Transition to School: Resources for Parents
The Contents of this package are-

a) Healthy Lunchbox –checklist
   Suggestions of suitable food to be packed in a child’s school lunchbox

b) Let’s Get Ready for School checklist.
   A comprehensive checklist provided to parents well in advance of the transition process. It
details hints and activities for the period leading up to, and including a child’s first day at
school.

c) “What else can I do at home?”-hints
   Ideas and activities to assist in preparation for school.

See our school web site for the following documents:

d) Normal Speech Development –information sheet
   A guide to assist parents in determining “normal” speech development
   in their child

e) Basic Concept Development-information sheet
   A guide for parents to assist in assessing their child’s ability to understand basic ideas about
   position, size etc

f) “How can I encourage my child’s language development”
   Hints and activities to assist young children to develop language skills

g) “When can I encourage my child’s language development?”
   Hints and activities for encouraging language development in your daily routine
Is there a food from each of these groups in your lunch box every day?

**Bread**
Bread roll, a slice of bread, pita bread, flat bread, fruit loaf, scones, rice cakes, pikelets, crisp breads, crackers, noodles, rice, pasta

**Lean Meats**
Ham, chicken, tuna, salmon, eggs, baked beans, lentils

**Fresh Fruit**
Banana, grapes, small apples, plums, mandarins, apricots, chopped fruit salad or tinned fruit in natural juice (e.g. Tinned peaches, pears)

**Vegetables**
Shredded lettuce or grated lettuce in a sandwich, vegetable sticks (e.g. Carrot, celery) or in a salad (e.g. Cherry tomatoes, cucumber, capsicum, green beans or corn)

**Dairy Products**
Fruit yoghurt, cheese stick, cheese slices, custard, milk, calcium fortified soy products

**Drinks**
Water and or Fruit Juice

Keep lunches cold by freezing drinks or storing in an insulated lunch box bag.
What else can I do at home?

- Prepare a shopping list and go shopping
- Follow a recipe
- Talk about a TV program
- Look up a street directory
- Make a model
- Browse through a magazine
- Prepare invitations
- Send greeting cards
- Tell jokes
- Play board games, read game rules
- Listen to CD’s-join in with songs
- Read a book and talk about the pictures
- Reread and join in favourite books & rhymes
- Have fun playing with language e.g. Tongue twisters
- Read signs, labels
- Write letters to relatives & friends – receiving and replying
- Take and send telephone messages  Prepare thank you notes
- Do crosswords
- Repeat riddles
- Prepare dinner menus
- Talk about newspaper excerpts, sporting pages
- Choose programs from the TV guide
- Play a computer game
- Solve problems together eg. Jigsaws, crosswords
- Write a lunch order
- Complete an excursion form
- Surf the web together
- Write an e-mail
- Send an SMS
Let’s Get Ready For School......
2009

☐ Ensure immunisation is up to date.
☐ Enrol your child at school.
☐ Attend tour of the school/information session at school.
☐ If your child has special needs make an appointment to see the Prep Coordinator or Principal.
☐ Ensure your child attends the transition program at Bannockburn.
☐ Attend the information night for parents.
  • Find out about school programs
  • Uniforms
  • Meet other parents
  • Grade allocations for 2010
  • School hours
  • School procedures
  • An opportunity to ask any questions
☐ Look at our school’s website for current events and information.
  www.bannockburnps.vic.edu.au
☐ Try to organise for your child to play with other children who will be starting school next year.

Hints
Establish a routine with a set bedtime to ensure your child gets enough sleep.
Encourage your child to dress themselves so they can manage things like taking jumpers off at school.
Give your child practice at opening lunch boxes food packaging, drinks etc.
Organise school uniform and shoes.

Write your child’s name on everything for school including their shoes, lunch boxes, jackets etc.

Teach your son to use a urinal.

Make sure you have the school’s phone number – 52811755

Hints
Look for easy fasteners when choosing shoes, bags and clothing.
Personalise their school bag with a large tag that is easily recognised.
Pack a picnic lunch and snack during the holidays to ensure your child can manage wrappers and containers.

Pack a spare pair of underpants and a change of clothes in a plastic bag. Let the child know these are in their bag in case they have any toilet accidents.

Ensure your child goes to bed at a suitable time.

The first day of school

Pack your child’s brain food, snack and lunch. Ensure your child knows which is which.

Tie long hair back from your child’s face.

Ensure a school hat is worn.

Apply sunscreen to your child.

Bring your camera.

Come along to the PFA morning tea after dropping off your child.

Hints
Be positive about the first day.
Allow plenty of preparation time in the morning.
Arrive at school at least 10 minutes before the bell so your child can settle into activities and to allow time to say goodbye.

Reassure your child that you will be back to pick them up later in the day.

If you are unable to pick up your child, make sure your child and their teacher knows who is picking them up and where.

Ensure you know where to pick up your child. (The teachers will tell you when you drop your child off in the morning.)

Take a photo for your album.
☐ Ensure your child arrives at school before the bell. Make sure your child knows who will be picking them up and where.

☐ Tell the teacher if pick up arrangements are altered.

☐ Check your child’s bag with them each night.

Hints
Your child will be tired at the start of the school year so ensure he/she gets lots of sleep. Try to continue with the routine you set up.
Some children don’t realise they are at school for the long haul. (Once they’ve been at school for a while, they think, “I’ve done that. What next?”)

If your child seems reluctant to come to school:
• Check to see if there is a genuine problem.

• Allow plenty of preparation time in the morning.

• Be firm but don’t let them see you getting anxious or upset.