

SCHOOL READINESS AND SCHOOL TRANSITIONS

FROM NURSERY TO SCHOOL



WE WILL COVER;

- What school readiness is
- Examples of school readiness
- Advice of getting your child school ready
- Transition
- Attendance
- School Nursing

WHAT IS SCHOOL READINESS?

- Various definitions, including;
- The stage that we should aim for children to be at before they leave nursery/foundation settings
- 'School readiness' means that your child can be independent and also can cope emotionally in a group of children

EXAMPLES OF SCHOOL READINESS;

- Your child should be able to toilet independently
- Your child should understand expected levels of behaviour
- Your child should be able to take turns and share
- Your child should be able to sit still for a short period of time
- Your child should be able to separate from parents and carers
- Your child should be able to communicate needs and listen to others
- Your child should be able to put their coat on their peg themselves in the morning when they come to school.
- They'll be able to put their bags, lunch boxes and drinks in the correct places in their classroom.
- They should be able to put their coats on for outdoor play independently and should attempt to do up their zip - though this can be a bit tricky depending on the style of coat and type of zip!
- They should be able to change their shoes, put wellies on and change back into their shoes independently.
- Many schools have PE lessons in Reception or Foundation class so children need to be able to change into their PE kits and back into their uniform after PE
- In terms of food and lunchtimes, children should be able to peel a banana and an orange and use cutlery to eat their lunch. All children in Reception and years 1 and 2 receive a free hot meal at lunchtime.

HOW TO GET YOUR CHILD SCHOOL READY

- Show them love and affection
- Talk to your child, read to them and make things together. You could design things out of boxes and let your child take the lead.
- Spend time outside and get plenty of fresh air. Encourage your little one to play independently as well as with you.
- Local libraries often run storybook sessions. At present, with libraries still closed, you could have storytime at home where your child is expected to sit and listen to a book. You could try non-fiction books if your child isn't particularly into stories.
- At home, encourage your little one to peel their orange or banana themselves. The confidence your child gets from this sort of task is brilliant, especially if you then eat the fruit they've prepared.
- If your child still has a pacifier, try to wean them off it. Similarly, encourage them to walk everywhere and try to stop using the buggy.
- Help your child to be ready to write. Although many three and four-year-olds simply aren't interested in writing, there are lots of activities your child can do to develop their fine motor skills. They could play with washing pegs, playdough, squeeze bottles, bubbles, build really tall towers with blocks, paint, cut and glue

HOW TO GET YOUR CHILD SCHOOL READY CONTINUED...

- Encourage your child to wipe their own bums after toileting
- Remind child to go to the toilet so it becomes routine
- Use visual timetables to remind children of the steps of toileting - Twinkl
- Encourage child to put their own jumper on and take their jumper off
- Encourage child to put their own socks and shoes on
- Talk to your child about behaviour you want to see rather than the behaviour you don't want to see
- Play games where child is encourage to take turns

TOOLS

- Visual timetables – toileting
- Reward charts
- Praise and encouragement
- Spending time with your child

