



Nurturing learning at St Bridget's

Nurturing every learner for life

The first time you send your child to school is a major event in the life of you, your child and your whole family.

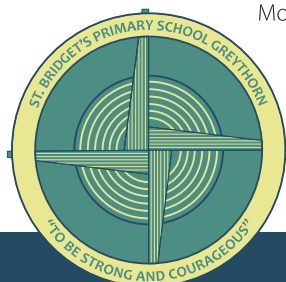
Even though it is your child who is beginning school, you too are taking that journey with them and they need your support in their transition to school. At St Bridget's we nurture every learner for life. We've provided some suggestions in how you can navigate the transition to school with your child so the experience is an enjoyable and positive one to help prepare you and your family for the journey.

Things you can do to help your child prepare for school:

- Have a regular routine each day ie. Breakfast, get dressed, brush teeth, play, tv....etc to help them get used to a morning routine for school.
- Try to have as many family meals and times together as possible to encourage conversations - talking and interacting are important for learning communication skills, vocabulary, tone of voice and is an important skill for building relationships with others.
- Read with your child and spend time sharing in conversation about the pictures and characters in the book. Read plenty of rhyme stories and sing songs. Make reading a fun experience so they know learning and reading are enjoyable experiences.
- Encourage them to play outdoors with mud, sand and water to build sensory skills. Provide opportunities for imaginary and creative play. Give them blankets, sheets to make cubby houses, paper, glue, stickers and some space for creating.
- Set some rules around television and other screen time (1 hour maximum a day for primary age children).
- Ensure they get plenty of sleep with a regular routine bed time, including a story to end the day. Sometimes children like to talk with you at this time so it's important you allow time for these special conversations to stay connected with your child.
- Promote healthy eating – model healthy eating in the home and include healthy snacks in lunchboxes.
- Encourage your child to choose their own clothes and story books to help them learn to make their own decisions.
- Encourage your child to talk about their day but let them decide when they are ready to talk. They will soon let you know when the time is right and sometimes, even if you're busy, be ready to listen.
- Ask your child to practise opening and closing their new school lunch box, drink bottle, food with wrapping, plastic bags/ties. You could go on a picnic to practice this so it seems natural to them.
- Encourage your child to wear their uniform a few times before their first day of school and to practice taking their jumper and shoes on and off. This will help them to adjust to doing these things themselves while they are at school. They will gradually get used to the idea of wearing a uniform and taking lunch to school. You may even ask the school what time they will eat their snacks and lunch and ease them into this routine.
- Label everything that belongs to your child so it doesn't get lost and teach them to place items in various parts of their school bag.
- If you are planning to walk to school, take them on practice runs and time yourselves so you know how much time to allow to get to school on time.
- Attend orientation days and the early transition program offered by our school. These will help you to stay connected with your child and their learning journey and you will have the opportunity to meet other parents, teachers or the Principal to ask any questions you may have.
- Prior to the start of the school year, inform your child's teacher of any concerns your child has about starting school and anything you feel is worth mentioning. Your unique parent knowledge is important for the teacher to help them get to know your child.
- Education has changed a lot since you were at school and there are many things that are different. Be open to the changes and please feel free to ask questions if you are not sure.

Most of all, enjoy the new experiences with your child as they journey through school.

For more information about how we nurture every learner for life, beginning with our unique early transition program at St Bridget's, please contact our friendly staff at St Bridget's on 03 9857 6394.



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