

School Dinners!

If you want your child to have a school dinner s/he will be expected to use a knife and fork. You will be given a copy of our monthly menu so you can discuss with your child which options they would like to choose.



Encourage your child to use a knife and fork at home. If there is something on the school dinner menu that your child hasn't tasted before then why not try it for dinner one night.



Getting Ready for Reception

Be Happy and Healthy!

Talk to your child about being a "Healthy Hero" who is responsible for their own personal hygiene habits.



Spend time showing your child how to wash and dry his / her hands properly. Encourage your child to "catch their cough" and to blow their nose and then dispose of the tissue correctly.



Getting Dressed ... and Undressed!

Your child will have lots of opportunities to dress and undress, from putting their coats on everyday, wearing 'dressing up' clothes, and getting changed for P.E twice a week.

Encourage your child to dress themselves at home and practice getting in and out of his/her P.E. kit. Make sure s/he knows that to underwear is to be left on!



Changing Shoes!

As we have a changing shoe policy in school, your child will swap their shoes several times each day. Knowing which foot goes into which shoe and how to fasten them will really help your child.

Encourage your child to put on their own shoes and fasten them independently. If your child puts his/her shoes on the wrong feet, mark the soles so s/he knows which shoe goes on which foot.



Bedtimes!

An early night will ensure your child gets off to the right start. A bright eyed child will be motivated and quickly develop a love of learning.

Ensure your child has a good bedtime routine. Put your child to bed at the same time every night and wake him/her at the same time each morning.



Using the toilet!

Children are often embarrassed by accidents, and reluctant to tell a grown up. If your child is confident going to the bathroom, then they may find it easier to settle into school life.

If your child has trouble with fastenings or buttons, choose clothes with elasticated waists until s/he is more independent. Encourage your child to wipe themselves, flush the toilet and wash his/her hands afterwards.

