

KINDERGARTEN 2021

COORANBONG PUBLIC SCHOOL



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Preparation

WELCOME TO KINDERGARTEN 2021

Kindergarten is the first and a very important year of school. It is a time for children to transition into more structured and formalised learning at 'big school'. Through providing our students with a range of opportunities we help them to develop concepts about themselves as learners, which form the basis for future schooling.

We hope your child will have a happy, productive and successful year of Kindergarten at Cooranbong Public School.



A warm welcome to our new families and a welcome back to those familiar faces! We can't wait to work alongside you in your child's journey to formalised learning at 'big school'. Unfortunately, due to the current COVID-19 restrictions, our regular face to face Kindergarten transition program is unable to go ahead in 2020. We understand that this is not ideal in preparing our littlest learners for big school and have endeavored to plan our transition program in a way that best supports individual students for a smooth start to school in 2021. We will be using the free to download app 'Seesaw' for our platform for online transition in Term 4 of 2020. Seesaw invited will be sent home in the coming weeks.

2021 Transition in Week 1 and 2

Kindergarten transition will be in Week 1 and Week 2 of Term 1.

Week 1- Students will attend an individual appointment for their BEST START testing in Week 1 (28/01/21, 29/01/21, 01/02/21). This is the only time they attend in the first week. Appointments go for 45 minutes. We ask parents to drop their children off and return in 45 minutes for pick up. Best Start appointment times will be mailed out in Term 4. Results of Best Start Testing will be sent home mid-late Term 1, 2021.

Week 2 - Students will attend for 2 mornings and 2 afternoons (please see calendar attached). During this period, **students will not be placed in a class.** We will be having an 'open classroom' across both Kindergarten rooms. It is important for our teachers, executive team and support staff to get to know the children in this week to ensure the correct class placement. Children will go into their Kindergarten classes on Friday afternoon of week 1.

STARTING KINDERGARTEN WHAT TO BRING

Fruit break, lunch and recess should be placed in separate containers that are easy for the students to open. All should be clearly marked with your child's name. Please provide small pieces of fresh fruit or vegetables for Crunch & Sip. Other pieces of fruit for lunch and recess should also be packed. We encourage healthy eating at school. For ideas on what to provide your child for morning tea and lunch visit <http://www.freshforkids.com.au/lunchbox/lunchbox.html>

School bags should be a size that can comfortably fit a lunch box, jumper etc. Please ensure your child's bag is labelled with their name. Bag tags are a great idea for this.

School Shoes It's a good idea to buy school shoes a few weeks before school starts to help get used to them. Make sure both shoes are clearly named, as shoes are often taken off at school. We recommend velcro shoes for those children that are still learning to tie their laces.

Spare Clothes - In case of accidents, we encourage a spare pair of underwear and socks. These should be kept in a plastic bag in the front pocket of the school bag.

Raincoats - It is preferable that children have a raincoat with a hood attached. These should be lightweight and kept permanently in their bags. Umbrellas are too dangerous for use at school.

Classroom Requirements

- 1 labelled paint shirt
- 1 x Antibacterial hand gel, 1 x hand soap, 1 x baby wipes. These are to share with the class and get used very frequently. All stationary and books are supplied to Kindergarten classes so there is no need to bring in pencils, crayons etc. Students will also be given a library bag and home reading folder.

Preparing Your Child For School

This booklet suggests ways of helping your child develop appropriate physical, social, emotional and intellectual skills to cope with this new experience.

Children develop at different rates, and therefore start school with very different skill levels. Teachers make allowances for these differences in the programs they offer and may ask for specific information from parents from time to time. It is important for teachers and parents to work together to make your child's educational experience as successful and enjoyable as possible.

In the first few months of school, your child has many adjustments to make, such as making new friends, learning new routines and being away from mum and dad or carers. Children take varying degrees of time to settle in, so please be patient, but always speak to the teacher if you have any questions or concerns about your child.

Following is a list of abilities and attitudes that we would welcome from the incoming Kindergarten student. We include the list for your inspection and as a means of helping you further prepare your child for his/her first year at school.

PREPARING FOR BIG SCHOOL

Eating

At school students need to:

- feed themselves
- unwrap food packaging
- undo their lunchbox
- unscrew their drink container
- peel a piece of fruit
- get a drink from a tap
- clean up any mess left after eating
- be aware of the correct way of chewing food (mouth closed)

Toileting

At school students need to:

- go to the toilet by themselves
- be able to undo and do up any buttons and zips
- flush the toilet
- wash their hands
- manage the taps

'Accidents' can sometimes happen and teachers try to prevent these by making regular visits to the toilet during the first weeks. Please make sure your child goes to the toilet before they come to school each morning. Parents should send spare underclothes in a plastic bag.

Dressing

Students must be able to take off and put on their jumpers, jackets, socks and shoes by themselves. Parents can help children to learn these skills by encouraging them to dress themselves and tie their own laces. Velcro shoes are a great idea for school, too.

Nose blowing

It is important for health and cleanliness that your child is aware when their nose needs wiping or blowing with a tissue and that they are able to do this independently. Please encourage your child to sneeze and cough into the inside part of their elbow.

