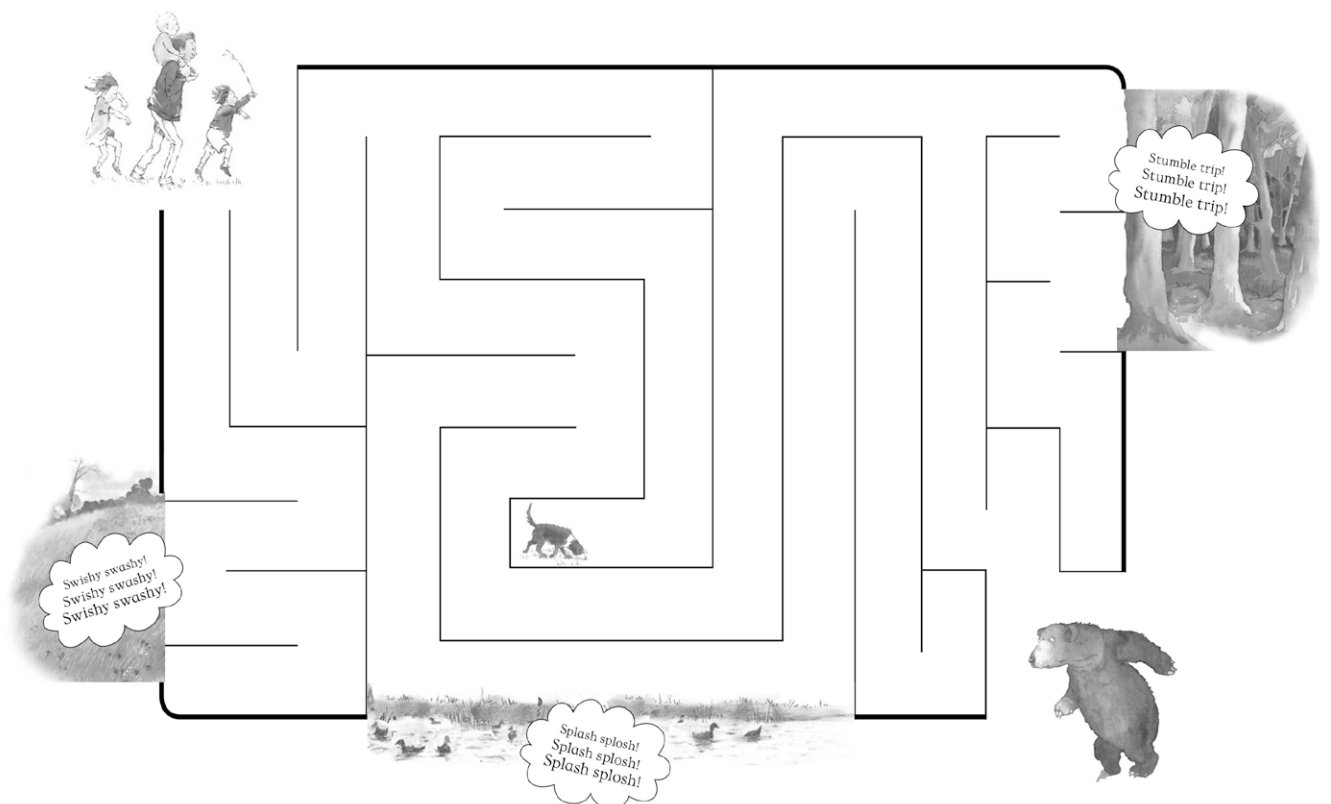


Illustration © 1989 Helen Oxenbury from We're Going on a Bear Hunt written by Michael Rosen.

