



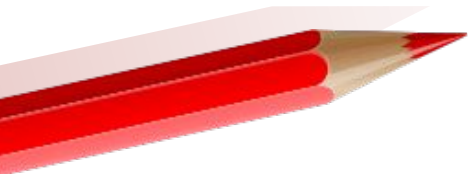
School Readiness

Granville Public School





What is School Readiness



School readiness refers to whether your child is ready to make an easy and successful transition into school. While many people think of academics (e.g. writing their name, counting to 10, knowing the colours) as the important school readiness skills, school readiness actually refers to a much broader range of skills.

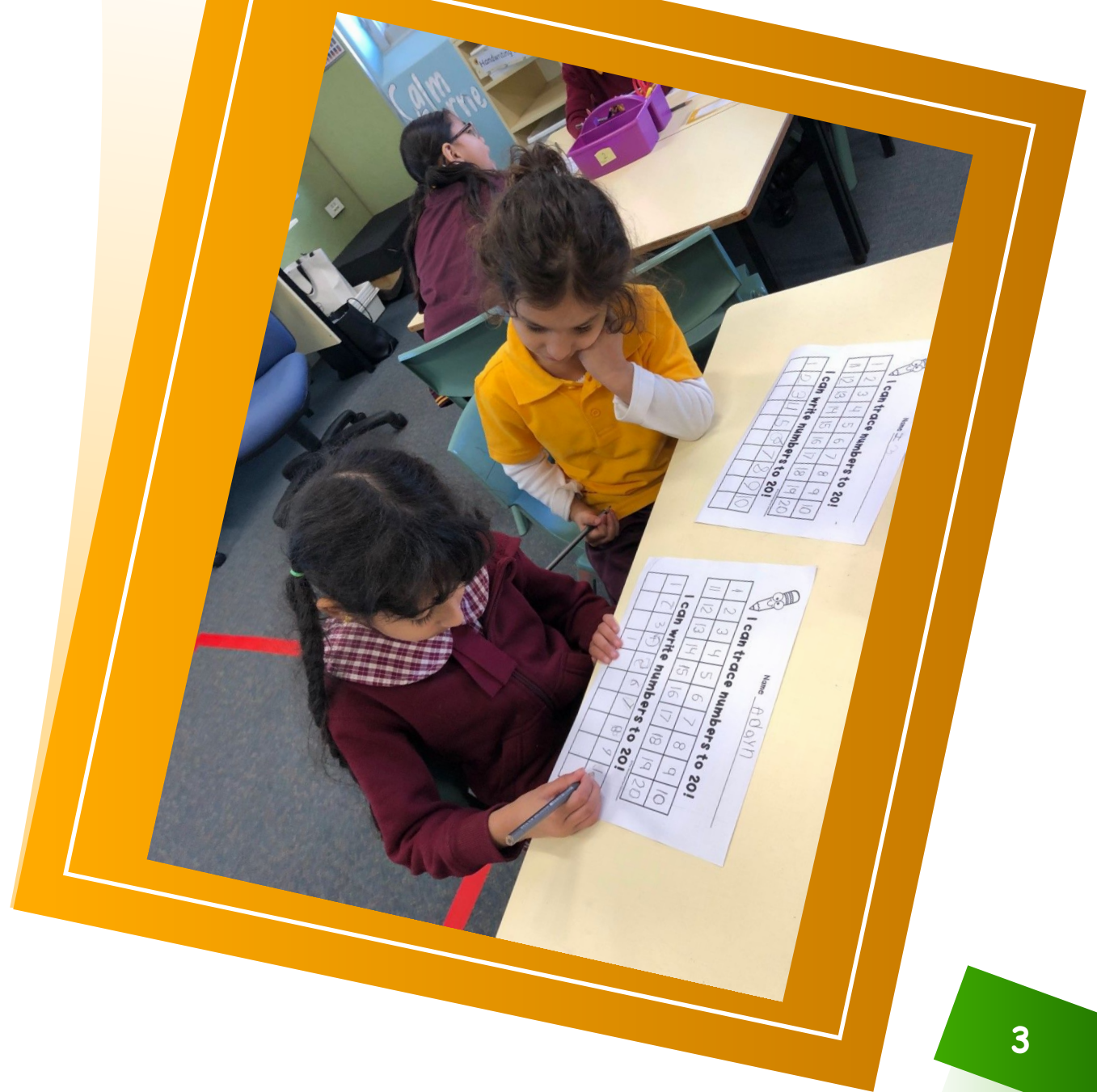
In addition to some academic basics, school readiness skills also include self care (independent toileting and opening lunch boxes), attention and concentration, physical skills (e.g. having the endurance to sit upright for an entire school day), emotional regulation, language skills and play and social skills.

