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**Ready for school check list**

**The year before child starts school**

* Attend school open days, information sessions, school transition programs.
* Ensure immunisations are completed
* Have your child’s hearing and eyesight checked.
* If your child has an allergy, medical condition, takes medication or has any special needs, inform the school when you enrol your child. Asthma plans or Anaphylaxis plans need to be signed off by your child’s doctor.

**Some things you might need to buy**

* School uniform
* Hat (part of school uniform)
* School shoes or running shoes (try velcro straps if your child can’t tie laces)
* School bag
* Lunch box (choose one your child can open)
* Water bottle (choose one your child can open)
* Art smock (an old long-sleeved shirt will do)
* Raincoat

**Year starting school**

**January**

* Open the **countdown calendar**. You might like to spend some time each day with your child doing the tasks written on the calendar.

**Get organised at home**

* Put your child’s name on everything!
* Make sure you have the school’s phone number programmed into your phone.
* If you have a son, make sure he knows how to use a urinal.
* Have your child practise putting on and taking off a windcheater.
* Pick up the school book pack before your child starts school.

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**The night before the first day**

* Lay out your child’s clothes, shoes and socks. .
* Help your child to pack their school bag.
* Pack a spare pair of underpants, socks and a change of clothes in a plastic bag. Let your child know these are in their back pack in case they have any toileting accidents at school.

**The first day**

* Be confident about the first day with your child.
* Make your child’s recess and lunch help them pack their school bag.
* Let your child dress themselves as much as possible.
* Tie back or plait long hair.
* Supply sunscreen and make sure school hat is in the school bag.
* Bring all of the book pack supplies to school.
* Take photos of your child.
* Pick up your child on time.

**The first weeks of school**

* The school will let you know when you may need to pack items for activities such as sport, art or library.
* Children are often very tired in the first few weeks of school. Your child needs lots of sleep.
* Give your child a healthy breakfast to get them through the day.
* Make sure your child knows who will pick them up each day.
* Check your child’s bag each night for school notes and lunch leftovers.
* Try to establish regular morning routines.
* Start a home reading/homework routine.
* Talk to the teacher about helping in the classroom, if you can.
* It is very important to talk to your child’s teacher if you have any concerns.

ENJOY!

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