



Raising Aspirations
Broadening Horizons



SCHOOL READY

PREPARING YOUR CHILD FOR STARTING SCHOOL

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READY TO START

Starting school is an exciting time for children. There is much that you as a parent or carer can do to give your child a good start to school life, helping him or her to meet new experiences with confidence and with an enquiring mind.

The information in this booklet has been put together for the E1 Schools Partnership and is aimed at being shared by you and your child if your child is under the age of 5.

READY TO COMMUNICATE

I will be ready for school when...

- I can express myself if I need something.
- I can communicate my own ideas, needs and feelings.
- I make observations, comment and ask questions.
- I can use words about things that interest me.
- I can talk about lots of different things; what I've done, who I'm with or where I'm going.
- I use objects or gestures to help me explain what I am talking about.

How you can support me with being ready for school...

- Give me time to join in when sharing a book.
- Talk to me about the sounds I hear when we go to the shops or the park.
- Give me the opportunity to make choices about what I might like to eat or play.



READY TO SEPARATE

I will be ready for school when...	How you can support me with being ready for school...
<ul style="list-style-type: none">• I can feel secure and separate from my parent or main carer.• I can say goodbye to you when I have a grown up I know to help me.	<ul style="list-style-type: none">• Give me the opportunity to go to groups and meet other children.• Give me experiences of being left with other adults and family members.• Take me to children's centre groups, toddler groups, preschool and/or nursery.• Give me the chance to talk to new grown-ups when you are there.

READY TO LISTEN

I will be ready for school when...	How you can support me with being ready for school...
<ul style="list-style-type: none">• I am interested in my own play and the world around me.• I can follow developmentally appropriate instructions.• I join in with singing songs and rhymes.• I join in with my favourite bits of the story.• You ask me to do something like 'please come and put your coat on' and I will do it.	<ul style="list-style-type: none">• Give me experiences of sharing books and singing rhymes.• Give me the opportunity to play listening games.• Give me time to respond to a question.

READY TO BE ACTIVE

I will be ready for school when...

- I can turn pages in a book and sometimes I may turn more than one at a time when reading with you.
- I can hold a pencil or chunky crayon and I like to move it round and round and up and down to make different marks. I may call this my writing.
- I have the confidence when we are writing together to choose my own activities, explore new environments and take risks.
- I understand that an important part of learning is to make mistakes.
- I understand boundaries and rules that will keep me safe.
- I can tell you when I need to use the toilet.
- Most of the time I remember to go to the toilet in time (for some children this would not be developmentally appropriate. Incontinence is not uncommon among preschool children at school entry.)

How you can support me with being ready for school...

- Give me the opportunity to climb up a ladder on a small slide or onto a sofa or arm chair.
- Give me time and the chance to explore new parks.
- Give me boundaries so I know what I can try.



READY TO BE INDEPENDENT

I will be ready for school when...

- I know how far I can climb up the stairs, climbing frame or slide before I know to ask you to help me.
- I can tell you when I am hungry and want something to eat or when I am tired and want to have a sleep.
- I can wash and dry my hands by myself.
- When you help me and hold out my coat I can put in my arms and I can do the zip up when you start it.
- I can hold a spoon/use cutlery and feed myself.
- I will go to a grown up I know when I'm feeling sad, scared or worried.
- I can sometimes stop myself from doing something I know I shouldn't be doing.
- I can follow simple routines to help me do things by myself.
- I know I can use tools like scissors, spoons and hammers to do different things.
- I like to use lots of different things like paint, paper and wool to make a picture and I can choose the material that I want to use.

How you can support me with being ready for school...

- Give me the experience of going to new places to be able to play with new things and people, knowing you are close by.
- Give me the time to do things on my own, like washing my hands and putting on my coat.
- Give me the opportunity to play with new objects and tools to find out how they work and be allowed to choose things for myself to make a picture.
- Encouraging me to use the toilet, wipe myself and then flush and wash my hands afterwards.



READY TO SOCIALISE

I will be ready for school when...	How you can support me with being ready for school...
<ul style="list-style-type: none">• I can interact in an age/ developmentally appropriate way.• I can share and play and I am beginning to take responsibility for my actions.• I will give my friend a hug if they are upset.• I am beginning to be able to tell friends what they could do to help me if they take my toys or make me upset or cross.	<ul style="list-style-type: none">• Take me to groups to meet other children.• Give me time to chat to my friends and my family about the things I know.• Sometimes I know that my friend will want to have the toys I am playing with and I need help from a grown up to help me share these with them.

