



# ANNIE LENNARD PRIMARY SCHOOL

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## TIPS FOR STARTING SCHOOL





We hope you are beginning to become familiar with Annie Lennard Primary School.

Do you know your teachers' names?

Have you walked past and saw our school signs yet?

Has one of your teachers knocked on your door?



We hope that you're excited to start school.

Here are some ideas to help you and your grown up get you ready for school...

# GETTING DRESSED

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## Putting on your own coat

Try the **Montessori Dip and Flip** Method

<https://www.youtube.com/watch?v=gW3qWw0AtOc>

Make sure you have ample space around you.

## Putting on your own shoes

Velcro straps are great to help you become independent at putting on your own shoes, but to help you know which shoe goes on which foot, try this.. →

All you need is a smiley face sticker. Cut it in half. Put the right half in the right shoe and the left half in the left shoe. Then when your child's shoes are the right way around they'll see a full smiley face 😊



# GETTING DRESSED

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Getting dressed and undressed on your own is an important skill you will need for school.

Reception will also need to do this at school on a PE day. We need to get changed quickly to enjoy as much P.E time as possible.

To help you practise fastening those tricky buttons and zips try...

- Having a race against your family members to put on your coats and fasten them up first before heading out.
- Time yourself to see if you can get quicker at getting into your pyjamas at bedtime.



# GOING TO THE TOILET

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In your classroom there are 3 toilets. You will use the toilet on your own at school.

Here's what you need to do:

1. Ask to go to the toilet
2. Use the toilet
3. Wipe yourself
4. Flush the toilet
5. Wash you hands

**TIP: loose and elasticated clothing, will help your child to use the toilet independently.**



**GOING TO THE TOILET** Guidance for parents from: <https://fiveminutemum.com/>

**Asking to go** – explain to them calmly at some point, that at school they will need to ask a grown up if they may go to the toilet. Tell them about manners, and how grown ups will show them where it is, and how they can always ALWAYS ask for help.

**Bum wiping** – I use a method called “3×3” – I say they need to use three bits of tissues, three times to wipe their bum. At the beginning they do one wipe, and I do two. Then once they’ve got the hang of that they do two wipes and I do a final one, then hopefully after that they should be able to do all three.

**Hand washing** – here’s our hand washing song we sing which means they soap and scrub for long enough. (To the tune of Row Row Row Your Boat) Wash wash wash you hands, scrub them nice and clean, in and out and round and round, make those handies gleam



# ROUTINE FOR SCHOOL

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SLEEPING - When is your bed time? We think 7 or 7.30pm is a great bed time. Make sure you get enough sleep each night so that you are ready to start your school day with lots of energy.

PRACTISE YOUR JOURNEY TO SCHOOL– On your journey to school, speak to your grown up about all the things that you can see. You will then recognise these things or even your route on your first day. You might even be able to tell your grown up which way to go!

SHARING A BOOK – you will have a reading book when you start school and we have story time every day. Why not start sharing books with your grown up at the same time every day? You might even like to share books about starting school.

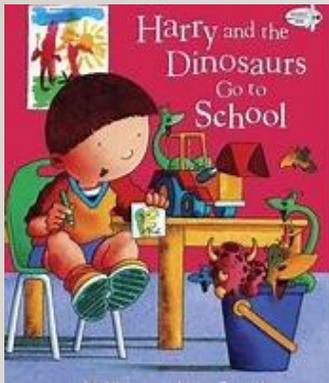


# BOOKS ABOUT STARTING SCHOOL

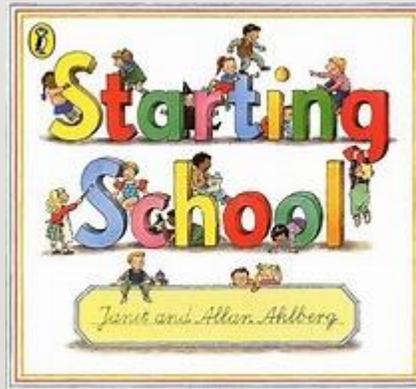
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(If you cannot access these in hardcopy, there are videos of people reading these books on YouTube)

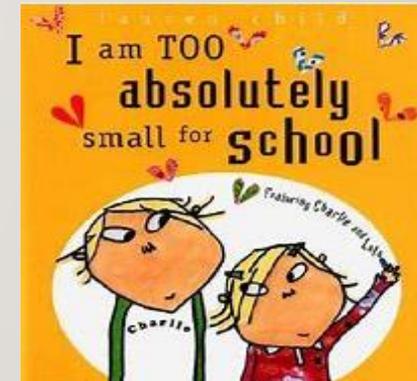
Here are some books to have a look at. They are all about starting school.



Harry and the Dinosaurs  
go to School  
by Ian Whybrow



Starting School by  
Janet and Allan Ahlberg



I am Too Absolutely Small for School  
by Lauren Charles  
(Charlie and Lola)

# SUPPORTING YOUR LEARNING

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- CBeebies Time for School – This is a documentary series on BBC iplayer all about going to school. You might like to watch it. <https://www.bbc.co.uk/cbeebies/shows/time-for-school?page=2> We love Numberblocks and the Alphablocks in Early Years. You can watch these on Cbeebies too!
- Singing - In Early Years, we love to sing! It helps us learn about all sorts of things and develops our talking skills.  
How many nursery rhymes do you know? Can you teach your grown up some? Do you know any songs about numbers?

*Did you know that experts in Literacy and child development, suggest that “if children know 8 nursery rhymes by heart by the time they are four years old, they are usually amongst the best readers by the time they are eight.” (Fox, M. (2001). Reading Magic. San Diego, CA: Harcourt.)*

# SUPPORTING YOUR LEARNING

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## Recognising Your Name

When you start school you will see your name on lots of things (for example; coat peg, water bottle space, your drawer). It is a really good idea to practise recognising some of the letters in your name, so you'll know where to put your things.

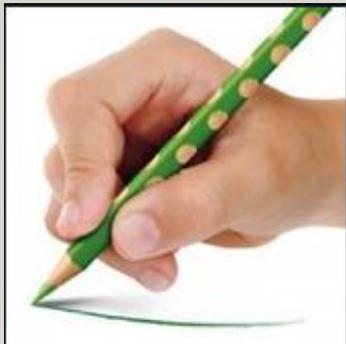
Here are some games you could try with a grown up:

- Letter Reaction Wall <https://fiveminutemum.com/2018/08/14/letter-reaction-wall/>
- Letter Race Track <https://fiveminutemum.com/2018/05/06/the-letter-race-track/>

## Pencil Grip

We use a trick called 'Pinch and Flip' to help us hold our pencil properly.

You can watch this in action here <https://www.youtube.com/watch?v=VhtdJ4D00tQ>



# LEAVING YOUR GROWN UP

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Sometimes you might feel a little unsure about leaving your grown up and that's ok - we are always here to help and reassure you. But as an extra support on these days you might like it if your grown up:

- Writes you a little note (to keep in your book bag but to look at whenever you need it)
- Gives you a photo (to keep in your book bag but to look at whenever you need it)
- Draws a little heart on your wrist (for you to press if you need cuddles during the day)



WE HOPE YOU  
HAVE FUN WITH  
SOME OF THESE  
ACTIVITIES.

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Please let us know which activities you have done and liked best.

You might just like to send us a message to say hello. We'd love to hear from you.

**Nursery: [yearN.als@annielennard.sandwell.sch.uk](mailto:yearN.als@annielennard.sandwell.sch.uk)**

**Reception : [yearR.als@annielennard.sandwell.sch.uk](mailto:yearR.als@annielennard.sandwell.sch.uk)**