2

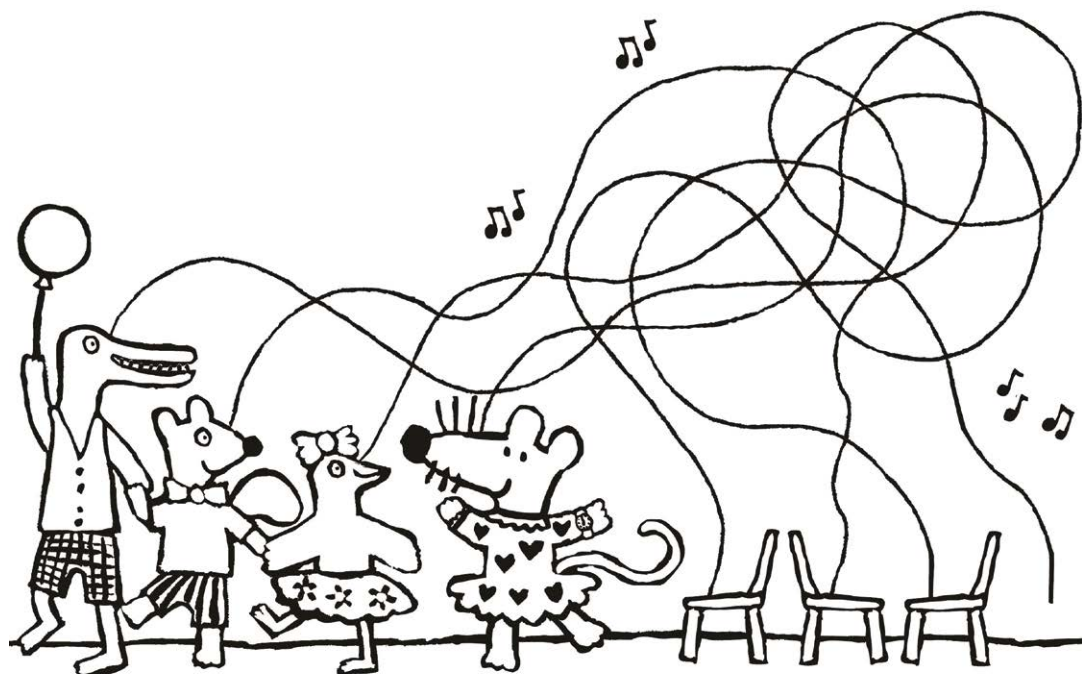
Mrs Large can't get five minutes' peace! Colour in the family having fun in the bath.



Text and illustration © 1986-2017 Jill Murphy

3

Everyone is having fun, dancing to the music. They are playing musical chairs. When the music stops, who will be without a chair to sit on? Use a pencil to follow the lines and find out. Then colour in the picture.



© Lucy Cousins



WALKER
BOOKS

With thanks to Walkers Books for these activities. The Walker Books Group is one of the world's leading independent publishers of books and content for children and is home to many award-winning authors and illustrators including Michael Rosen, Lucy Cousins, Jon Klassen, Oliver Jeffers and Chris Haughton. Find out more about our picture books at www.picturebookparty.co.uk or visit www.walker.co.uk

fun with numbers

We all use maths every day, often without realising it. National Numeracy believe that every child can develop the numeracy skills they will need, both at school and throughout their lives. Maths is about solving problems, thinking logically and finding different ways of working things out. Helping your child feel confident about numbers now will prepare them for learning in class.

1

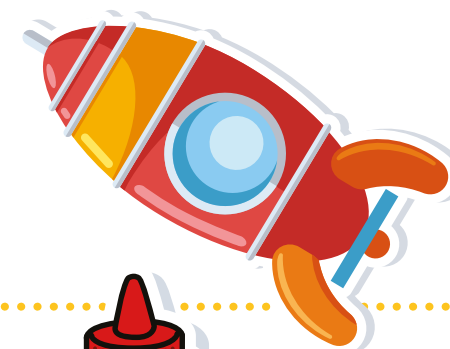
Choose 5 of your favourite toys

Put them in order from shortest to tallest.

- Are any taller than the length of your hand?

Now put them in order from lightest to heaviest.

- Are they in the same order?



2

Find 5 things in the food cupboard

Estimate which will be the lightest and the heaviest.

- Feel them in your hands – were you right?
- What is the lightest piece of food you can find?
- Which are in a different place?



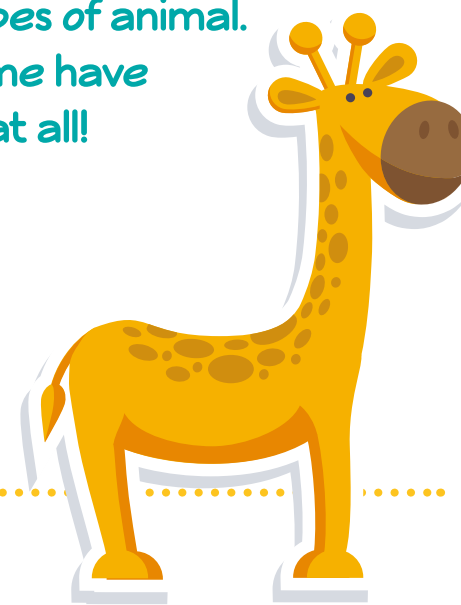
3

At the zoo, there are many different types of animal. Some have 2 legs, some have 4 legs, some have more than 4 legs and some have none at all!

Can you and your family think of all the zoo animals you like and count how many fit into each group according to how many legs they have?

