

Your child's journey to school starts at home



**Get ready,
Get set Go!**



St Peter's C of E Infant School
Tandridge Lane, Tandridge, Surrey RH8 9NN

Introduction

We understand that all children develop at their own pace, and that we're all learning from birth. When it's time to start school, some children will need more help than others.

There are key skills that St Peter's School expects children to be learning before their first day. Practising these will make your child's journey to Reception as positive as possible.

If your child is already at nursery, in pre-school, or with a childminder, those professionals will work with you and your child to help get them ready.

There's lots you can do at home to build your child's confidence and independence, helping them feel emotionally and practically prepared to start school.

How can I help my child get ready?

Your child will have lots of new activities and routines to get used to when they start school. There are some things they'll need to do more independently than they might have before.

Research shows that a child's relationship with their parents is the most important factor in their development, and there's a lot you can do at home.

When your child is at home with you or another caregiver, you can practise as a family with fun activities (we've included links at the end of this resource).

Some of these skills take time to master, so it's good to introduce them gradually in your daily routine.



What if my child has additional needs?

- If your child needs additional support to settle into Reception, make sure you share as much information as possible with their new teacher. They can work with you to find strategies to support your child.
- Summer born children, or those speaking English as an additional language (EAL) may sometimes need more support.
- If you know or suspect your child has special educational needs (SEND), developmental differences or delays, some of these skills may not be achievable for them at this point, but please don't worry, we are here to help.
- Early intervention makes a big difference — ask your child's nursery, school, health visitor, local children's centre or Family Hub for help.

Who can I speak to for help?

All children will need help from their trusted adults so they can feel confident and excited about starting Reception.

- Your childminder/nursery/pre-school team or your health visitor, children's centre or family hub can help if you need more information.



Skills to practise before starting Reception:

New skills take time to learn. Practising at home will help your child move into school more easily and with confidence.

Growing independence

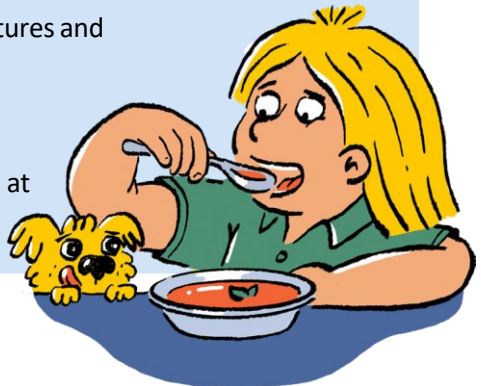


Taking care of themselves

- ✓ Putting on/taking off their coat and shoes Using
- ✓ the toilet and washing their hands
- ✓ Getting dressed with little help, e.g. after using the toilet or doing PE
- ✓ Using cutlery (knife, fork and spoon) and drinking from an open cup
- ✓ Spending time away from you, learning they can be looked after by caring adults

Play, creativity and curiosity

- ✓ Taking part in imaginative play (e.g. role play) Drawing,
- ✓ painting, colouring and sticking
- ✓ Sharing story books, looking at pictures and talking about the characters
- ✓ Exploring the world around them (e.g. looking closely at the natural world, playing safely with objects at home)



At St Peter's School your child will be meeting lots of new people and make new friendships. Here are some things to help them get ready :

Building relationships and communicating

Being with others

- ✓ Practising sharing and taking turns with toys
- ✓ Talking to them about how they are feeling and why
- ✓ Looking at story books together and speaking about what characters are feeling is a good way to do this
- ✓ Beginning to recognise what others are feeling, e.g. understanding if a friend is sad
- ✓ Encouraging them to set boundaries for themselves and others (e.g. knowing how to say 'no')



Communication and language

- ✓ Singing along with songs and nursery rhymes
- ✓ Talking happily to others about activities, experiences and the world around them
- ✓ Showing they need help by speaking clearly
- ✓ Recognising the pattern of their name (so they can find it on their coat peg or jacket)

Listening and engaging

- ✓ Paying attention for short periods of time
- ✓ Listening to and following simple instructions
- ✓ Carrying on with a task even when it's difficult and bouncing back if things go wrong



Physical development

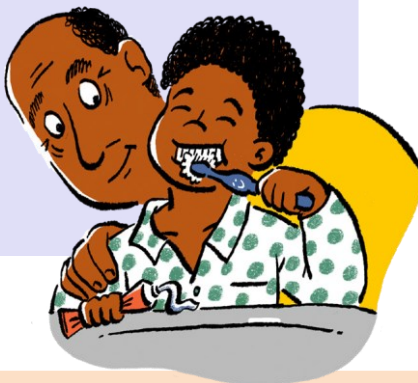
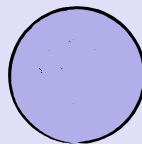
Getting moving for at least three hours a day

- ✓ Walking up and down steps (one foot at a time, using the wall for support)
- ✓ Climbing, running, jumping and playing
- ✓ Catching a large ball (most of the time)
- ✓ Doing simple puzzles and craft activities, strengthening their grip with cutting and sticking



Healthy routines

- ✓ Going to bed around the same time each night, waking up in time to get ready for school
- ✓ Limiting screen time to the recommended daily amounts
- ✓ Eating a healthy diet and trying new foods
- ✓ Brushing their teeth with fluoride toothpaste twice a day



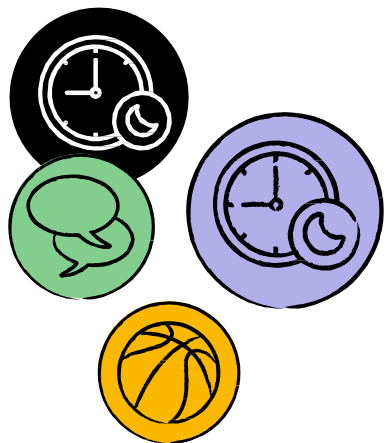
What should I do if I have concerns about my child's development?

- If you're worried about your child's progress before they start with us, talk to your childminder/nursery/pre-school team, health visitor, local children's centre or Family Hub.
- If your child has developmental delays or SEND (suspected or confirmed), speak to their nursery, childminder, or health visitor/nursery/pre-school team well before they start Reception to discuss their needs.
- If you think your child needs support with self-care, managing emotions, social skills, and communication in a way that suits their stage of development, please speak to your new class teacher as soon as possible.
- You might want to share details about their development, needs, what motivates them, what might trigger difficulties, how they learn best, and what strategies work well.
- Please make sure you share important information with everyone supporting your child, including their new Reception teacher, as it will really help your child as they settle into their new school routines.

Speak to us if you have any concerns :

Telephone 01883 712439

or email: info@stpetersinfant.org



Notes:



About me

Please complete this section with your child and bring to school at your story time session

My name is...

Me and my family

Put pictures of your family here

Things people like about me and what I like about myself ...

Things that are important to me...

Things I am good at...

Things that worry me and how you can best support me...

Date: _____

