

Sharing information

Events in family life, such as visits from friends or relations, illness, accidents, or death of a pet, influence and affect children's behaviour and focus on learning activities. Please share all relevant information so that we are able to support your child. If you have an inquiry at any time, please ask. If we don't know the answer, we will endeavour to find it out.

Helping your child prepare for Prep

Beginning Prep is a big step for many children and parents. There are some simple steps you can take to help make your child's time at School more enjoyable and relaxed. Encouraging independence prior to the start of school will be beneficial for your child's transition to school.

As a parent you can assist your child by:

- ensuring they know to answer to their first name, and can recognise their first name in written form
- encouraging a knowledge of formalities such as saying Hello, Goodbye, Please and Thank you.
- ensuring they can manage their toileting safely and independently
- giving time for your child to practice managing any clothing that he/she will wear to Prep
- assisting children in learning to pack and unpack their school bag independently and putting on and taking off shoes and socks.
- establishing a consistent night time routine. A well-rested child will cope better with the changes that occur during the Prep day.
- reading to your child every day and talking about the book you've read.
- reading books that have rhyming words in them is beneficial to their understanding of rhyme, as is reading nursery rhymes. Discussing book characters, predicting and reviewing helps to develop comprehension skills.
- developing a morning routine to include the eating of a healthy breakfast and taking time to talk with your child about drop off and pick up arrangements, after school activities etc. This will help your child feel informed and prepared.
- helping your child to practice opening and closing their lunchbox, wrapping and unwrapping lunches and drinking from a drink bottle.
- by beginning to encouraging your child to recognize and write their own name using the correct script and in lower case letters eg 'Andrew' not 'ANDREW'.

What to expect

Your child will go through a whole range of emotions during their Prep year (as will you!).

Most children are very enthusiastic about starting school and most will continue to feel that way. Some children lose that enthusiasm quickly and parents of these children may become discouraged. The first term is hot, humid and very busy. There are lots happening: learning new things, meeting new people and trying to be "very good" all day. Expect your child to be very tired after school. It will be important for you to be understanding, calm and listen to your child when he/she wants to talk.

Every day your child will come home tired, and by about Week 6 it is very normal for them to tell you "I don't like school" or "I don't want to go!" By this point of the school term they have had to learn a whole range of routines and rules and are simply tired!

Your child will learn to mix with many children with a variety of personalities and may experience some social challenges. During the year, your child will learn how to resolve conflict peacefully, to express their needs and understand the needs of others and develop an understanding of friendship. If your child has any difficulties, listen to them, give them suggestions on how to resolve it and feel free to talk with the teacher if you are concerned.

As a parent, the first days of school can be an emotional experience for you too! Congratulations! Be proud of the many achievements you have made as a parent in the lead up to this day. You will find we are a nurturing community at St Joseph's, so please have faith as we guide your child on the next stage of their life journey.



Welcome to St Joseph's Catholic Primary School MURGON Prep 2015



PREP HANDBOOK

Here at St Joseph's we have developed a caring, learning community where each student is known, respected and valued. In all school activities we embed our values of **Nurture, Respect** and **Faith**. The staff will do everything possible to make your child's stay a happy and productive one.

Nurture

We educate and allow individuals to take responsibility for their growth.

"I am supported by others to achieve to the best of my ability"

Respect

We value our own potential, our community and all cultures.

"I am able to respect others and myself in class and at play"

Faith

We have faith in our self, others and God.

"I believe I can so I work hard to learn"

Daily Essentials

- School hat (to be left at school)
We are a SunSafe School, NO HAT, NO PLAY
- A lunchbox and a water bottle

PLEASE MARK ALL ITEMS CLEARLY WITH YOUR CHILD'S NAME

School Lunches

In the beginning, it will be beneficial for you to discuss with your child what you have given them for lunch. Make suggestions about what they could eat at each break.

Try not to pack too much food as the children feel that they need to eat everything. It may take a few weeks to establish suitable portions. Encourage the eating of sandwiches/rolls at the first break. Give consideration to things that may take longer to eat i.e. a large apple can be sliced.

The following are some suggestions of what you could send:

- A sandwich, small roll, wrap
- Salad, vegetables, fresh fruit, yoghurt (sent with a plastic spoon)
- Dried fruit, yoghurt, muffin, rice crackers, cheese sticks.

In order to promote a healthy food environment, we ask that you do not send in chocolate, chocolate coated items or chips and lollies to school.

Please provide containers/wrappings which are easy for your child to open themselves, so as to encourage their sense of independence.

Children use water bottles at Morning Tea and Lunch and are encouraged to drink water often throughout the day.

Lunchboxes will be placed in the fridge.

School Hours School commences with the first bell at 8:40am and concludes at 3:00pm.

Daily Drop Off and Pick Up Routines

Mornings

Initially, to help your child settle into Prep in the morning, when you bring them to the classroom, we encourage you to take some time to share an activity with your child by; sharing a story, doing a puzzle, building with blocks or talking with your child about items displayed in the room. We ask that parents leave promptly by 8.40am so that we can commence our learning day. Please respect the starting time so that children can maximize valuable learning opportunities.

Punctuality: Please respect the bell times of the school. Children are upset if they are late and miss valuable learning opportunities. All students should be at school by 8:40am.

Afternoons

For the first few weeks of school, we ask that the children are collected from the rooms by an adult. Please be aware that the last few minutes of the day are used as a pack up time for the children. When you arrive at the end of the day please wait outside until we open the door.

If at any time you arrange for someone else to collect your child from Prep, please inform your child's teacher of the arrangement.

Our Day

8:40am – 10:45am	Assembly Morning Session (including Outdoor Learning Experiences)
10:45am – 11:15am	First Break
11:15am – 1:15pm	Middle Session (including Indoor Learning Experiences)
1:15pm – 1:50pm	Second Break
1:50 – 3:00pm	Afternoon Session (including quiet time)

Quiet Time

Prep can be a very tiring experience for the children. Rest is necessary after lengthy activity because it gives opportunity for the mind to be refreshed, the body muscles to relax and therefore tension is less likely to occur. Quiet time is not regarded as a time when children must sleep. During the first term we will be having a rest time where children will be encouraged to lay or sit down and relax after a busy session.

After Term One, Quiet time will consist of quiet activities such as meditation, story time, drawing, reading and writing activities.