



**SHELLEY**  
PRIMARY SCHOOL

# Supporting Your Child's Transition to Kindergarten



Building a lifelong love of learning and an enjoyment of coming to school, begins from Day One of Kindy. As parents and carers, you are the most important people in your child's life. We will all work together to make this a positive experience for every child and their family.

# Independent and Capable

As we want to foster independence in Kindergarten, we encourage your child to do as much for themselves as possible. For example, this could include carrying their own bag into school, learning how to put their shoes and socks on and learning how to unzip their own lunch box. Let them help you around the house. Teach your child to make a sandwich, make their bed, clean their room etc. They can do lots of things, and by doing them, they will feel capable and trusted by you.



## Taking Risks

Learning how to fail and feeling uncomfortable, such as climbing on play equipment, helps develop their self-esteem. By developing resilience and self-confidence, if they fall, they are more likely to stand up again by themselves.

Teaching them strategies to overcome little problems, will help them feel prepared and supported when they need to cope with some bigger problems, like being separated from parents after the long holiday break. Our staff encourage their reactions to reflect the size of the problems.

Playing games and allowing children to experience losing, is healthy and helps them to learn to navigate reactions to cope when things do not go their way. It is important children see adults modelling self-talk like 'next time I might be able to...' or 'oh well, it's only a small problem. I'll be ok.'

It is okay for children to hear the word "no" when it is necessary. It is vital children know the adult who is looking after them is in charge. Children recognise they do not have all the answers about the world around them or how to look after themselves, but they trust their parents do. Being assertive, yet calm, reassures children that they are safe, which helps ease any anxiety.

# Programs We Offer

Our programs strive to provide students opportunities to develop many skills and interests beyond our core curriculum of English and Mathematics. We offer Performance and Visual Arts, a dynamic STEM program, and a Physical Education program that targets both fitness and coordination.

## Screen Time

We aim to have a balance of fine motor and gross motor skills along with some screen time as we are developing 21st Century learners. 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 and children under five should be limited to one hour or less of screen time per day.

## Toilet Training

Children starting Kindergarten 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. If they are not already able, the summer before they start Kindergarten is a perfect time to achieve this important milestone. It is another achievement they can be proud of to further build their self-esteem. Staff can assist your child with verbal reminders for the toilet.

## Spare Clothes

If your child has occasional toileting issues, please let our staff know. We do recommend all children have a change of underwear and clothes (seasonal) in their bag as accidents can happen.



# Lunch Boxes

- We recommend each child brings a nutritious lunch with a wide variety of foods that are familiar to them including grains, fruit, vegetables, dairy and protein.
- Please ensure your child can manage their own lunchbox independently.
- Please do send an appropriate amount of food for your child to sustain them throughout the day, however, be mindful about packing too much food in their lunchbox. Sometimes, children can miss a lot of their playtime as they feel they must finish what is in their lunchbox.
- Using reusable containers where possible and less plastic packaging will reduce our school waste.



[growinggoodhabits.hw.qld.gov.au](http://growinggoodhabits.hw.qld.gov.au)

# Crunch & Sip

- Separate to their lunch box for breaks, we encourage all children to bring a container with a small amount of raw fruit or vegetable to crunch on during the morning session of the day. It should be able to be eaten with fingers and not require utensils. A full water bottle should come to school everyday too.
- Participating in a Crunch & Sip break provides an opportunity for children to drink water and eat an extra serve of vegetables or fruit to support good health and to help with their learning and concentration in the classroom.

# Sleep to Grow

Young children need approximately 12 hours of sleep each night. Insufficient sleep can impact students' ability to focus and do their best during the school day.