PREPARING FOR BIG SCHOOL STUDENT HEALTH

Health

If your child has an illness or condition which affects their health, the class teacher should be told. The teacher should also be told about the effects of any treatment or medication your child is having so that allowances can be made, both in and out of the classroom. The school must be informed of any diagnosed allergies or asthma that your child suffers from. Your child's action plan must be sent to school. If parents have any concerns about health issues, it is worthwhile getting a medical opinion before your child starts school. Some areas for consideration are listed below.

Speech IMPORTANT - PLEASE READ

Clear speech is developed over many years, in a relaxed atmosphere. Parents are encouraged to extend their child's speech and language by talking with them, asking questions, having regular story time and discussing the book read, and modelling good speech. Speech Therapists advise that by the age of 3, strangers should be able to understand your child. If you are worried about your child's speech or language development it is important that you seek advice from your family doctor or speak to your child's preschool teacher as soon as possible.

WE WOULD STRONGLY ENCOURAGE YOU TO HAVE YOUR CHILD'S HEARING AND EYESIGHT CHECKED BEFORE STARTING KINDERGARTEN AND FOR PARENTS TO PROVIDE THE SCHOOL WITH ANY REPORTS THAT ARE GIVEN.

Eyesight

There are many different eye problems, some of which may not be noticeable until your child is asked to do various activities such as reading, writing or playing with a ball. If your child finds any of these activities difficult, then eye problems may be a possibility.

Hearing

Small children frequently suffer from ear, nose and throat infections, which may result in temporary hearing loss. If your child has many of these infections, or does not seem to be hearing well, parents should seek advice from:

- Family doctor
- Child Health Nurse

General Health

Starting school can be a tiring experience, even for a healthy child. If your child has a minor illness which is stopping him or her from sleeping or eating well it would be wise to have the illness treated. It is important that your child sleeps for at least 10 hours every night. They need a healthy diet every day, which should include a healthy breakfast - giving them a good start to the day.

PREPARING FOR BIG SCHOOL

Social Development

At school, students will meet and be expected to interact with many new people, both adults and children. When children have opportunities to mix with other people they learn skills to help them to cope with the social aspects of school.

Learning how to relate to adults

Children learn how to relate to adults when they:

- are minded by someone other than their parents
- play at the homes of friends
- go out with other people
- learn to ask for things in shops
- go to playgroups and preschool

When your child is comfortable with adults, can listen to the teacher, follow directions and make their needs known to the adults at school, learning becomes more enjoyable and successful.

Learning how to relate to other students

Children learn how to relate to other children when they have the opportunity to play together.

Sharing, taking turns and co-operating

Students often work in groups at school and this means taking turns, sharing materials and co-operating. They will also need these skills in the playground.

- Children learn to share when they wait their turn or allow other children to play with their toys.
- They learn to co-operate when they help to prepare family meals, make beds or do other simple jobs around the home.
- Children feel rewarded when parents notice these things and praise them for their efforts.
- Playing games with adults also teaches children how to take turns and cope when they do not win.

Beginning School

Parent/School Relationships

The first day of school can mark the beginning of a clear division between home and school for a child. However, staff at the school look forward to working with parents in the interests of your children. You can help your child by:-

- Finding out how to contact your child's teacher if you want to tell them something about your child or discuss their progress.
- Asking if there are things that can be done at home to help the child's progress at school.
- Asking how you can help at school and in the classroom.
- Reading the accompanying information and keeping it for future reference.
- Reading the school newsletter to keep informed about events happening at school
- Looking in your child's bag regularly for additional notices and returning them promptly when required.

When restrictions are lifted, we strongly encourage parents to attend school special events such as information evenings, assemblies and parent workshops.

Separation

Coming to school each day is made easier if your child is able to separate happily from their parents or carers. When parents tell their child that they are going to leave, but will be back, and then keep their promise, their child learns to accept separation. If your child is worried about being separated from you, they may not be able to concentrate and enjoy what is happening in school.

It also helps if parents point out the enjoyable things their child will do at school, highlighting the positives, in a cheerful and encouraging way. It does not help to say things such as 'You will not be able to do that at school!' or 'Did you miss me? or 'Mum and Dad will miss you so much!'

PREPARING FOR BIG SCHOOL

As the time gets closer for your child to start school there are a number of things you can do to help him/her settle in easily. Here are some ideas:

- Walk to school with your child so that they know the way, even if you plan to drive them most days. It is a good idea for them to become familiar with the route.
- Practise with your child what they should say when asked their name
- Write your child's name on all their clothes, and other belongings like lunchboxes and school bags. Show your child the labels so that they may recognise them when necessary.
- Talk about how long the school day will be in a way that the child can understand. 'It is a bit longer than preschool because you will have lunch and a play outside, then a story or game before I pick you up.'
- Talk about the difference between 'recess' and 'lunchtime'. Show your child what you have packed for recess and lunch and explain when they should be eaten.
- Make sure your child can easily open the lunchbox and drink container

Over the coming months, you will continue to receive updates from us. Please be sure to:

- Sign up to Seesaw to when your invite arrives.
- 'Like' our Cooranbong Public School Facebook page
- Regularly check your mail
- Answer/Return any Phone calls

If you have any questions or concerns, please do not hesitate to contact Miss Rachel Perry on 4977 1122.

Warm regards,

Rachel Perry (K-2 Assistant Principal)