

## Hello! Welcome to Primary 1.

Starting school is a huge milestone in every child's development and I am so delighted that you have entrusted your child to enter such an important journey at Maine Integrated Primary School.

Giving your child the best start to their time in school can have such a positive impact on their entire education. All children will enter school at different stages of development, and this is completely normal. But there are certain things that you as parents and carers can do to ensure your child is ready for this new experience.

### Preparing your child developmentally

One of the main aims of a child's first year in school is to help them to develop their independence, both personally and academically. It is important that children can transition from dependence on adults to being positive and confident individuals. Teachers and staff in our school will support your child to become independent in accessing their learning, but there are many ways **you** can support your child with their independence!



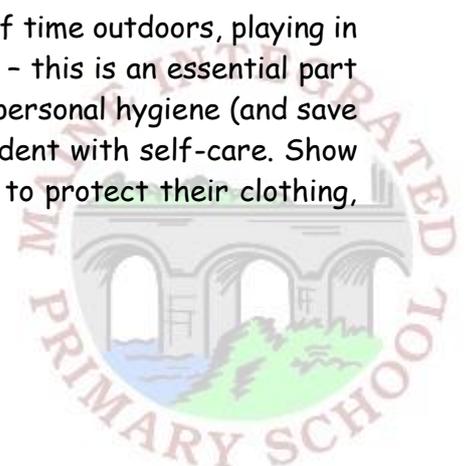
### Using the bathroom



By the time they start school, developmentally typical children should be able to use the toilet independently. This includes removing necessary items of clothing, wiping themselves, flushing the toilet, dressing, and washing their hands. Of course, children may still have accidents in school, we would advise for your child to bring a spare set of clothing in a little bag, so they are in school encase this does occur. But try to give them the best start by teaching them independence with toileting before they start school.

### Self-care

In their first year at school, your child will likely spend a lot of time outdoors, playing in mud, paint, water, and sand. Expect them to come home dirty - this is an essential part of their learning and development. But to help maintain their personal hygiene (and save on your washing bill!) encourage your child to become independent with self-care. Show them how to wash their hands when dirty, how to use aprons to protect their clothing, and how to clean up after themselves, too.



### **Getting dressed**

For P.E. lessons, outdoor learning, or even just to remove a layer when hot, it is important that your child can dress and undress independently. If they only ever have parents doing this for them at home, they will continue to be reliant on adults when they start school. You can make this easier for them by choosing fun clothing with zips or elastic instead of buttons, and shoes with Velcro rather than laces.

### **Eating**

When they start school, children will begin dining with their peers, whether eating school meals or packed lunches. It is again important that they can eat independently so that they are not reliant on adults to help them. Show your child how to use cutlery at home, and even if they aren't particularly adept, this skill will develop over time as they eat socially at school.



### **Preparing your child for learning**

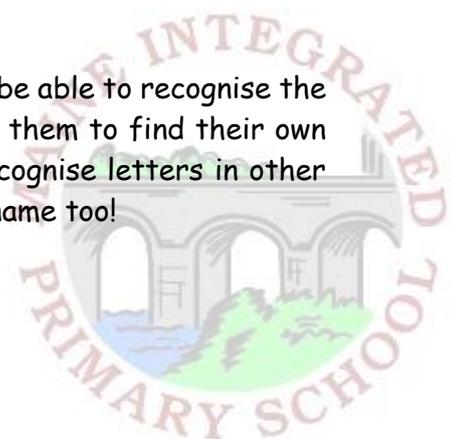
The first year of school for most children will consist of a lot of learning through play. In most settings, Children's academic development is underpinned by their development in the areas of personal and social development, communication and language, and physical development. However, there are ways you can give them a good start academically.

### **Read with your child**

One of the things your child will start to learn in their first year of school is how to read simple words and sentences. But it is important to expose them to books, language, and stories from a young age. Being familiar with traditional stories, talking about books, and developing the skills of listening and attention are important to a young child's development. Your child does not need to be able to read books independently before starting school but should have plenty of opportunities to enjoy and share books with you, listening to them being read and joining in with familiar patterns of text. Try to make this part of your daily routine, perhaps before they go to bed.

### **Name recognition**

Before they can begin to write their own name, children need to be able to recognise the patterns and shapes of letters within their name. This will help them to find their own belongings when they start school, label pieces of work, and recognise letters in other contexts. If your child is ready, teach them to write their own name too!