READY TO LEARN

I will be ready for school when...	How you can support me with being ready for school...
<ul style="list-style-type: none">• I am curious about the world around me I enjoy looking at books.• I have some understanding of words and language.• I can recognise my own name and words that are special to me like 'mummy' and my favourite shops and foods.	<ul style="list-style-type: none">• Talk to me about new things when I notice them, like a block of ice melting in water or the seeds in the sunflower.• Help me to count claps and jumps as well as buses and dinosaurs.• Give me the opportunity to find out about things that interest me, like books, the computer or drawing.• Encourage me to talk to you about my paintings and drawings and tell you what my marks mean.

TOP TIPS FOR PARENTS/CARERS

Reading

Read with your children as much as possible - including packet labels, signs, road names as well as lots of books.

Eat healthily

Avoid takeaways or buying processed foods and high sugar snacks when shopping. It is better to give foods which release energy slowly.

Morning and night routines

Try to have good morning and night time routines that are not rushed, so that your children arrives at school/nursery in a calm frame of mind and are not tired from a late or disturbed night.

Exercise

Make sure your child takes regular exercise by taking them to parks and play grounds. Also, encourage your child to walk rather than use their push chair.

Name clothes

Make sure that all your child's school clothes and belongings are named.

Reduce screen time

Although TVs, computers and tablets/phones can offer opportunities for learning, try restricting your child's 'screen time' to an hour per day. Encourage them to play games or with toys.

Toilet training and washing

Encourage your child to wash themselves and use the toilet independently, including wiping themselves, flushing and hand washing afterwards.

Maths is fun!

Encourage your child to be positive about Maths and have fun...count everything...explore coins in your purse...go on a shape hunt...talk about time...use mathematical words, such as longer/shorter, larger/smaller, thicker/thinner, first/next/last odd/even, heavier/lighter.

Go and explore

Take advantage of the huge range of places to visit in East London - many of which are free, such as the Museum of Childhood, Spitalfields City Farm or Victoria Park.

GETTING READY CHECKLIST



I can...

Recognise my name	<input type="checkbox"/>	Hold my pencil carefully	<input type="checkbox"/>	Put on my socks	<input type="checkbox"/>
Write the first letter	<input type="checkbox"/>	Draw a face	<input type="checkbox"/>	Find my shoes	<input type="checkbox"/>
Copy my name	<input type="checkbox"/>	Colour in carefully	<input type="checkbox"/>	Put on my shoes	<input type="checkbox"/>
Write my name	<input type="checkbox"/>	Name the colours I use	<input type="checkbox"/>	Do up my shoes	<input type="checkbox"/>
Count from 1 to 5	<input type="checkbox"/>	Sing simple rhymes	<input type="checkbox"/>	Find my coat	<input type="checkbox"/>
Recognise each letter	<input type="checkbox"/>	Sing and clap a song	<input type="checkbox"/>	Put my arms into my coat	<input type="checkbox"/>
Place 1 to 5 in order	<input type="checkbox"/>	Tap a beat	<input type="checkbox"/>	Do up a zip to a top	<input type="checkbox"/>
Write 1 to five in order	<input type="checkbox"/>	Move to music	<input type="checkbox"/>	Do buttons	<input type="checkbox"/>
Eat with a knife and fork	<input type="checkbox"/>	Tidy away my toys	<input type="checkbox"/>	Say 'please' when I ask	<input type="checkbox"/>
Pour myself a drink	<input type="checkbox"/>	Clear away things I have used	<input type="checkbox"/>	Say 'thank you' when I get	<input type="checkbox"/>
Taste different foods	<input type="checkbox"/>	Put my clothes away	<input type="checkbox"/>	Ask to go to the toilet	<input type="checkbox"/>
Wash my hands before & after meals	<input type="checkbox"/>	Help at home	<input type="checkbox"/>	Wait my turn to talk	<input type="checkbox"/>
Clean myself	<input type="checkbox"/>	Use the stairs handrail	<input type="checkbox"/>	Cut along a line	<input type="checkbox"/>
Wash my hands	<input type="checkbox"/>	Hold hands on the street	<input type="checkbox"/>	Cut 'snips' into paper	<input type="checkbox"/>
Dry my hands	<input type="checkbox"/>	Take turns when playing	<input type="checkbox"/>	Cut out a shape	<input type="checkbox"/>
Go to the toilet when I need to	<input type="checkbox"/>	Share toys with a friend	<input type="checkbox"/>	Cut out shapes to make a picture	<input type="checkbox"/>