

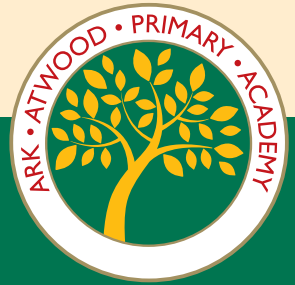
Recognising and writing their own name



Going to the toilet independently



Getting your child ready to start at Ark Atwood



Starting school and nursery is a big change in a young child's life, and a big adjustment for parents too! Being well prepared will help to make it a positive and exciting experience for them and for you.

Getting dressed and undressed independently



Using cutlery and good manners



There are a few key areas to concentrate on which will help your child to settle in. Please look through this leaflet with your child and talk about anything that they are unsure about. We have written this guide to offer some useful tips to make it all go smoothly.

If you still have any worries about your child starting at Ark Atwood, please let us know. We are here to help.



Recognising and writing their own name

We will be teaching the alphabet and the sounds each letter makes, but it will help your child if they are able to recognise their name on their things. This will give them confidence. Your child will also label pieces of work that they do in class, so it is helpful if they are able to write their own name. Help them practise this before they come to Ark Atwood by showing them what their name looks like, and by helping them write it.

Sophia is writing her name. She loves putting her name on her work. Now she can find her own things when they have her name on.

Going to the toilet independently

Teach your child how to use the toilet and to clean themselves afterwards. Explain the importance of flushing to leave the toilet clean for the next child to use. Turn practising into a game by asking them 'what comes next?' so that they will start to remember to flush. Encourage them to wash their hands thoroughly with soap before drying them. An adult is always available if they need help, but this is an important step to independence for them. Our toilets are very easy for small children to use as they are designed with them in mind.

Maria has used the toilet all by herself and is now washing her hands with soap before she dries them. It was so easy as everything was just the right height for her. She knows that if she needs help, she can ask her teacher.



Sharing and making new friends

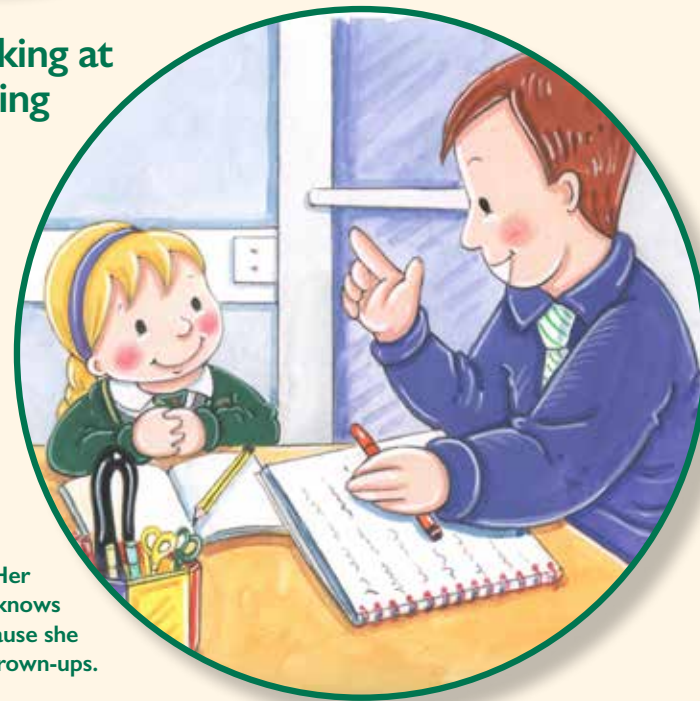
Learning to share and take turns is really important so that children can make new friends and be happy playing together. Talk to your children about this and encourage them to share their toys and take turns when playing.

Maria and Adam are having fun in the playhouse. Maria offers Adam a turn with the sweeping brush. He is glad he has a good friend who shares with him.

Listening and looking at the person speaking

It is important that children become used to sitting still and concentrating when someone is talking to them. Practice this with your child at home. Make the sessions fun as you encourage them to sit still and listen while you talk about something that interests them. Ask them easy questions to keep their attention and get them used to focussing on what you are talking about.

Sophia is paying attention as her teacher helps her learn. Her teacher is really pleased and knows that Sophia is doing well because she practised at home with her grown-ups.



Getting dressed and undressed independently

Wherever possible buy clothes and shoes that are easy to put on. Little fingers can struggle with laces or small buttons when changing shoes and clothes. To help your child feel more confident doing this, think about clothes with zips or big buttons and shoes with Velcro fastenings. Clothes with elasticated waists are also great for easy changing. Encourage your child with practice sessions before they start school.

Adam and Maria find it easy to put their shoes and jacket on because their clothes and shoes have simple fastenings. They also practised at home until they were able to get ready by themselves.



Using cutlery and good manners

At mealtimes children will be using cutlery to eat their food. We also encourage good table manners. Adults will always be available to help the children if they need it, but it will help your child to feel more confident at mealtimes if they can use a knife and fork independently. Help your child practise using cutlery correctly at home and encourage good manners, especially emphasising to them when to use 'please' and 'thank you'.

Adam is using his cutlery as he eats his meal. He is so glad that he practised using cutlery at home. Adam knows it is important to be polite and he always says "please" when he asks for something and "thank you" when he gets it.



ARK Atwood Primary Academy

Amberley Road - London - W9 2JY

Email: info@arkatwoodprimary.org

Phone: +44 (0)20 7266 7070

Website: www.arkatwoodprimary.org

Twitter: @ARKAtwood

