



**ST PETER'S CATHOLIC  
PRIMARY SCHOOL**

*'Christ at the Centre'*

**READY TO LEARN  
EVERY DAY!**

**Preparing for change at school:**

A short guide for parents

## This guide is based on the latest research about what helps children to succeed at school

Change will happen throughout your child's time at school; some will be easy and some harder. Change can affect both your child and the rest of the family. With the right support at home and school, you can help your child to succeed through these changes.

### Everything changes....

No matter what age your child is, some elements of coping with change will be just the same. These top tips will be beneficial for children of all ages...



- Talk positively about the upcoming changes and give them time to adjust – it won't happen overnight
- Ask about your child's day and show an interest in what they have been doing
- Changes will affect routines at home for your child and other family members; try and pre-plan where possible
- Be prepared by attending taster sessions or parents' meetings so you and your child know what to expect
- Check school calendar and Wednesday letter for events
- Introduce your child to their new environment; take them past their new school and encourage them to try on their uniform before their first day
- Try to maintain meal times, bed times and other home routines so that change elsewhere is minimised
- Change means leaving something behind – favourite teachers or best friends. Let your child talk about what they miss, and discuss what they have to look forward to

## INTRODUCTION TO SCHOOL – RECEPTION YEAR



- Help your child be as independent as possible by being able to: dress themselves, hold a knife and fork and take themselves to the toilet.
- Encourage your child to share with others; attending a playgroup or nursery will help
- Create opportunities for your child to interact and play with other children out of school
- Organise play dates and time away from you to help your child be happy to start school on their own
- Read stories to your child from the SLS book list



## MOVING UP, YEAR 1 AND 2



- Your child will receive more homework the older they get; create dedicated time and a quiet place for them to complete it, this is especially important for daily reading
- Longer days at school can be tiring; help your child by giving them a good night's sleep and a healthy breakfast
- Read our Wednesday Newsletter and the school website so you know about school trips, parents' evenings and non-uniform days



## GOING INTO YEAR 3 AND 4 : STARTING YEAR 5/6



- Help your child be prepared by checking they have the right equipment each day, such as their PE Kit, named, or homework to hand in.
- Help your child to organise their homework at home, keeping it in a safe place.
- Your child may have some worries; listen, explore solutions with them and maintain a balanced view
- Talk to your child about keeping safe on their way to and from school and make sure they are familiar with the route if they are going to and from school without you
- Talk to your child frequently about internet safety

## CHANGE CHECKLIST:

We have put together this 'Change Checklist' to help you prepare. Have you:

- Visited the school with your child?
- Met the Head or Class Teacher?
- Given the school your contact details?
- Told the school about medical and other needs?
- Bought the school uniform?
- Found out what your child needs to take?
- Checked arrangements for lunch?
- Got information about the curriculum and daily routines?

WE LOOK FORWARD TO WORKING WITH YOU  
AND YOUR CHILD

