



Recognising and writing  
their own name



Using cutlery

# Helping to get your child Set for School



Parents often ask us how they can help their child get ready for school. We have written this guide to help.

We want you and your child to feel happy and confident when you join our school. There are a few key skills to concentrate on which will help your child to settle in. Read through this leaflet with your child and practise anything they do not feel confident about.

If you have any worries about anything in this leaflet or any other concerns about your child starting school, please let us know. We are here to help.

Going to  
the toilet  
independently



Taking shoes off  
and putting them on



## Recognising and writing their own name



Please don't worry if your child doesn't know the alphabet when they start school. We will teach them how to recognise numbers and letters. However, it will help your child if they are able to recognise their own name, for example when they see it written on items of clothing and belongings. They 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 school by showing them what their name looks like, and by helping them write it.

Remi is writing her name. She loves putting her name on her work.



## Going to the toilet independently

Usually, children in reception go to the toilet independently, although an adult is always available if they need help. Our children need to clean themselves and flush when they have finished. They also need to wash and dry their own hands. If your child does not usually go to the toilet by themselves, help them practise before they start school. Our toilets are very easy for small children to use as they are designed with them in mind.

Jacob has used the toilet all by himself. It was so easy as everything was just the right height for him. He knows that if he needs help, he can ask his teacher.



## Getting dressed and undressed independently



Your child will be changing their clothes during the school day, to go outside to play, or to do activities such as PE. To help your child feel more confident doing this, make sure that their clothes are easy for them to take off and put on. Think about clothes with easy fastenings or big buttons. You can also have practice sessions before they start school. We know that lots of children really enjoy trying on their uniforms before their first day at school.

Remi is getting ready to play outside. Her cardigan is really easy to put on and she feels very grown-up getting ready all by herself.



## Taking shoes off and putting them on

Children take their shoes off and put them on throughout the school day. We find that most reception age children struggle with laces. We recommend that you think about shoes with easy fastenings such as Velcro as they are quick and easy for children to use. You can also help your child by getting them to practise taking their shoes off and on at home.

Maria is getting ready to play outside and is putting on her lovely red wellies. She finds it really easy to slip off her school shoes, which means she can get outside to splash in the puddles much quicker.





## Using cutlery

At meal times children will be using cutlery to eat their food. We also encourage good table manners. Adults will always be available to help the children, but your child will feel more confident at meal times if they can use a knife and fork independently. Help your child practise using cutlery correctly at home and encourage good manners.

Maria and Jacob are eating their lunch and using their cutlery. They are also being polite and kind to each other.



## Treating each other kindly and politely

We treat each other with kindness and respect at school. Everyone here is expected to be polite to each other, for example we always say 'please' and 'thank you'. Talk to your child about manners and kindness and why they are important. Good manners and kindness help to make our school a friendly and welcoming community.

Remi wants to speak to her teacher. She has put her hand up as she knows this is the polite way to get her teacher's attention.



Hackney New Primary School  
1-9 Downham Road  
London N1 5AA

020 3239 0490  
primary@hackneynewschool.org  
www.hackneynewprimaryschool.org