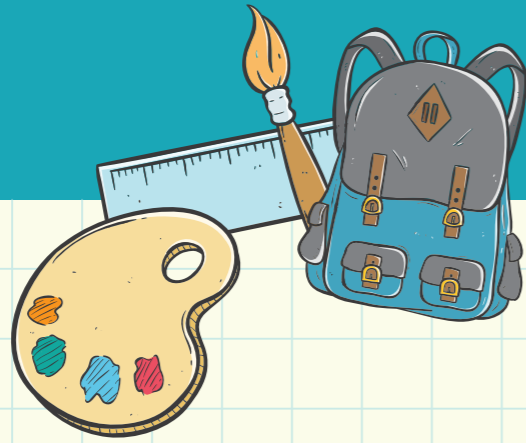


# LET'S GET... READY FOR SCHOOL



In North Lincolnshire we want all children to be ready for starting school reception class. There are lots of things that you can do to help this.

## At the point of starting reception class, it is helpful if I can...

- show an interest in my environment and can focus on things for a short period of time
- 'have a go' at new things and keep on trying when things get difficult
- make my own choices and follow simple routines

## Personal, social and emotional development

- feel good about myself and enjoy getting praise
- settle when my parents/carers leave me, knowing that they will be back soon
- know when I have different feelings like happy, sad or cross and show this using words, gestures and facial expressions.



**NHS**  
Rotherham Doncaster  
and South Humber  
NHS Foundation Trust

**NHS**  
Northern Lincolnshire  
and Goole  
NHS Foundation Trust

**North Lincolnshire Council**

## Communication and Language development (This can be in the child's home language)

- let you know what I am thinking, feeling and I am interested in
- get help from others when I need it
- follow simple instructions
- listen and take turns when I am playing and talking
- enjoy and join in with some songs, rhymes, and story books that I know

## Physical Development

- use a range of tools for example a knife and fork, scissors, paintbrush,
- put on my shoes and my coat
- Make marks, using tools such as pencils, pens and brushes, including circles and lines and sometimes the letter(s) of my name
- use the toilet, and wash my hands by myself



*\*Remember every child is an individual and develop in different ways and at different times.*

If you have any concerns about your child's development or have any questions regarding your child starting school, please:

- Talk to a health professional such as your GP or Health Visitor
- Discuss your concerns with your child's nursery, pre-school, childminder, or school
- North Lincolnshire Family support team (FaSST and Children Centres) FaSST. enquiries@northlincs.gov.uk
- Visit the Local Offer website



# LET'S GET... READY FOR SCHOOL



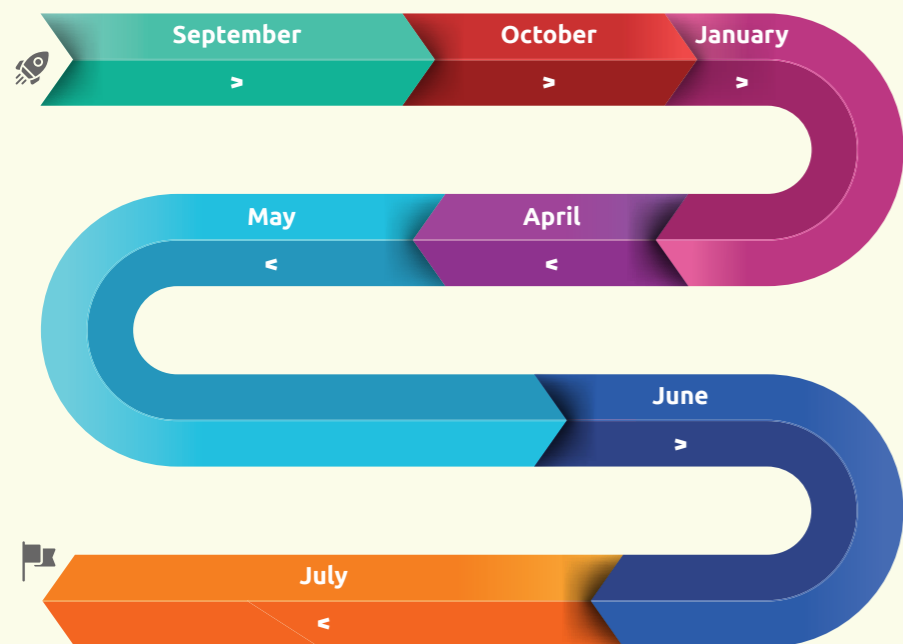
**Top tips for parents and carers:  
Preparing for school together**

**North  
Lincolnshire  
Council**

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and South Humber  
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Northern Lincolnshire  
and Goole  
NHS Foundation Trust

## Pathway to school



### September

Applications for children due to start school in September open from the previous September to the following January for admission to reception for pupils who live in North Lincolnshire. Admission to infant, primary and junior schools - North Lincolnshire Council - northlinc.gov.uk.

