



School Readiness

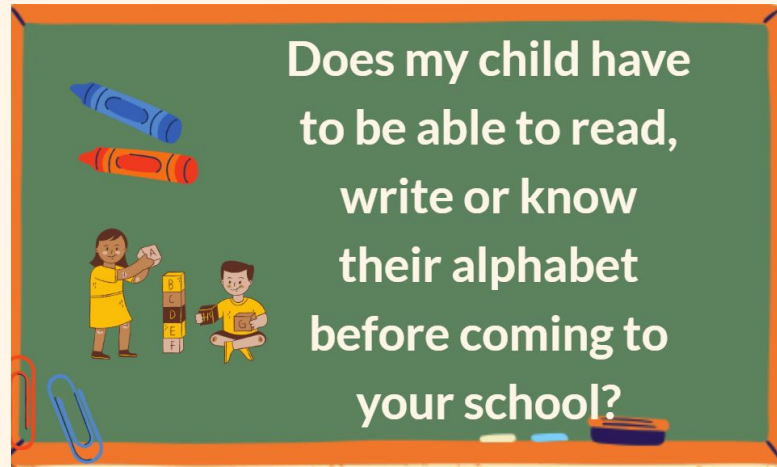
From Kinder to Classroom: A Smooth Transition to School

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What is School Readiness?

Many people believe - reading, writing and knowing colours or numbers is what makes you ready for school.

Social/emotional maturity and development are far more important!





Being legally
old enough
does not
make your
child ready
for school!



(King College, London 2021)

Being young in a school class – can put a child at a long-term disadvantage compared to their older peers.

The difference between the youngest and oldest member of a class can be up to 11 months. In the early stages of childhood, this is a significant difference in terms of maturity, behaviour and cognitive abilities.

(Hanly et al. 2019)

Independent of school starting age, children who were older in relation to their classroom peers had better development outcomes.

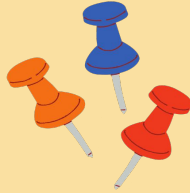
Children who start school in the year they turn six are more likely to have developed the skills and competencies needed to thrive in a formal learning environment, compared with their younger peers who start school in the year they turn five.

**What are the critical things
that families need to know?**

Key Areas of Social Emotional Maturity

Does your child do the these things:

- Follow multi-step instructions (eg. get your hat and lunchbox, and line up at the door).
- Sustain attention and engagement for a reasonable amount of time.
- Work and play well with other children.

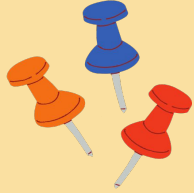


- Have basic independence skills eg. toileting independently, putting on their jacket, open their own lunch box.
- Sit with the group and remain focused, ask questions and answer questions from the teacher.

- Self regulate their emotional response when the answer is 'no'.
- Have the life-skills to solve basic problems and ask for help from the teacher if needed.

Other areas of readiness

- Having social skills eg: taking turns and listening to others
- Expressing needs respectfully
- Can manage their emotions



- Developed fine motor skills eg: hold a pencil or scissors and gross motor skills eg: can climb and run
- Can put on own shoes and hat
- Speak in full sentences

- Has the stamina for a full day at school
- Can join in group activities
- Recognise own name



What can happen if I start my child before they are ready?

Your child may not be emotionally ready

Your child may be intellectually ready to learn, but not emotionally mature enough to start.

School isn't just about learning information, it's also about learning how to socialise, to work within an organised structure with others, and to follow instructions.

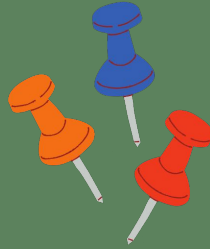
Your child may find it difficult to socialise

If your child is not at the same maturity level as his/her classmates, they may struggle to make friends.