SCHOOL TRANSITION

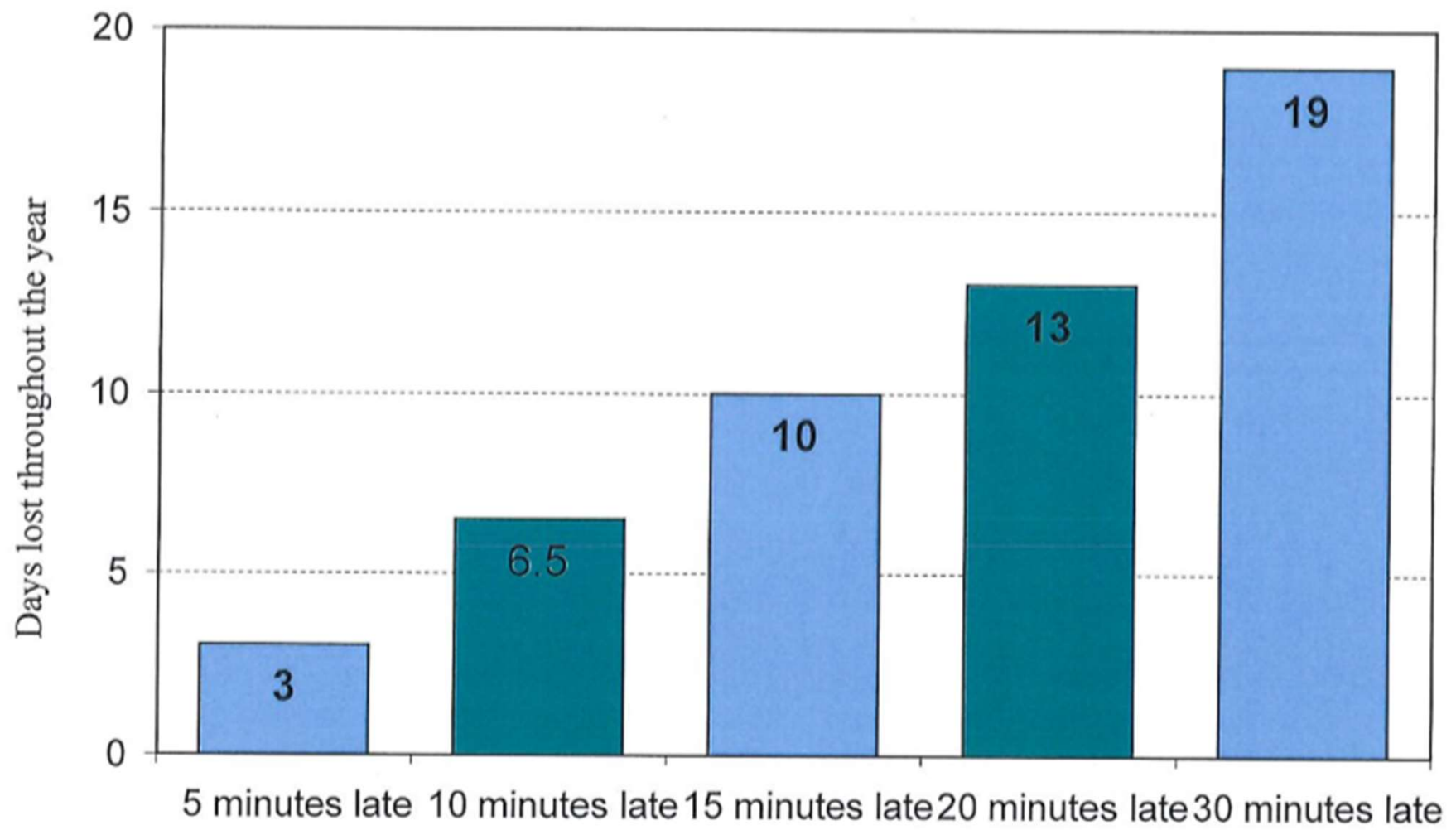
- Let school know about any needs that your child may have
- Attend school visits if possible
- Talk to your child about starting school and what will happen
- Prepare throughout the 6 weeks holiday – always talk positively
- Create a book explaining the school journey/what the classroom will look like
- Start getting into a day and night time routine during the 6 weeks holidays (before if possible)

THINGS TO CONSIDER;

- Water and water bottles
- School dinners or sandwiches – Apply for Free School Meals if low income
- Sun Cream/Appropriate clothing
- Flu vaccination (when in school)
- Road Safety

ATTENDANCE AND PUNCTUALITY

- Check what time school starts and what time child needs to be in school for
- Any attendance below 95% is classed as persistently absent
- Medical Evidence
- Medication and School's Medication Policy



School Attendance Matters

just a little late...

Missing just...

10 minutes a day

20 minutes a day

30 minutes a day

1 hour a day

Is the same as

50 minutes a week

1 hour and 40
minutes a week

Half a day a week

1 day a week

Which is the same
as...

1 and a half weeks
a year

2 and a half weeks
a year

4 weeks a year

8 weeks a year

And over your
whole school life
is...

Nearly half a year

Nearly a whole
year

Nearly 1 and a
half years

Nearly 2 and a
half years

SCHOOL NURSING AND SCHOOL DOCTOR

- School Doctor – Referral through school – development
- School Nurse – 01246515100
 - General Health
 - Emotional Distress
 - Anxiety/Low Mood
 - Self Harm
 - Stress
 - Young Carer
 - Sexuality/Gender
 - Continence (Constipation – GP)
 - Sleep
 - Diet and Weight

FIRST DAY AT SCHOOL STORY

- <https://youtu.be/ZNI9GCZFnI0>

BE POSITIVE!



ANY QUESTIONS?

