



Reading



- Reading books to, and with, your child promotes a love of reading.
- This will enable future success at school with many skills.
- Sharing books will also expand your child's vocabulary and their understanding of the world.



Shoelaces

Can your child tie their own shoelaces?

- It is a handy skill to have and another that will boost their feeling of being capable.
- If they are not yet able, velcro shoes would be greatly appreciated.

Holiday Hints and Suggestions Before Pre Primary



SHELLEY
PRIMARY SCHOOL

Make memories with your child over the summer. They need time to rest and recharge to have the energy for their exciting change from Kindy to **PRE-PRIMARY!** Part of this new chapter of their learning will be coming to school five days a week.



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Participation in sports has been linked to positive wellbeing, as well as improved academic performance. Encouraging your child to ride a bike, climb on monkey bars and play at the park are other ways to keep them active and develop key motor skills.

Toilet Training

- Children should be toilet trained. They must be able to pull down their own pants, wipe their bottom until the toilet paper is clean, pull up their pants and underpants, flush the toilet and wash their hands. Staff can assist your child with verbal reminders for the toilet.
- Please continue practising over the summer. It is another achievement they can be proud of to further build their self-esteem.
- If your child has occasional toileting issues, please let staff know. We do recommend all children have a change of underwear and clothes (seasonal) in their bag as accidents can happen. We do have some spare clothes though children tend to find it less stressful to have their own.

Lunch Boxes

- They need to practise eating out of their lunchbox as well as taking the lids off containers and opening wrappers.
- Make it fun and enjoy the summer sunshine by going out for picnics.
- Being able to open and look after their own drink bottle is important too.



Learning Activities

- Constructive play e.g. building towers with blocks, making a cubby
- Explore the alphabet and practise writing each letter
- Drawing, colouring and cutting for fine motor skills
- Play boardgames to practise taking turns and counting with dice
- Play outside and go for walks.
- Talk about the weather, people's feelings, colours and shapes.
- Visit the library. The more books the better!
- Sing songs and rhymes
- Count objects
- Catch up with a school friend or two for a play to maintain contact and feel excited to see each other on the first day of school.

Limit Screen Time

- Children under five should be limited to one hour or less of screen time per day.
- The eSafety Commissioner recommends all children only use devices under adult supervision in clearly visible, communal family spaces. It is recommended devices are not kept in bedrooms.

Sleep

- Young children need approximately 12 hours of sleep each night.
- Routines over the school holidays do tend to change.
- In the week before school starts, try getting up earlier to re-establish your school routine to feel ready for every day of the week.
- Remember to include eating a nutritious breakfast.

