



**SHELLEY**  
PRIMARY SCHOOL

# Supporting Your Child's Transition to Year One



The transition from Pre-primary to Year One is a big milestone in your child's learning journey. Preparing them for this new stage is very important. If we all work together, we can make this a positive experience for every child and family.

# Independent and Capable

As we want to foster independence, we will continue to encourage your child to do as much for themselves as possible. This includes packing and carrying their own bag into school and managing their own lunch box. Let your child help you around the house and teach them age-appropriate jobs like making their bed. By assisting with 'grown-up jobs', they will feel capable, build confidence, and learn to work as part of a team.



## Taking Risks

We ask that older children give their siblings space at the start of the year. This allows them to settle in, use their problem-solving skills if issues arise and develop relationships with their own peers.

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. In **Year One**, they will participate in Performance and Visual Arts, a dynamic STEM program, and a Physical Education program that targets both fitness and coordination. From Year Three, your child will engage in learning German as a Language Other Than English.

## 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.



## Sleep to Grow

Young children need approximately 12 hours of sleep each night. Students who don't get enough sleep at night, may find this has an impact on being able to perform to their best ability at school during the day.

# 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, 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 (sometimes we may work and eat).
- A full water bottle should come to school everyday too.

# 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.