

SNACK AND LUNCH

Students eat their brain food at 9:30am (they eat a piece of fruit or vegetable sticks).

Students are given eating times with snack (10:30am) and lunch (12:20pm) under supervision in their classroom.

Students are allowed to have water bottles on their table in class.



Please make sure lunches are packed in a child friendly way.

Containers that they can open and close independently and keep treats to a minimum.

It is normal for your child to come home with a lot of food in the first few weeks of school. Many children are too hot, too tired or too excited to want to eat.

Lunch Orders

Families can order lunch orders at school through the canteen. Lunch orders are \$5 and students will receive snack and lunch. Please see the office for a lunch order list.

PREPARING YOUR CHILD FOR SCHOOL

Beginning school is a very exciting time for the whole family. Your child will adjust quickly and happily to school if they can:

- Respond to their full name when called.
- Recognise their name in writing such as on their lunchbox, drink bottle, clothing and other personal belongings.
- Attend to own toilet needs, wash hands and adjust own clothing.
- Independently put own socks and shoes on correct feet, attempt to do their laces.
- Take their jumper on and off.
- Use a tissue correctly.
- Leave you for a few hours without getting upset.
- Say who will collect them after school each day.
- Put away toys and materials after use.
- Help you pack their school bag each day, for example, place lunchbox, Take Home Reading folder in their bag.



Wyndham Park Primary School

Parent & Child School Readiness



SAYING GOODBYE

Sometimes children will become upset at the first few goodbyes. This is very normal and understandable. Do not prolong the goodbye. If your child cries or clings, staying will only make it more difficult for both you and your child and it can also unsettle other children in the class.

Some things to remember:

- Say your goodbyes at line up at the beginning of the day so your child knows that you are confident about their start to school.
- Students are to go into their own class line independently from day 2. This allows the teacher to settle the class.
- Children will settle down more quickly without the presence of parents/carers.
- Be punctual when collecting your child from school (students will be dismissed at 3:10pm). A few minutes to you may seem a long time to a child waiting.

At the beginning, it is normal for children to cry and not want to come to school. They may be tired and grumpy at first and they may even wet the bed.

They will soon get into a routine and things will settle down.

It is important that we encourage them to be independent and gain confidence in themselves and their own abilities.



ONCE AT SCHOOL



You can assist to make commencing school a happy experience for your child.

Developing a morning routine so that your child arrives at school organized and on time. Leave home cheerfully and say goodbye to your child BEFORE the bell goes at 8:45am and leave the school promptly. Children usually settle down as soon as parents/carers are out of sight.

Having a change of clothes at the bottom of your child's school bag, including underwear and socks, in case of toileting accident or if they accidentally get muddy. The change of clothes should stay in your child's bag throughout the year.

Making time for your child at the end of the day, listen but don't ask too many questions. Some children need 'thinking time' and are more likely to discuss their day later in the evening.

Having some time set aside for your child to unwind and enjoy a drink and healthy snack before completing a Take Home Reading book. It is important to still encourage and slow time for your child to play after school as it helps them unwind from their busy and tiring day at school.

AS A PARENT/CARER, AM I READY?

You can assist to make starting school a happy experience for your child.

Am I able to:

- leave my child happily at the gate or their classroom?
- suggest options and strategies, but allow my child to sort out minor problems with peers and adults themselves?
- accept that my child will make mistakes and will learn from their experiences?
- allow my child to accept the natural consequences of their behaviour (for example inappropriate behaviour)?
- ensure that my child arrives at school, after a good night's sleep, in time to unpack and socialise and settle into class?
- understand and accept that each child is different?
- focus on and praise my child's learning effort?