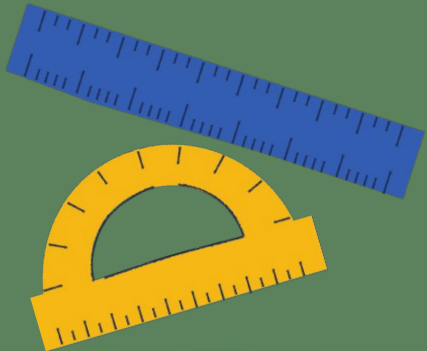
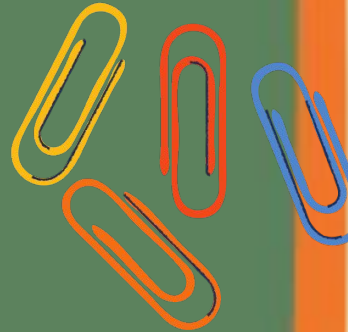
This could impact their experience of school-socially, emotionally and academically.

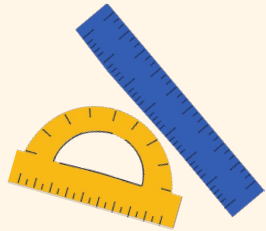
There may be potential academic challenges

A child who starts school before they are developmentally ready may experience difficulties keeping up with the curriculum leading to frustration. Once they fall behind, it is increasingly difficult to close the gap.



What things can you do
to prepare your child for
school?





Recognise that change is hard



It is important to recognise and normalise your feelings and your child's in the lead up to starting school. It's okay for children (and parents) to feel nervous, unsure or confused. Make sure to focus on the positives of school like learning new things and making friends.

Encourage confidence and independence



Letting your child do things for themselves and teaching them responsibility will give them confidence in their abilities and reduce anxieties they may be feeling about starting school.

To help develop their independence you can practise school-related tasks at home such as toileting, unpacking their lunch, putting on shoes and recognising their name on labels.

Build a love of learning



Read with your child regularly (aim for every day).

Books are a fun and engaging way to develop vocabulary, knowledge, creativity, concentration, empathy and imagination. Try to include a wide variety of subjects, genres and media to help broaden their interests.

Numeracy skills can be developed by counting, sorting items into larger or smaller, measuring ingredients, or dividing food into equal shares. Encourage your child to notice the numbers around them when visiting the shops or playground.

Establish routines



Consistency builds confidence and children feel secure when they know what to expect. Consider starting a school morning routine at least two weeks before school starts.

Your morning routine could involve:

- Getting up, having breakfast and brushing teeth at the same time each morning.
- You can also use this time in the morning to start showing your child how to dress themselves and pack a bag.

An afternoon routine could involve:

- Showing your child how to unpack a bag after school and consider introducing some simple variation of homework, like reading to them or drawing, to help your child get into the mindset of doing homework.

Communicating Needs

Our goal is to partner with you to ensure a smooth, successful, and joyful transition into Primary School.

We strongly encourage families to communicate your child's with the school. Research is overwhelmingly clear: early identification and intervention lead to the best outcomes for children with developmental needs.

If you have already observed or had confirmation of any developmental delay, diagnosed difficulty, condition, or disability (such as Autism, ADHD, speech delay, or global developmental delay), we urge you to share this information with your school now.

Communicating Needs

Your child's kindergarten teacher or paediatrician may have already discussed specific areas of need. Please bring any documentation, reports, or professional recommendations you have. This information is confidential and allows us to begin planning before your child even steps into the classroom.

We are prepared to use any information you provide to create a truly inclusive learning experience for your child.

Getting ready for School

Prior to commencing school, children should have lots of practice with the following:

- carrying their school bag, including putting the straps on and taking the bag off
- opening and closing zips
- taking lunch box and drink bottles out of school bag
- opening and closing lunch box, and associated containers
- independently feeding themselves
- tidying up after themselves
- using common learning stationary items - pencils, scissors, glue stick
- toileting, ie using urinal, wiping bottom, hygiene practices such as washing hands

Getting ready for School

- practice wearing uniform so that your child feel comfortable in it - wearing the hat, putting on and taking off the jumper independently
- encourage shoes with velcro rather than laces
- asking for help, articulating what they need (range of abilities at this age)

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