- You could draw a picture, a pictogram, a tally chart, bar charts or a table.

Could you think of an animal for each group? Which group had the most?



NN National Numeracy
for everyone, for life

4

Cupcake Recipe

Here is a recipe for 12 cupcakes:

Ingredients

For the cakes:

110g softened butter
110g golden caster sugar
2 large eggs
1/2 tsp vanilla extract
110g self-raising flour

For the buttercream:

150g softened butter
300g icing sugar
1 tsp vanilla extract
3 tbsp milk
food colouring paste of your choice (optional)



Activities

- Talk about the abbreviations – what does 'g' mean?
- How many grams are in a kilogram?
- How much does the packet of caster sugar weigh?
- How much do you think 1 spoon of sugar would weigh?
- What is the difference between 'tsp' and 'tbsp'? Would it make a difference if you muddled them up?
- This recipe makes 12 cupcakes – how many would each member of your family get?
- If you wanted to have a party, what would be the ingredients for 24 cakes?
- How many cakes could I make if I only had 55g/2oz of butter?
- Why not decorate each cake with numbers? You could decorate each cake with a different number and talk about them. E.g. can you find two cakes that add up to 10?

1. Heat oven to 180° C/160° C fan/gas 4 and fill a 12 cupcake tray with cases. Using an electric whisk, beat the butter and sugar together until pale and fluffy then whisk in the eggs one at a time, scraping down the sides of the bowl after each addition. Add the vanilla, flour and a pinch of salt, whisk until just combined then spoon the mixture into the cupcake cases.
2. Bake for 15 mins until golden brown and a skewer inserted into the middle of each cake comes out clean. Leave to cool completely on a wire rack.
3. To make the buttercream, whisk the butter until super soft, then add the icing sugar, vanilla extract and a pinch of salt. Whisk together until smooth (start off slowly to avoid an icing sugar cloud), then beat in the milk. If wanting to colour, stir in the food colouring now. Spoon or pipe onto the cooled cupcakes.

Learn more about shapes, space, measures and all of the essentials of numeracy at www.nationalnumeracy.org.uk

Family Maths Toolkit resources are available at: www.familymathstoolkit.org.uk

N National Numeracy
for everyone, for life

Learn the Lingo

School life has a language and vocabulary all of its own. If things are getting lost in translation, check out our list of words and phrases commonly used in primary school.

Blending: The merging together of the separate sounds in a word.

Circle time: When the teacher brings the children together to share news or discuss values. The class sit in a circle on chairs or on the floor.

Digraph: Two letters that represent a single sound. For example, "sh" or "ch".

EAL: Children with English as an additional language.

Early Years Foundation Stage (EYFS): The regulatory and quality framework for children between birth and the academic year in which they turn five.

Fine motor skills: The skills that involve using smaller muscles of the hands, like using a pencil or scissors, building with Lego and doing up buttons.

Free play: A time when children choose their own play activities (indoors or outdoors) with little adult direction or intervention.

Golden time: A strategy used to promote positive behaviour. Children stop work and spend time doing special, enjoyable activities for a period of up to an hour, usually on a Friday.

Gross motor skills: The skills that involve whole body movement, using large muscles like standing, walking, running and jumping. They also include hand-eye coordination skills like throwing, catching and kicking.

Guided reading: A method of teaching that involves reading with children in small groups so that their individual needs can be met.

High frequency words: The words that occur most often in written texts. They include 'the' and 'and'.



Home-school agreement: Non-binding statements explaining the school's aims and values, the responsibilities of both school and parents, and what the school expects of its pupils.

INSET day: In-Service Education and Training days for teachers – a day off for the children!

Learning objective (LO) or We are learning to (WALT): Describes what children are expected to learn or achieve from a task or activity.

Number bonds: Simple addition sums that your child will (eventually) memorise and recall automatically.

Number line: A line with numbers on it used to teach maths by providing a visual representation of numbers.

Number sentence: An arrangement of numbers and symbols, for example, $6 + 5 = 11$ or $6 \div 2 = 3$

Partitioning: A method of working out maths problems by splitting the numbers into simpler units.

Phoneme: A unit of sound – examples would be the noises you make when you say "t" or "k". They can be put together to make words.

Phonics: A method for teaching reading and writing by developing the ability to hear, identify, and manipulate units of sound.

Key stages (KS)

These are the stages of pupils' progress in education that follow on from Foundation stage. The key stages at primary school are:

| | |
|------------------|---|
| England | EYFS, reception, ages 4-5 |
| | KS1, years 1 & 2, ages 5-7 |
| | KS2, years 3-6, ages 7-11 |
| Wales | Foundation stage, ages 3-7 |
| | KS2, ages 7-11 |
| Northern Ireland | Foundation stage, years 1 & 2, ages 4-6 |
| | KS1, years 3&4, ages 6-8 |
| | KS2, years 5-7, ages 8-11 |

BE A FORCE FOR GOOD!

