



Helping to Get Your Child Reception Ready



Starting school is exciting for children and their parents or carers, but it can be a worrying time too. We are often asked how to help children get ready for school, so we have written this guide.



To help you and your child get ready, we have written this guide and included a few key things to practise before they start school.



Being able to dress and undress themselves

Your child will need to take their coat or jacket on and off during the school day. They will also need to know how to take their shoes and socks off and put them back on again during PE lessons. To make this easier for your child, please make sure that they have shoes with Velcro fastenings.

Please make sure that their clothes are easy for them to take off and put on. We recommend clothes with simple fastenings, such as big buttons or zips, and shoes with Velcro fastenings. Practice sessions before they start school are a great idea and children often enjoy this sort of dress-up activity.

Michael is getting ready for muddy play outside. He has taken his shoes off and now he is putting on wellies. His shoes have Velcro fastenings, so he finds it very easy.

Being able to go to the toilet independently

Your child will use the toilet independently, but their teacher will always encourage them to ask for help if they need it. So your child will be taking care of their toilet needs, including wiping, flushing and washing their hands.

We make everything as easy as possible for the children. Our toilets are designed for small children and a teacher will show them where they are and how everything works. If your child does not yet go to the toilet by themselves, help them get lots of practice before they start school.

Tom is going to the toilet. He knows exactly what to do and will remember to flush and wash his hands really well. He feels very confident because he practised going to the toilet at home, so he knows what to do at school.



Read this leaflet through with your child and practise anything that they need help with. **If you have questions or need extra advice or support, please let us know. We are always here to help.**

Being able to recognise their own name

Don't worry if your child doesn't know the alphabet when they start school. We will teach them how to recognise and write numbers and letters, but it will help them if they can recognise their own name by the time they start school. It will be written on their coat peg and their clothing, and other belongings should also be labelled with their name. We will also show them how to label their work with their name.

You can help them to practise writing their name before they start school. Start by getting them to trace over their name, and place name labels around your home so they can find and recognise them.

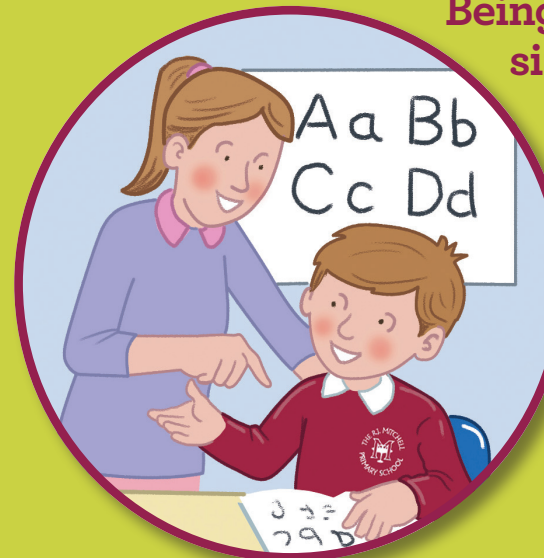


Tom is writing his name in his book. He has practised lots and loves writing it on his school work.

Being able to follow simple instructions

Your child's teacher will be giving instructions to your child both one to one and to the whole class, so it is important that your child can listen to and follow instructions. This is a skill which children need to learn, so practise at home by giving them little jobs to do which involve a couple of simple steps.

Tom's teacher has asked him to copy some letters from the whiteboard into his workbook. He has listened carefully and the teacher is very pleased with how well he has done.



Being able to use cutlery

Children who are having school meals will use cutlery to eat their food. It is also important they use good table manners, such as chewing with closed mouths and saying “please” and “thank you”. There will always be adult helpers looking after the children while they eat, but they will be expected to use their cutlery and feed themselves.

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

Meera is eating her school lunch. She feels very grown-up using her cutlery by herself like her friends are doing.



Being able to express their needs

We want your child to feel happy and safe at school. Sometimes they may need help, so it is important that they are able to let an adult at school know.

Your child's teacher will get to know them really well, so most children will feel happy approaching them if they need help.

If you think your child may struggle talking to adults at school, encourage them to practise by talking to adult relatives and family friends.

Tom cannot find his coat. He speaks to the teacher and she tells him not to worry and says she will help him find it.



R J Mitchell Primary School

Tangmere Crescent, Hornchurch, Essex, RM12 5PP

Tel: 01708 551684

Email: rjmschooloffice@theaspirelearningfederation.co.uk

Website: www.rjmittellprimaryschool.com

Devised and produced by Stoneworks Education Ltd www.stoneworkseducation.co.uk

© Stoneworks Education Limited 2014-2023. All rights reserved.