

Let's Get Ready For School



Starting school is an exciting time but it can also be daunting for some children. This is where Early Years settings, schools and parents can work together to make the transition as smooth as possible.

The following information is designed to help you with some basic advice that you may find useful in the following days, weeks and months to help your child be as ready as possible for starting at primary school.

It will hopefully help you understand what being 'school ready' looks like. It's not about academic achievement e.g reading and writing. It's about developing life long learning skills through play, becoming more independent in self help skills and building resilience.

These weekly newsletters will hopefully provide you with information and ideas that you may find useful in your journey for starting school



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Let's Get Ready for School Part 1

I am happy to go to school

Is your child happy to be away from you? Does your child know about their new school?



Steps to Success



Talk about school

Talk to your child about what school life will be like. If their school is holding any pre-visits, take your child along. These can be very positive and help your child develop their confidence.

Your new school may be able to provide a picture of your child's teacher and classroom to help with your discussion about school.

Say goodbye

Try to make 'saying goodbye' a positive time. Don't sneak away, but make sure to say goodbye and tell them that you're leaving. Even if you are feeling sad or worried, if you can smile and say goodbye confidently, your child will feel more confident.

Looking after you

For some parents, leaving your child at school can be hard. It is natural to feel worried, guilty or upset especially if your child cries as you leave. Be reassured that your child will settle and this experience will allow them to become more independent. Make sure you plan something nice like a slice of cake with friends for those first few days of school.



Useful websites

- <https://www.annafreud.org/early-years/early-years-in-mind/common-difficulties/separation-anxiety/>