"A child's education is a three-way process; school, child, parents. Don't just sit back - be involved"

"Get involved, live it, it's over far too quickly."

Get involved in school life and help make your child's school brilliant! By taking part, you'll have a positive influence on your child's education - when children see us involved in their school and learning, it encourages them to do their best.

Start school together

Your child's school has an active parent group (PTA, PA, Friends, PTFA - parent groups go by lots of names) and they're ready to welcome you on board!

Go along to a meeting and find out what they're all about and how you can get involved - we all have something to offer and we all get something from the PTA experience.

PTAs make a valuable contribution to the schools they support, and engage in all sorts of activities including (but by no means limited to): organising and running fundraising events, holding social events, non-event fundraising, organising parent volunteers in school and running after-school clubs.

Find your groove

There are so many ways you can support your child at school by joining a parent group. PTAs can be many things, so think about your personal interest and match it to your group: fundraising, external funding, community events and volunteering. All these activities foster a good home-school relationship.

Raise funds

Whether it's creating an outdoor classroom, stocking the library with new books, or arranging a visit from a top author, if you're interested in raising funds the PTA is the place to be!

The funds raised from PTA activities impact massively on the opportunities and experiences of all the children at school, and events are a great way of bringing families together.

Events will always be a popular way of fundraising, and play an important part in building the school community. But if that's not your thing, **non-event fundraising** is a great alternative and the amount of potential earnings is not to be sniffed at. As members of Parentkind, your school's PTA has access to online resources and information to support all kinds of fundraising activity.



Volunteer

Any offer of practical help is welcomed in schools. Parents often help with learning activities, listening to children read, helping out on trips, or running sports or creative activities. You could join a maintenance working party, or provide the muscle for a project like a vegetable garden or forest school. The school will be able to tell you what they need.

Have a say

If you're keen to have a say on school matters, such as uniform or homework policy, behaviour or childcare; a collective voice is often heard louder than the individual, so find out what parent voice groups are in place at your child's school.

Many **PTAs** act as a consultative group for the school leaders and governors, but typically parent voice falls within the remit of a **parent council** - a forum where parents meet, share ideas and feed back to the head teacher and governors. Membership should reflect the entire school community and give a voice to all parents. A well-run forum helps develop the partnership between parents and schools, as parent views are taken into account in school decision-making.

If you're looking for deeper involvement in the school, being a **school governor**



or trustee is a challenging but satisfying opportunity. Parents have a lot to offer and should absolutely seek to become governors. The National Governors' Association's official description of the role is: "School governors provide strategic leadership and accountability in schools. Governors appoint the head teacher and deputy head teacher. It is governors who hold the main responsibility for finance in schools, and it is governors who work with the head teacher to make the tough decisions about balancing resources."

It's not always possible to take part in activities at school, but you can still make a valuable contribution by taking part in school consultations and surveys. In England you can share your views with Parent View ([ofsted.gov.uk](https://www.ofsted.gov.uk/parent-view)). If you sign up to the Parentkind eBulletin you will also have the chance to feed into consultations and surveys that way.

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A day in the life of a Reception class

We asked primary teachers Amy and Debs to tell us about a typical day in Reception class.



WE ASKED:
What's the one thing you'd like parents to do to get their child ready for school?

"It's got to be independently doing things like getting shoes and coats on and off, or doing their own zips! But if parents are engaged and support children's interests, they'll be happy and confident and you can't ask for much more." Amy

"The one thing I'd say to parents is – don't say to your child, 'be brave'. Because that tells them there's something to fear, and there isn't." Debs

What will they learn?
School is a big step for a lot of children. It's really important we make sure their confidence is high, so we focus on the personal, social and emotional aspects of school, and spend time getting them comfortable with the routines of the classroom.

We have a lot of learning through play – child-led activities that cover the Early Learning Goals. We also do a lot of gross motor and fine motor activities – very important for the children to develop muscle tone and for activities such as writing further down the line.

Start of the day
They come in, put their things in the right places, we take the register and they choose their lunch with the support of an adult.

We do a dance activity every morning, to help gross motor skills, followed by phonics. (See page 13 for more on phonics.)

Mid-morning
They'll have a snack of fruit and a drink – we encourage them to pour their own drinks and select their fruit, then they might sit down in a circle to eat it.

