

Transition to Primary School

Ideas to support your child over the Summer months.

Following on from our Zoom and recorded video which was available for parents to view prior to finishing, we hope this booklet is helpful in providing some ideas and tips on how to support your child as they transition into Primary One.

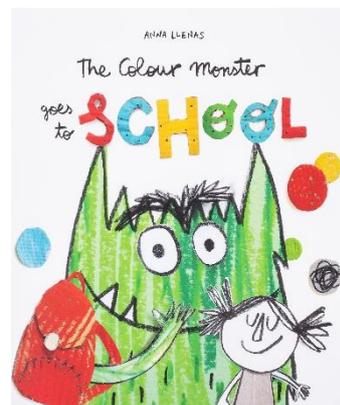
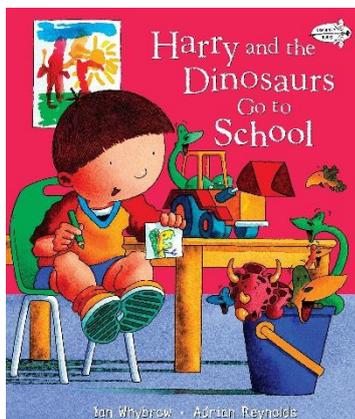
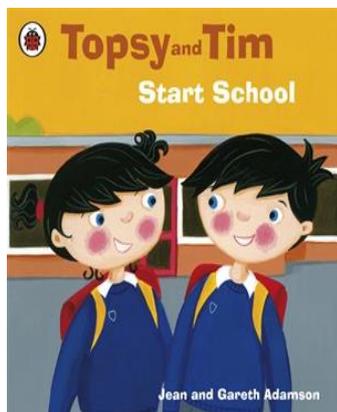
Independence Skills

These skills are important to keep promoting as your child finishes pre-school, we want to keep encouraging progression on what they have already achieved. Some independence skills to keep promoting includes;

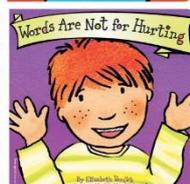
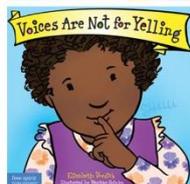
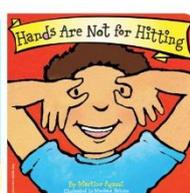
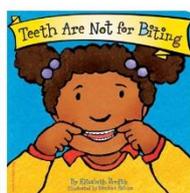
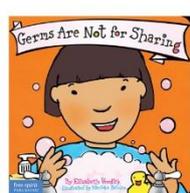
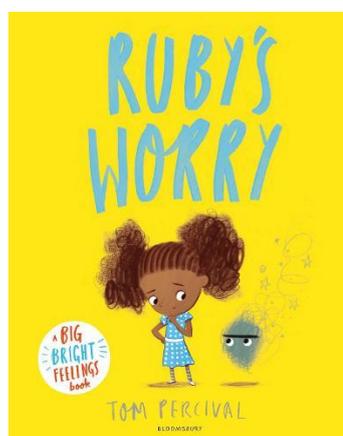
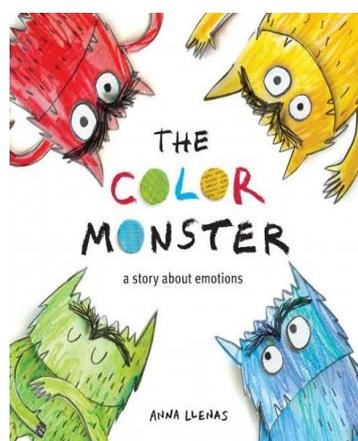
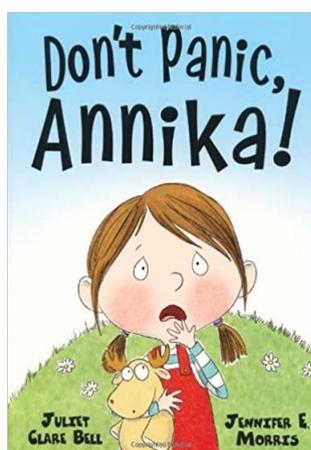
- Hand washing and Toileting - this includes using soap when washing hands and drying them. Flushing the toilet after use and managing own clothing when toileting.
- Dressing - promote putting on/taking off own jumper, shoes and coats. This includes role modelling and encouraging your child to do their own zip/buttons.
- Eating and drinking - this is a great way to encourage independence. Get your child used to opening and closing their lunchbox if they are going to have one. Taking care of own items e.g., putting away cup and plate after finishing dinner. Using own cutlery and pouring own drinks. Buttering own toast/ helping make own sandwich by cutting it in half can also be great for promoting independence and also physical skills.
- Continue to encourage them to ask for help if needed. Build upon their communication skills by encouraging your child to verbally identify what they need help with.
- Name recognition - write your child's name on items or place their name in a visible place e.g., on the fridge door. Encourage them to recognise their name and letters.