## Simple counting

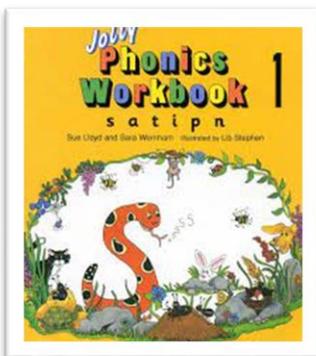
Opportunities to count begin from a very early age through games and songs, and in playgroup and nursery settings. Encourage your child to practise counting so that number patterns become second nature to them. See if you can spot numbers in your day-to-day environment and encourage children to identify them. Learning numbers doesn't have to be boring!

## Let them rest (This is important!)

In the first few weeks of school, your child will be **very, very** tired. For many, this is their first time in a full-time educational setting, and it can be a big shock to the system. Allow your child time to rest when they get home from school and try not to plan a heavy schedule of extra-curricular clubs and activities for them. They will need time to adjust to their new routine, so give them plenty of time to relax and sleep at home.



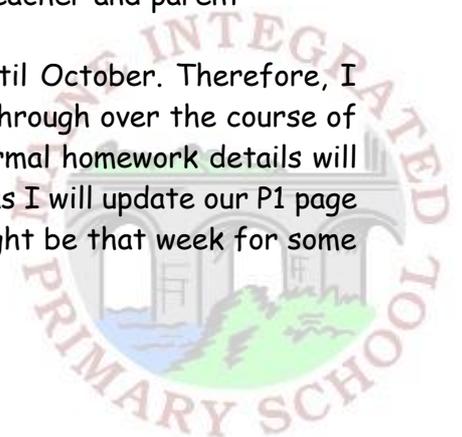
## Formal Homework



I see immense value in homework. A well-planned homework will:

- Revise, reinforce and extend work done in school
  - Develop good work habits
  - Allow the teacher to see how child copes with the activity independently
  - Strengthen link between home and school
  - Allow parent to engage in child's education
  - Allow parent to see progression
  - Allow parent to work with child in supportive role
- Give an opportunity for praise and encouragement by both teacher and parent

We do not formally introduce homework's to Primary one until October. Therefore, I have put together a little grid that I would like you to work through over the course of September to really encourage your child's independence. Formal homework details will be realised in October. Please check our school website page as I will update our P1 page so you can see what we have been doing or what the focus might be that week for some home learning tasks.



SEPTEMBER HOMEWORK GRID: PRIMARY ONE - 2023/24

<u>Independence</u>			
<b>Tasks I must do:</b>			
<p><b><u>Getting dressed</u></b></p> <p>I can put on my coat.</p> <p>I can put on my socks.</p> <p>I can put on my jumper.</p> <p>I can put on my shoes. (If I can't tie my laces, I need to have shoes that I can put on myself, Velcro is best!)</p> <p>I can zip up my own coat.</p>	<p><b><u>Self-care</u></b></p> <p>I can go to the toilet and wipe my bottom correctly.</p> <p>I can wash my hands when I have gone to the toilet.</p> <p>I can blow my nose and use a tissue when I have a runny nose or sneeze.</p>	<p><b><u>Eating</u></b></p> <p>I can get my things all on my own.</p> <p>I can open my water bottle and snack without any help.</p> <p>I can eat my snack/lunch using a knife and fork.</p> <p>I can clean up my snack when I am finished.</p>	<p><b><u>Preparing your child developmentally</u></b></p> <p>I can hold my pencil correctly.</p> <p>I can identify my name when I see it.</p> <p>I can use scissors to cut.</p> <p>I can talk about colours.</p> <p>I can talk about shapes.</p> <p>I can listen to my adult read a story book.</p>
<b>Tasks I can choose to do:</b>			
<p><b><u>Family time</u></b></p> <p><b>Help my adult at home with a meal You could oversee the ingredients, chopping or stirring! (With an adult of course!)</b></p>	<p><b><u>Physical activity</u></b></p> <p>Get your heart racing by doing at least 10minutes of exercise every day.</p> <p>Try skipping, football, dancing, walking up and down the stairs... even cleaning works up a sweat!</p>	<p><b><u>Art</u></b></p> <p>Can you draw a picture of Mrs Neeson (My picture is on the website)</p> <p>Can you draw a picture of your family?</p> <p>Can you go write your name using rainbow colours?</p>	<p><b><u>Write all about it!</u></b></p> <p>Keep a diary over the month of September and ask your adult to write about the things you have done and how you are feeling. You might want to add some pictures!</p>

Thank you for your support, I look forward to a year of learning and growing together,

Mrs C. Neeson