Then we have learning through play – about ¾ of the time is spent playing. They might do some junk modelling in the role play area, make Lego, ride trikes or build dens outside – they always have the option of going outdoors.



Lunchtime
Lunch is in the hall. At my school the teachers and teaching assistants will eat lunch with the children for the first few weeks, because they do need that help.

Early afternoon
After lunch we do fine motor activities like threading cheerios onto spaghetti, or spinning tops.

We do a little bit of maths. It's very short, game-based maths – shapes, recognising numbers and counting. Then there's another opportunity for play.

End of the day
We calm them down and have a little recap of what we've done that day. A last story and everybody's happy to go home and tell their parents what they've done that day.

Easy after-school snacks

Be prepared for the hunger gap between pick-up and dinner.

Avoid the sugar slumps by getting into healthy habits from the start. Take a tub of snacks to pick up, so your little one can graze on the way home, or have jars of seeds, dried fruits and nuts ready and waiting in the kitchen.



MINI OMELETTES
Whisk up some eggs and add cooked chopped veg – leftovers from last night's dinner will be just fine.

1. Pour the mix in to a twelve hole muffin tin (you could even add a sprinkle of grated cheese on top). Then bake in the oven at 200° C / 180° C Fan / Gas Mark 6 for 20-25mins or until set and golden.
2. Once cooled, you can store these in the fridge for up to a week.

QUICK AND EASY FLAPJACKS
100g butter
100g light brown soft sugar
50g golden syrup
200g porridge oats
Any combination of dried fruit/nuts

1. Melt the butter, sugar and syrup in a large saucepan.
2. Add oats and dried fruit/nuts (if you're including them)
3. Spread the mix in a lined baking tin and press down firmly.
4. Cook for 10 mins at 180° C, allow to cool in the tin for 10 mins before cutting in to portions to store.



Cooking is lots of fun for children and a sneaky way to introduce new foods and encourage healthy eating. They're more likely to try something different if they've helped with the preparation.

It's a great opportunity to introduce some early maths and language skills too. Encourage your child to help weigh and measure out the ingredients, read them the recipe and talk about the steps you go through as you prepare the dish together.

FRUITY FUN WITH BEAR YOYOS

- Ingredients**
- A paw-full of strawberries, raspberries, blueberries, grapes and spinach
 - Sliced apple, cucumber, pepper and carrots
 - 4 BEAR Yoyos

When your cubs' tummies start growling, a snack plate made up of their favourite nibbles will provide the perfect snack! Get your cubs involved in making their own version of this colourful snack plate from BEAR Yoyos with their favourite fruit and veg.



BEAR Yoyos are 100% pure fruit & veg rolls, with no added sugar and never from concentrates - perfect for lunchboxes and a grrreat on-the-go healthy snack!

Support from your politicians

Bringing home and school together.



Peter Weir, DUP MLA

"Education for all our children can only be fully delivered through partnerships in our learning communities. We need to harness the collective energies of parents if we are to make the transformation in the educational outcomes for our children.

Our teachers are hugely dedicated to delivering the highest quality of education, but we make a mistake if we believe that they can or should do it on their own. Educational success requires parents to be dedicated and engaged in their children's learning and with the help of their fantastic PTAs who not only provide invaluable volunteers for school, and much needed fund raising for additional resources, but are the vital bridge for educational achievement between the school and home environment."

Peter Weir, DUP MLA for Strangford Constituency and former NI Education Minister



Rt. Hon. Robert Halfon MP

"When it comes to children reaching their potential through education, no matter their background, parents have an important role to play, be it reading with their children, being curious together or discussing current affairs. In order for all children to climb the ladder of opportunity we need to recognise the value of parents as partners in education, working alongside schools."

Rt. Hon. Robert Halfon MP, Chair of the Education Select Committee

We're asking politicians to consider parents an essential ingredient in the success of our children's education.



Kirsty Williams AM

"We want parents to feel confident in supporting their children's education - the research shows that this can have a significant effect on a pupil's achievement.

That's why the Welsh Government has introduced a number of initiatives, including our Take Time to Talk campaign which encourages parents, carers and guardians to take time to talk, listen and play to help their child's language development and communication skills.

Parentkind is playing a very active role in championing the parent voice across Wales and I welcome their commitment to finding new ways of bringing families and schools closer together."

Kirsty Williams AM, Cabinet Secretary for Education, Welsh Government

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“Parents are a child’s first and most enduring educator, and their influence cannot be overestimated”

Independent Review of Mathematics teaching in Early Years Settings and Primary Schools, Sir Peter Williams 2008



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0300 123 5460



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Parentkind

Bringing together home & school

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