



ROSEDALE PRIMARY

GROWING FOR LIFE

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Rosedale Primary School

Foundation (Prep) Transition Booklet 2020



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Starting School

Starting school is a major life transition for you and your child. It's a time of change that can be both challenging and rewarding.

During February, Prep children at Rosedale Primary will spend all of Monday, Tuesday, Thursday and Friday at school. Wednesday will be a rest day at home. An appointment time will be allocated to each child to attend a Prep Entry Test, on a Wednesday and this will be conducted at school, on a date to be advised.

There are some practical ways you can help your child make the transition to school. You can:

- Participate in the information and transition sessions the school organises for you and your child
- Visit the school with your child so they are familiar with the grounds, including where the drink taps are, where the toilets are located and where their classroom is within the school building
- Catch up with other parents and their children who will be attending the same school as your child so they can get to know other children in their class before they start school
- Let your child practice dressing for school, using their lunch box and drink bottle and packing their school bag in readiness for their first day at school
- Adopt a low-key approach to the big day by having casual conversations with your child about this next step in their life and sharing positive memories of your own school experience with your child
- Take an interest in school activities and talk about the learning your child brings home. Do fun maths things at home (i.e. numbers, counting, cooking, estimating/guessing, card games, etc.)
- Read to your child regularly and develop a love of books. Include books as gifts
- Read signs, labels, notes, etc. and give lots of praise for their efforts with their learning
- Encourage your child to recognise his or her own name and to know your address and telephone number
- In choosing a school bag, select one that your child can zip up and comfortably carry. Make sure it is a large size to fit everything in. Our Rosedale Primary bags are a great size and sturdy.
- Buy shoes that use Velcro unless your child can tie their own shoe laces
- Show your child how to use a tissue or handkerchief properly
- Show them how to pack and unpack their belongings
- It is important to take and collect your child to and from their classroom. Explain where he/she will be met at the end of the school day
- Regular attendance is important as it helps school progress, social adjustment and the development of dependability. However, home is the place for a sick child. A sick child cannot work well and may pass his/her illness on to other children and staff. Please provide a note of explanation if your child has been absent or let us know by phone on 51992473 or email rosedale.ps@edumail.vic.gov.au

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The First Day

School commences for students on **Thursday 30th January in 2020.**

School hours are from 8.45 a.m. to 3.15 p.m. with recess from 11.00 to 11.30am and lunch from 1.10 to 1.45pm.

Please clearly name everything with your child's full name including **EVERY** item of school clothing.

What to bring on the first day:

- Lunch Box
- Drink Bottle
- School Bag
A large back pack is best as small bags do not fit in all the requirements of school. Rosedale Primary School bags are available in the office and these are great.
- A smock for Art
Children in the Art Room must wear some protective clothing. A smock should have elastic in sleeves and around the neck. It needs to open down the back with loose elastic around the back of the neck so that the child can put it on unaided with nothing to do up. A large shirt is also suitable.
- A spare change of clothes
- School hat. These are available for purchase in the office.
- 2 large boxes of tissues for class use
- A colouring book
- Container of play dough. The container needs to be small and sturdy

Play dough Recipe

½ cup salt, 1 cup flour, 2 tablespoons cream of tartar, 1 cup water, 1 tablespoon cooking oil, colouring (any colour). Mix together, cook in saucepan over medium heat. Stir whilst cooking until it forms into a ball. Cool and place in container with lid.

Immunisation

When enrolling a child in primary school parents must provide the child's school entry immunisation certificate at the school office. This is a legal requirement on enrolment to primary school in Victoria. This process assists health authorities in the event of a vaccine preventable disease occurrence in school. An unvaccinated child may be excluded from school for a period of time.

School entry immunisation certificates can be obtained from:

The Australian Childhood Immunisation Register (ACIR) on 1800653809

Medicare Australia Office

Wellington Shire Council immunisation service on 1300366244

Your doctor

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Healthy Eating

Parents and carers play an important role in ensuring children eat well and stay active.

Choose a lunch box that your child can easily open and close by themselves and that is not too big and bulky. Explain what food is eaten at snack (recess) time and what is for lunch time and pack these separately. At home practise opening a cut lunch although an unwrapped lunch is best. Lunch is eaten in the classroom under supervision and uneaten food is sent home.

School lunch ideas include:

- sandwiches or pita bread with cheese, lean meat, or salad
- cheese slices, crackers with spread, and fresh fruit
- washed and cut-up raw vegetables or fresh fruits
- frozen water or milk, particularly in hot weather
- drink bottles may be kept on children's tables at school but must only contain water

To encourage healthy eating each Thursday our whole school participates in a Rainbow Food Day. The grade with the highest tally of fresh fruit and vegetables of different colours in their lunch each term wins a fruit platter to share.

Head Lice

Head lice can be managed with the co-operation of parents and the school. They are not a threat to health and they do not spread other infections. There is no guaranteed method of prevention, so to avoid an outbreak early detection is in the best interests of everyone. Please check your child's hair frequently. If your child has become infested please notify the school immediately. Children are excluded from school until appropriate treatment has commenced. The easiest, cheapest and most effective treatment is to apply conditioner to dry hair and comb through with a nit comb to remove any lice. Repeat daily until clear.

Personal Hygiene

Encourage your child to be independent with his/her personal hygiene

Show your child how to adjust their own clothing

Remind them to wash their hands after using the toilet

It is very important that the boys are taught how to use a urinal before school commences for both hygiene and self-esteem reasons

Discuss with your child about going to the toilet with a partner and always asking permission to leave the classroom

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Safety

Your child's safety is very important to us, so please discuss the following points:

- How to use the school crossing. Please always cross the road at the school crossings if you are walking with your child/children
- Remaining inside school boundaries at all times. Parents must collect their child/children from within the school boundaries
- Never leave the school grounds without parent or teacher permission
- Before and after school and during recess and lunch breaks there are always teachers on duty
- To accustom your child/ren to using the most appropriate entry to school, please bring them through the Moore or Cricket Street gates and take them to the junior building. Children are requested not to walk through the stadium car park
- Let the teacher and child know of any alternative home time arrangements
- Any parent wishing to collect a child from school during school hours must be signed out at the office
- Children that are late to school must be signed in through the office
- We run "Getting Ready for Learning" from 8.45am to 9.00am daily when teachers and students are in classrooms setting up for the day. After school two teachers are on duty at the exit gates from 3.15 to 3.30 p.m. Children should not arrive at school earlier than 8.45am.

Parent Involvement

Parents are very welcome at our school and we invite all parents to take an active part in the school because you are a vital part of it. It is your school too and your input will help to make the school even better. Parent and family volunteers do require a Working With Children check which is free to obtain. We can help you with this process if needed.

We are proud of the support we have gained from parents and the general community over the years. Parents assist the school in many ways such as - educational programs, excursions and camps, serving on committees, working bees, canteen volunteers, provision of materials, as well as through the Parents' Club and School Council.

Please see your child's teacher to offer to help at school.