



Kibworth CE
Primary School
Let Your Light Shine



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Getting Your Child Ready to Start School



Starting School at Kibworth Primary School

Starting primary school is a major milestone for you and your child. This booklet has been written to help your child make the best possible start to school life.

There are plenty of things that you as a parent can do to get your child off to a great start. Please read through our top tips about how to prepare your child for school and how to support them in taking these new routines and experiences in their stride.



**Top Tips:
7 skills teachers would
like children to be able
to do before they start school:**

**To know and recognise their
own name.**



At school we will encourage children to find their name and register themselves each morning. Children also need to recognise their name so they can find their coat peg and identify belongings which are labelled. Some children may be able to write the letters in their name too. You could make a name card for your child so they get used to seeing it.

Remember to only use a capital letter for the first letter, write the rest of their name in lower case, e.g. Jacob, Megan, Imran. **At school, the children learn to recognise and write lower case letters first.**

**To use the toilet independently
and wash their hands.**

2



It is important that children start school with good self-care skills. Children should be able to go to the toilet independently, wipe themselves and pull their own pants up. It is also important that children can wash their own hands.

To sit at a table and eat their lunch.

3



Most children will have free hot school dinners. They will need to be able to sit sensibly at a table and eat independently, using cutlery. If your child chooses to have a packed lunch, they need to be able to open and close their lunchboxes, open any cellophane wrapping on sandwiches etc. and drink from a carton using a straw. The children have fruit and milk provided daily at break time.

Encourage your child to sit at the table when you eat your family meals at home. Start encouraging your child to have a go at cutting up their own food and using a knife and fork independently.

To share and take turns with others.

4



It is really important that children start school being able to share toys and take turns with their peers. Children need to be able to wait their turn in a game and share equipment with small groups of children.

Encouraging your child to share their toys and take turns at home will really help in preparation for starting school. Playing board games is a great way to practise waiting for their turn and learning about winning and losing.

To put their own shoes and coat on independently.

5



Children need to be able to take their coats on and off independently, of course we will help with tricky buttons/ zips but the more your child can do the better. Zips on coats and velcro on shoes may be easier and quicker for your child to manage. Your child will also need to get changed for PE. Try and encourage them to have a go at putting on their own clothes at home first before you assist them if they need help.

**To communicate their needs
with adults and follow simple
instructions.**

6



When your child starts school, they will need to utilise a lot of different communication skills – listening, paying attention, answering questions and communicating their needs. Simple activities like asking them what they think will happen in the book you're sharing or giving them simple instructions for everyday tasks will help your child develop their communication skills. Make sure you use lots of positive praise when your child follows instructions you give them e.g. helping to tidy toys, putting on their coat.

To tidy away their toys.

7



There are lots of toys and resources at school and all children are expected to help during tidy up time. We shake a tambourine to let the children know that choosing and learning has finished and it is time to tidy away. We work with the children during the first few weeks to ensure they know where different toys belong when they are tidied away.

Encourage your child to put their toys away when they have finished playing at home. Try and support your child to put one set of toys away before they get another toy out to play with.

Supporting Your Child's Mathematical Development

Count Everything!

Counting steps as you walk up them, count peas on a plate, count how many people are at lunch today, how many spoons will we need, how many people want a drink, how many cups will we need? This will help your child to develop an understanding of number. Finding/noticing different representations of numbers e.g. 5 dots on a dice, diamonds on a card, 6 dots on a domino will help your child to recognise amounts in different ways.

Numbers Are Everywhere!

Numbers are everywhere in the environment. Support your child to recognise numerals by spotting numbers on cars, houses and signs. Point out numbers whenever you are out and about.



Number Songs and Rhymes

Number songs and rhymes are a fun way to support your child with counting and recognising numbers. They are also a great way to introduce your child to representing numbers using their fingers. The BBC Teach website has some great number song videos you could watch with your child.

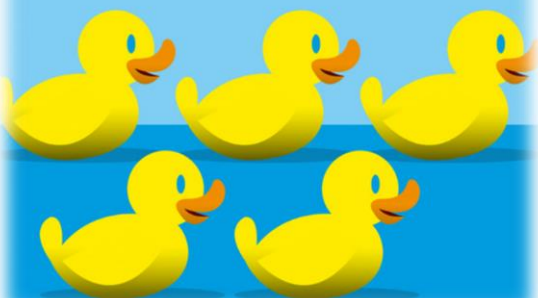
[Counting songs - BBC Teach](#)

Using Mathematical Vocabulary

Use words such as:

- How many?
- First, next, last, pointed, round, tall, short.
- High, low, same, different, heavy, light.
- Full, empty, hard, soft, wide, narrow, thick, thin.
- Longer-shorter, bigger-smaller, heavier-lighter.
- Short, medium, long, small, medium, large.
- Big, little, odd, even.
- Up, down, left, right, more, less.

5 Little Ducks



5 Little Speckled Frogs



Supporting Your Child's Language and Literacy Development

Developing a Love of Reading

Reading to your child regularly has a huge impact on their early language development. Setting aside 10 minutes everyday to share a story with your child will not only support them in developing a love of stories but it is also crucial in helping them to learn and understand new vocabulary.