### October

Preschool/nursery/childminder setting can discuss with parents which school they have applied for.

Appropriate information can be shared with the potential school through visits/discussion for any children with additional needs.

### January

Schools can contact feeder settings to discuss/observe potential cohort, particularly children with additional needs.

### Mid April

Notification of school place sent to parent.

### End of April

Parent to accept the school place.

### Beginning of May

Schools confirm with setting which children are transitioning to each school. School can send out photos/videos of indoor/outdoor classroom, teachers and uniforms to parents and settings. School can send out welcome letter/transition pack to parents.

### Mid May

Setting key person can meet with EYFS lead to discuss children transitioning to school. EYFS lead can visit setting to discuss/observe all children transitioning up. Home visit from school and opportunity for parents to ask questions.

### End of May

Parents to visit school with their child.

### Beginning of June

Key person can visit school with children going to school.

### Mid June

Half day transition visit for child to school. EYFS lead can share activity/reading with those going to school.

### End of June

Setting to share 2-year assessment and transition summary of assessment with school. Any EYPP funding accessed to be shared with school.

### July

EYFS lead to co-ordinate parent meeting/phone call to give opportunity for questions.

Setting regularly supporting children's and families' transition to school.

Setting to update and review information with schools for children transitioning up.

## Top tips for parents and carers: Preparing for school together

Starting school is an exciting step for a child and their family. These top tips have been designed to help you and your child to make the best possible start to school life. It is completely normal for both children and parents / carers to feel both excited, but also a little unsure at times. Staying relaxed and calm will support your child to feel less anxious. You can help a lot by talking together with your child and helping them to understand what to expect.

### In the months leading up to starting school...

- **Talk about** all the fun things that will happen at school, for example playing with friends, listening to stories, singing songs and nursery rhymes, painting and making things.

*\*Share photos from the school, including of their new teacher(s) (for example from their website or welcome booklet) with your child to help them become familiar with the environment. Visit the school's website to find out more useful information about the school.*

- **Practise the routine** before the big first day, for example trying on the school uniform, travelling to school and looking for interesting things on the way. Plan extra time when getting ready to go out so that your child has time and space to practise dressing and undressing independently before starting school.

- **Read books together about school.** This is a fantastic way to talk about school, and answer children's questions. Visit your local library and ask for books about starting school.

*\*Using the toilet: Being able to use the toilet and wash their hands afterwards will help your child to feel independent and reduce the chances of an accident. Talk to you child about using the toilet at school. For example, if they are playing with an activity in the classroom, it's likely to take them longer to make their way to the toilets.*

- **Recognising their coat peg:** It is helpful if your child can find their place in the cloakroom for their bag and coat. Ask their new teacher what your child's coat peg label will look like so that your child will know what they are looking for on their first day.



### The night before starting school...

- **Get everything ready** Check that all clothes and bags are labelled, use labels or a pen to write on the clothes tags, and don't forget to include labelling their shoes! Ask your child to help you lay out their uniform ready for the next day and have their bag packed ready.
- **Talk about going to school** Remind your child about the fun things waiting for them at school.
- **Get an early night** Having an early night will help everyone to feel ready for the next day.

*\*If you child seems to have some worries at first, remember that this is normal. Try to name your child's feelings for them and show that you understand these. You might want to say something like 'I can tell you are a bit worried. That's ok. Sometimes I get worried about new things too, even when I know they will be fun and exciting'.*

### The First day at School...

- **Breakfast** Eating a healthy breakfast together before school will help your child to concentrate and learn.
- **Leave plenty of time** Plan extra time when getting ready so that your child has time to help with getting ready. Rushing to get everyone ready in the morning is part of being a parent but getting to school nice and early on the first day will help make it a more enjoyable and a relaxed experience.

- **Take a photo** If you have a camera, you might like to take a photo or ask family or a friend if they can take a photo.

*\*Asking for help Remind your child to ask a grown up or friend for help if they are unsure or worried.*

- **Say a goodbye** and reassure your child that it will soon be time to collect them after a lovely day at school. It may be tempting to sneak away, especially if you are worried your child will be upset when you leave, but this can make your child worry more when they realise you have left them suddenly.

### After school...

- **Be prepared for a very tired child** Even if your child is used to a long day at nursery, a school day can be exhausting.
- **Check their book bag** Lots of schools communicate by email, but keep an eye out for letters and information in their book bag.
- **Talk with your child** about their day at school, for example ask questions such as who they played with, what they ate for lunch, what they enjoyed about school. Don't worry if your child is too tired to answer!
- **Routine:** Enjoying some time together as part of a bed time routine, for example sharing a book, will help your child wind down at the end of a busy day.