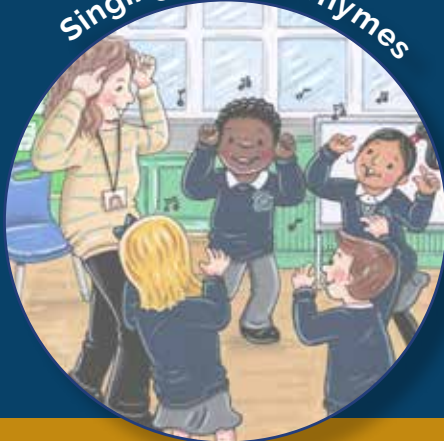


Being used to listening to stories



Singing nursery rhymes



# Helping to get your child Reception Ready

You and your child will soon be joining our school community. We know that you will want your child to settle into school happily and confidently. It will help if they can do just a few key things before they start school.



Sharing and turn-taking



Using cutlery and eating independently



Talk about the issues covered in the leaflet with your child and see if there is anything they don't feel confident about.

If you have any concerns about anything we talk about in this leaflet, please let us know. We are always here to help you and your child.



## Using the toilet independently and washing hands properly

When your child comes to school, they will go to the toilet independently and take care of their own needs.

We will also ask them to wash their hands before they eat or when their hands are dirty.

If your child doesn't feel confident going by themselves at the moment, make sure they have lots of practice before they come to school. Talk to them about wiping and flushing when they have finished. Hygiene is very important, so show them how to wash their hands with soap and water and then how to dry them.

It will also help their confidence when they start school, if they have practised going to the toilet wearing their school uniform or similar clothes.

If they need assistance or have an accident, we will always help, but if you have any particular concerns about your child, please let us know.

**Myra is using the toilet.**

*"I am glad that I practised lots before I came to school," she says. "It is so easy!"*

## Being used to listening to stories

We have regular story times at school where children will listen to a story. During story time, they learn lots of skills such as being able to sit and concentrate. Their teachers will also ask simple questions about what they have listened to. This will help engage them and teach them how to listen actively.

Read to your child every day and talk to them about what is happening in the story. You can ask them what they think might happen next or discuss the characters in the book. You can also encourage your child to join in any repetitive parts of the story.

**The teacher is reading the children a story at home time.**

*"What do you think happens next?" she asks. Isla is going to put her hand up to let her teacher know that she has an answer.*



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## Singing nursery rhymes

Singing rhymes in a group is a brilliant social activity and we will do it frequently in reception. Singing nursery rhymes increases vocabulary and helps children develop their memory. Many rhymes will help them connect to the past and how we used to live. We also sing rhymes from other cultures to widen the children's experiences. Rhymes with actions also help develop coordination.

Practise some common rhymes before your child comes to school. Some of the nursery rhymes we sing at school include:

- The Grand Old Duke of York
- If you're happy and you know it
- Twinkle Twinkle Little Star
- Incy Wincy Spider

**The children are singing 'Head, shoulders, knees and toes'. Michael loves it when the rhyme speeds up. It is so much fun!**



## Getting dressed and undressed independently

Your child will take off their coat when they arrive at school and put it back on at playtime and at the end of the day. They will do this independently. They will also have PE lessons, so they will need to be able to undress and then dress themselves at the end of the lesson.

It is a good idea to give them clothes which are easy for them to handle. So think about coats with zips rather than buttons, and shoes with Velcro fastenings rather than laces.

Children often enjoy dressing-up games, so make 'getting dressed for school' a fun activity before they join us.

Clothing may go astray, so we recommend you label up all of your child's clothes and water bottle so they can be returned easily.

**Michael is in the cloakroom and he is taking off his coat.**

*"My coat is easy to undo because it has a big zip," he says. "I feel so grown-up getting dressed all by myself."*

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# Using cutlery and eating independently

If your child is having school meals, they will use cutlery. There will always be adult helpers looking after the children but they will be expected to use their cutlery by themselves.

If your child isn't comfortable using cutlery just yet, encourage them to be more independent when eating before they come to school. Make sure they have a knife and fork that are the right size for them so they are easy to use.

We like everyone to use good table manners such as eating with our mouths closed and saying "please" and "thank you".

**Isla and Tom are eating their lunch.**

*"I have cut up my pasta all by myself," says Isla.  
"It tastes lovely!"*



# Sharing and turn-taking

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

Play some games with your child that involve sharing and turn-taking. Take every opportunity available to socialise with other children so they get used to playing with new friends.

**Isla and Michael are playing with water.**

*"Can I pour some water in the tube?" asks Isla. "Yes, and can I use the watering can when you have finished?" asks Michael. Isla and Michael are having fun playing together and sharing.*



Chapel Allerton Primary School  
Harrogate Road, Leeds, West Yorkshire, LS7 3PD

**Telephone:** 0113 262 4851

**Email:** [d.harris@chapelallertonprimary.co.uk](mailto:d.harris@chapelallertonprimary.co.uk)

**Website:** [www.chapelallertonprimary.co.uk](http://www.chapelallertonprimary.co.uk)