Books

Books can be a great resource to use to support children through transitions and to understand what emotions they may be feeling. There are a wide range of books which your child may enjoy around the theme of 'starting school'. Here are some book ideas



There are also some great books around different emotions and behaviours which can be used to help support transition or any experiences your child may be going through:



Online resources/ICT

There are now some online resources for both parents and children which focuses on starting school. Including a fun game called Bud's Number Garden.

<https://www.bbc.co.uk/bitesize/collections/starting-primary-school/1>

Pictures and Songs

You can create a picture or painting with your child. They could take this to their new teacher to give to them on the first day of school. It can help to have a transition item to go from home to school on the first day.

Singing songs about moving to primary school can be another fun way to look at transition through an activity e.g., 'This is the way we go to school' song.

'This is the way we go to school,'
Go to school, go to school,
This is the way we go to school
So early in the morning!

This is the way we dress ourselves,
Dress ourselves, dress ourselves,
This is the way we dress ourselves
So early in the morning!

'This is the way we wash our hands,'
Wash our hands, wash our hands,
This is way we wash our hands
So early in the morning!

'This is the way we brush our teeth,'
Brush our teeth, brush our teeth,
This is the way we brush our teeth
So early in the morning!

This is the way we carry our books,
Carry our books, carry our books,
This is the way we carry our books
So early in the morning!

This is the way we go to school,
Go to school, go to school,
This is the way we go to school
So early in the morning!

Activities and Play

Role play 'school' at home. Have some books, pencils, paper, bag etc. Someone can pretend to be the teacher, and someone could pretend to be the child. Or your child could play independently if they would like to. Your child will more than likely role play their experiences or what they think their new school will be like. You could reference the new teacher's name during the role play.

Scissor activities. Developing hand strength is so important for prewriting skills. We use child friendly scissors and there are different types for right handed or left handed. You can purchase them from Amazon, Hope Education, or other similar places online. You may also be able to find some in Early Learning Centre shop. Just make sure you check if they are right handed or left handed versions before purchasing. For cutting and sticking activities, let children cut up old magazines, newspapers, boxes and create junk art materials. They can also use scissors to cut up playdoh.

Pencil/mark making - blank paper and pencils are a great way for children to develop pencil control. They can use their imagination to draw/create whatever they would like to. Another popular activity can be whiteboard markers and a small whiteboard. You can purchase these in a variety of shops, however sometimes The Works have fantastic deals on these types of resources.

Threading - this can be done with shoelaces and items around the house that have holes on them e.g., buttons. You can also use some Spaghetti, put it in some playdoh to help it stand and then you can thread cheerios onto the spaghetti. You can also use a colander, turn it upside down and thread spaghetti through the holes to the other side.

Complete any 'All About Me' booklets your child may have been given from their Primary School.

Engage in some sensory/messy play. Resources for this type of play can often be found around the home. <https://www.bbc.co.uk/tiny-happy-people/homemade-playdough/z4tdd6f>

Looking at your new school

Take time to become familiar with your child's new school. Look at the website, photos of the school, any videos they have and look on their social media channels if they have some. Promote lots of positive discussion about the photos - 'That looks like lots of fun' 'Wow I wish I was going to your school'.

Countdown to school

About 10 days or 7 days before the start date you can create a countdown to school. You could make this with your child on a piece of card/paper. Stick it somewhere which is visible each day e.g., fridge door. In the morning time or at night-time mark off each day and countdown to starting school. You could mark the number off using a marker or sticker.

Most importantly have fun with your child this Summer. Take part in new experiences and play. Share how proud of them you are and how you can't wait to hear about their new school. If you have any worries or concerns towards the end of the Summer holidays, contact your child's new teacher to share this information with them.