



## Preparing your child for school

We appreciate that when your child starts school it can be an exciting but also anxious time for both them and yourselves as parents/carers.

We want to do everything we can to help with a smooth transition to school.

We have an open door policy in reception so please feel free to talk to us each morning, at the end of the day or to write us a message.

### Promoting Independence

Your child will benefit hugely from being as independent as possible when they start school. We will always help your children and be on hand to support them with activities and offer them praise when they accomplish things by themselves! Throughout the year we will help them develop their independence in all activities.

We have created a list of key skills that would be really beneficial if your child was able to do independently.

### Key skills

- **Dressing independently.**  
We do PE once a week and it would be very beneficial if your child is able to dress and undress independently. We appreciate this can be tricky for some but we would love if they could have a go and we will always help them with the tricky parts. Please feel free to put spare clothes in their PE kit in case of accidents.
- **Toileting.**  
Another important part of independence is toileting, including washing and drying their hands.
- **Eating Lunch.**  
If they are having hot school dinners then please practice using a knife, fork and spoon and if they are having packed lunches then please practice opening up containers and packets.