Reading to Your Child

- Show your child how to hold a book correctly and turn the pages.
- Talk about where the story is set.
- Talk about who the characters are.
- Talk about what is happening in the pictures.
- Ask your child to point to different objects and describe them in words.
- Follow the words and pictures with your finger as you read or talk to your child.
- Show your child that we read from left to right.



Phonics

Phonics is how children learn to read when they start school. Phonics helps children hear, identify and use different sounds that distinguish one word from another in the English language.

Written language can be compared to a code, so knowing the sounds of individual letters and how those letters sound when they're combined will help children decode words as they read.

Most children will start working on phase 1 phonics skills at nursery or preschool.

In Phase 1 phonics, children are taught about:

- Environmental sounds
- Instrumental sounds
- Body percussion (e.g. clapping and stamping)
- Rhythm and rhyme
- Alliteration
- Voice sounds
- Oral blending and segmenting (e.g. hearing that d-o-g makes 'dog')

Please read the 'Parent's Guide to Phase 1 Phonics' in your induction pack for more information about how to support your child with phase 1 phonics in preparation for school.

When children start school they begin phase 2 phonics. This is the phase where children begin to recognise sounds and blend them together to read words. At Kibworth, we use the 'Little Wandle Revised Letters and Sounds' scheme. The link below has some great resources for parents.

[For parents | Letters and Sounds \(littlewandlelettersandsounds.org.uk\)](https://www.littlewandlelettersandsounds.org.uk)



Lunchtime

All children in the Early Years Foundation Stage and Key Stage One are entitled to a free school meal if they wish to have one.

However, if you wish to provide a packed lunch, it is important to make sure your child's lunch box provides a healthy balanced lunch.

The NHS Healthier Families website has some great information and recipe ideas for creating a healthy packed lunch.

[Lunchbox ideas and recipes – Healthier Families - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Try to limit chocolate bars and cakes to special occasions and replace with fresh or dried fruit. **We are a 'no nuts' school.**



Getting Ready for the First Day

You can make a real difference to how your child settles in at school. It is really important to talk to your child about starting school and discuss how they might be feeling.

- Chat with your child about starting school. What do they think it will be like? What are they most looking forward to? Is there anything they're unsure or worried about?
- Look at the school's brochure, prospectus or website together and talk about the pictures. Discuss what they enjoyed when they visited school for a stay and play session. What was their favourite thing they played with?
- Find photos of you and other family members at school, and chat about happy memories from your own school days.
- Read books together about starting school
- If your child seems anxious about school, try focusing on the things they'll like best – maybe the sandpit, playhouse or new friends. Remind them if they have some friends from preschool who will be starting reception at the same time.
- Practise the school morning routine, including getting dressed and eating breakfast in time to leave.
- Practise the school run so that you're both prepared for the school morning journey



On the First Day...

From getting your child fed and dressed to navigating the morning traffic and saying goodbye, there's no doubt that their first morning of school can be overwhelming for you both. Make sure you leave enough time to prepare for their first day and read through the suggestions below.

- Make sure your child's clothes are named, especially coats, hats, gloves and shoes.
- Ensure that you have spoken very positively about starting school, even if your own experiences of school were not very positive.
- When the time comes to leave, tell your child you are going and that you will be back later to pick them up.
- If your child becomes upset, reassure them that you will return at the end of the day and then leave them in the capable hands of the staff.
- Smile, wave goodbye and then try to leave promptly. It is an emotional milestone for you and your family but try not to become upset in front of your child.
- Ensure you return promptly and show interest in what your child has been doing on their first day.
- Some children take longer than others to settle. Keep talking about school in a positive way and ensure that you take your child to every session as breaks may make it more difficult for them to settle.

The BBC Bitesize 'Starting Primary School- Parent's Toolkit' has some excellent videos, games and resources to support you and your child with starting school.

[Starting primary school - BBC Parents' Toolkit - BBC Bitesize](#)

School Uniform

We believe that our uniform encourages a sense of pride in appearance and a feeling of belonging to the school family. This assists in developing high standards in other aspects of school life. All children are expected to wear our uniform.

- The basic uniform comprises grey or black trousers, shorts or skirts, a white shirt or polo shirt and a blue jumper or cardigan. In the summer children can choose to wear blue and white summer dresses.
- Only black low-heeled shoes are allowed. No Trainers.
- Jewellery, including friendship and wrist bands, are not allowed. The only exception is where a child has pierced ears, and then one pair only of small plain studs are acceptable. Earrings **must not** be worn for PE.
- Nail varnish and make-up are not permitted.

To order, go to www.gascoigneclothing.com and place your orders directly. Please select the SCHOOLS LOGIN tab and select Kibworth CE Primary. You will be asked for a password, which is kibworth2017. Products with a school logo which can be purchased in this way include sweatshirts, cardigans, fleece jackets, baseball caps, PE t-shirts & PE bags.



PE Kit

In Foundation Stage, pupils will have two PE lessons a week with our sports coaches. They will need an indoor and an outdoor PE kit. Please ensure that all items are named and that you also name the PE bag.

Outdoor PE kit

- A Warm Tracksuit
- Outdoor Trainers
- School T-shirt (red, green, yellow, blue – depending on House colour)

Indoor PE Kit

- School T-shirt (red, green, yellow, blue – depending on House colour)
- Black Shorts
- Plimsolls



