



St Mary's Primary School

Supporting your child with settling into school



As your child starts school there are lots of things you can do to support them. We will offer more ideas to support with specific areas soon. If you have any questions or concerns, please contact us.

Positive attitudes towards learning with others.

Your child will interact with lots of other children at school, in many different situations. We will do lots of work on sharing, empathy, cooperation and taking turns. All children and adults will be expected to show respect to each other, their learning environment and resources.

Being independent

At school your child will be encouraged to have a go at doing lots of things for themselves, especially in terms of organising their own belongings. Help your child to remember what their belongings look like and help them by getting them to have a go at being responsible for carrying them into school.

Toileting

It is important that your child is able to manage their own toileting and personal hygiene when at school. Practise at home being responsible and independent in using the toilet and washing their hands. We will be there for any small accidents that occur.

Eating

At school the children will eat their lunch with their friends and will be supervised by lunchtime assistants. If your child is having hot dinners please help them to practise using a knife and fork, as well as sitting at the table to eat. If not, support them in being independent in opening their own packets and eating tidily.

Scissors and pencils

Using pencils and scissors can be really tricky for little hands and it requires lots of practise. In school we will do lots of activities to strengthen gross and fine motor skills that there are lots of fun things you can do at home to help too. Try threading games, using tweezers, playing with dough, card games like snap and using pegs.

Willingness to communicate

Being able to talk to the adults and other children in school is vital for every child as they settle into school. Your child will want to talk to their friends as they play, to explain their ideas and create stories. They will also need to be able to ask for help if they need to. At home, encourage your child to talk clearly and confidently about the world around them, especially when exploring new situations.

Dressing and undressing

At school we often have to take off or put on our coats. We also have to take off our shoes and clean them after we have been outside playing in the sand. We even try on dressing up clothes. Zips, buttons and pulling clothes on can be tricky for children. Help your child to be independent in dressing, show them how to make sure their clothes are on the right way around and praise them when they have a go.

Separating from carers

Settling into the school environment can be tricky for some children and they may feel unhappy when you drop them off. Help your child by reassuring them that you will be back to pick them up soon.

Reading and counting

Share books with your child every day. Encourage a love of stories and show them how to look after their books. Ask them to answer questions about the story, recognise familiar characters and join in with repeated phrases. Make learning letter sounds fun by keeping sessions quick and easy and by looking for letters everywhere you go, especially in their name. Being able to count is a fundamental skill. Help your child to develop a love of numbers by counting everyday objects and actions, such as steps, stairs and cars.