

Learning and following our school values



Recognising their own name



# Helping to get your child Reception Ready

**'To be the best I can be'**

Starting school is a very exciting time for young children and their families. It can also be an anxious time, as there are a lot of changes ahead.

We have written this special guide to help you get your child ready for starting school and help them settle in quickly.



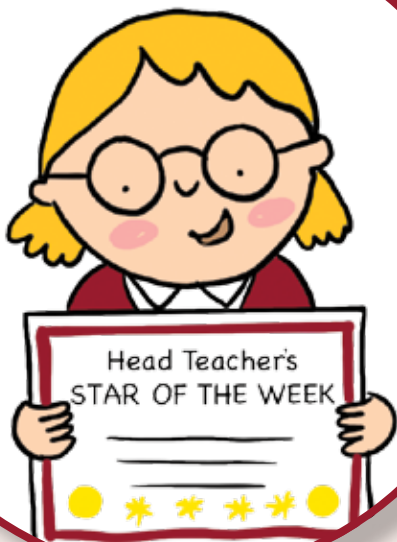
Going to the toilet independently



Using cutlery and table manners



You may find it useful to read through this leaflet with your child and practise things they may need help with before they start school.



## Learning and following our school values

We have 5 special school values that we all must follow at Walter Infant School and Nursery. These are:

**RESPECT** "Using good manners and choosing to behave well."

**EMPATHY** "Understanding how other people are feeling."

**KINDNESS** "Showing care and concern for everyone and being helpful."

**HONESTY** "Tell the truth and play fairly."

**RESILIENCE** "Never give up and learn from your mistakes."

*Bella has been very good at school this week. She has followed the school's values by sharing toys nicely with her friends. She has been very polite, always saying "please" and "thank you" so she has been chosen as Star of the Week!*

## Recognising 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. However, it will really help your child if they are able to recognise their own name so that they will know which coat peg, tray and belongings are theirs.

You can help them practise before they start school by showing them what their name looks like and helping them to write it. You could encourage them to find objects with their name on that you have placed around your home.

Please remember to clearly label all of your child's clothing and belongings.

*Jamal has found his dove and is hanging it on the special tree. He is so pleased that he can recognise his own name so that he knows which dove is his.*



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## Taking coats and shoes off and putting them on independently

Your child will need to take their shoes and coat or jacket off and on during the school day. To help your child feel more confident doing this, make sure that their clothes are easy for them to take off and put on. So, think about clothes with easy fastenings or big buttons and shoes with Velcro fastenings instead of laces. You can also have practice sessions before they start school to check that they can manage zips and buttons.

Your child might enjoy practising putting on and taking off their uniform, ready for when they start school.

*Bella has been doing PE, so she is putting her shoes back on. The Velcro fastenings on her shoes make it so much easier to take them off and put them on quickly.*



## Going to the toilet independently

We encourage children to be more independent in Reception, so your child will go to the toilet by themselves. They will need to be able to wipe themselves and flush the toilet when they have finished. Then they will need to wash and dry their hands. If your child does not usually go to the toilet by themselves, help them practise before they start school. We will be there to help if needed, but this is an important step to independence for them.

*Jamal has used and flushed the toilet all by himself and is now washing his hands. He practised going to the toilet at home, so now he knows what to do when he goes by himself at school.*



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# Using cutlery and table manners

Children who are having school lunches will be using cutlery to eat their food. We also encourage good table manners. Adults will always be available to help, but your child will feel more confident at mealtimes if they can use a knife and fork independently. Help your child to practise using cutlery correctly at home and encourage good manners.

*Bella is using her knife and fork as she eats her school lunch. She is happy that she practised using them at home. Bella is very polite and says "please" and "thank you" to the grown-ups who serve her lunch.*



# Using tissues to wipe and blow their nose

Children often have colds in their early school years. Over the recent years, it's become more important than ever to show your child how to wipe and blow their nose correctly and hygienically. Teach them to use a tissue whenever they have a runny nose. Coughs and sneezes spread diseases, so children need to be able to use a tissue to wipe their nose, throw it in the bin and then wash their hands. This helps stop the spread of germs and will help them breathe more easily.

*Mohammed blows his nose so that he can breathe better. He then throws the used tissue in the bin and will then wash his hands. He knows this is important so that he doesn't spread any germs.*



## 'To be the best I can be'



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