



GETTING READY FOR DAY 1

Beginning Kindergarten is a milestone for both parents and children. Here are some things you can do to prepare for the first day of school.

CREATE INDEPENDENCE

- Let children practise using their lunchbox at home. Teach them to open any food packets or containers you might be using.
- Teach them to use the phrase, 'Please can you help me?' Students need to feel confident enough to ask for help when they need it.
- Label everything! This helps both students and teachers. Remember to have their name on their school bag.
- Ensure that they can comfortably manage their uniform so they can use the toilet. This is especially important for the girls as the zipper on the summer uniform can be hard for them to get undone.

READ BOOKS

Books are an excellent resource to help students feel more comfortable at school. You will find a great list of books at readings.com.au.

NUTRITION

This all begins with breakfast! Healthy lunch boxes are also important to support your child's overall health and learning.

CREATE CONSISTENT ROUTINES

School Mornings

Try to have a calm morning. This will help students arrive at school peacefully and be ready for the day. Setting a routine for the morning will help with this.

Afternoon

After school, give your child some afternoon tea and allow time for play to help them relax after working all day. Napping after school can affect bedtime, so encourage down-time instead.

Sleep

School aged students need between 9-11 hours of sleep each night. An early bedtime and consistent night routine (e.g. bath, dinner, book, bed) is important for good sleep.

Visit our website rpcs.nsw.edu.au for more handy tips!