

Joining in school prayers



Using the toilet independently



Enjoying books together



Recognising their own name and numbers



# Helping your child to get Reception Ready



Starting school is an exciting time for children and for their parents or carers. It can also be a worrying time and parents or carers often ask us how they can help their children get ready to start school. We have written this guide to help.

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

## Joining in school prayers



Prayers are an important part of our Catholic life at St Mary's. Prayer time is a quiet moment to give our thanks to God and ask God for help. We say prayers during our daily five-minute worship, at lunchtime and at the end of the day. Father Michael is a regular visitor to the school, when he leads prayers, and the children will attend services at St Mary's Church.

You can prepare your child for prayer time and visiting church by practising the Sign of the Cross and encouraging them to become good at sitting quietly and taking instruction.

Evie, Charlie and Jin are saying a prayer of thanks to God at the end of the day. They are thanking God for the fun day they have had at school.

When your child comes to St Mary's, they will learn numbers and how to read and write. You can help them be confident by encouraging them to recognise the letters in their name and become familiar with numbers before they start school.

Your child will need to find their name on their coat peg and tray. As well as starting to recognise the letters in their name, you can also encourage them to have a go at writing it.

To help your child to become more confident with numbers, you could count steps together when you are out for a walk and look for numbers on doors.

Jin is out for a walk with his mum. "What number can you see on that door?" she asks him.



## Recognising their own name and numbers

## Enjoying books together



Books will be an important part of your child's life at school. They may look at books with their friends, read with their teacher, or listen to their teacher read a book to the class. You can help get your child ready for this by reading books with them. You can find new books by visiting the library.

As well as reading, it is important to talk to your child about what is happening in the story. For example, you can ask your child what they think might happen next and discuss the different characters in the book and where the story is set. It will also be helpful and fun to encourage them to join in any repetitive parts of the story.

Evie is enjoying a story with her dad. "What do you think the girl in the book will do next?" Dad asks her.

Children should be able to go to the toilet by themselves when they start school. Boys should be able to undo their trousers, and all children should be able to wipe themselves, flush the toilet, and wash and dry their hands. Encourage your child to go to the toilet independently at home before they start school.

There is no need for your child to worry if they have an accident, but it is a good idea to bring in a change of uniform in case it is needed.

Charlie has used the toilet and remembered to flush it. Then he will wash his hands.

## Using the toilet independently





## Using cutlery and eating independently



Children will be expected to use a knife and fork to cut up their food and feed themselves when they start school. They can practise this at home with child-sized cutlery.

There will always be staff in the dinner hall to help children if there is something they find difficult to cut up.

Children should use good table manners at dinner time. You can practise this with them at home by encouraging them to remain seated at the dinner table and not chew with their mouths open.

Jin's knife and fork at home are just the right size for him. He always has a go at cutting up his food himself but asks for help if he finds it difficult.

Your child should be able to dress and undress themselves when they start school. They will need to take their coat off and put it on, and take off their shoes for PE.

You can help them by getting them clothes with big buttons or zips and shoes with Velcro. Your child will be excited to wear their new school uniform, so it will be a fun game to practise putting it on by themselves before they start school.

We do not want your child's clothes and equipment, such as water bottles, to go missing at school, so we recommend labelling them with your child's name.

## Getting dressed and undressed independently



Doing up a zip is easy for Charlie. He practised lots at home.



St Mary's Catholic Primary School  
London Street, Fleetwood, Lancashire, FY7 6EU

Tel: 01253 878 445 Email: [bursar@st-marys-fleetwood.lancs.sch.uk](mailto:bursar@st-marys-fleetwood.lancs.sch.uk) Website: [www.st-marys-fleetwood.lancs.sch.uk](http://www.st-marys-fleetwood.lancs.sch.uk)

Devised and produced by Stoneworks Education Ltd [www.stoneworkscommunications.co.uk/Education](http://www.stoneworkscommunications.co.uk/Education)