Why are school readiness skills important?

The development of school readiness skills allows teachers to expand and further develop children's skills in the specific areas of:

- social interaction,
- play,
- language,
- emotional development,
- physical skills,
- literacy
- fine motor skills.

Without these basic skills already established upon entering school, children can very quickly find themselves playing 'catch up' compared to their peers that are advancing more quickly. Students that begin school with these school readiness skills in place advance quickly as opposed to those that start school only to *then* begin the slow process of developing school readiness.



Skills Your Child should have:

Play cooperatively with peers	Listen and concentrate
Follow a 2-3 step direction	Share and take turns
· Initiate and maintain conversations	Show empathy
· Work independently	Be a functional member of a small group
Take care of own belongings	Follow rules

Skills Your Child should have:

I can open and close my lunch box and containers.



I can put my bag on my back

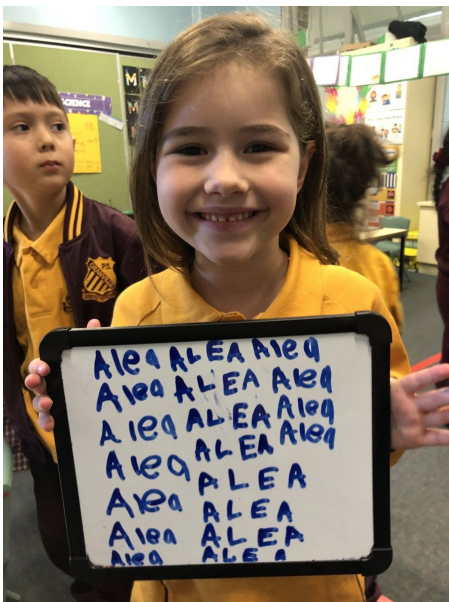


I can tie my shoes



Skills Your Child should have:

I can write my name



I can follow instructions



I can share with others



What you can do to help your child be ready for school:

Getting ready for the transition to school can be an exciting and scary time for children and their parents.

School readiness can be assisted by a little bit of forward planning. Being 'school ready' means your child has the skills they need for optimal learning. On the next slides are some activities to assist with their skill development:



What you can do to help your child be ready for school:

Body awareness, postural strength, balance and coordination

- Ask your child to close their eyes, touch different parts of their body and name them as they go. Larger body parts will be easier and then they can accept the challenge of finding the smaller body parts!
- Drawing around your child's body with chalk and then label their body parts. Drawing on a face can be fun!
- Throw and catch a ball together.
- Try children's yoga. This can be a great way to help develop the postural strength required for extended sitting.



Building wrist, hand and finger strength

- Encourage your child to engage in a variety of drawing, painting, colouring and writing activities on a vertical surface e.g. easel, fence or wall.
- Play with playdough – this can be used to make a variety of fun items or to practice name writing and letter/number formation.
- Play with water using sponges, washers and eye-droppers. Encourage your child to transfer water from one item to another using the tools – add colours or bubbles to make this activity more engaging.
- Use tweezers or tongs to sort small items.

What you can do to help your child be ready for school:

Building independence in self-care tasks

- Use a visual sequence to teach your child how to complete tasks (blowing their nose, toileting, dressing etc.). Provide pictures of the steps to the task or make a short video to show the child how to complete the action.
- Encourage your child to pack their lunch box with you so they get used to the zippers and containers.

Developing literary skills

- Read books and act out the book in play.
- Play 'Simon says' games.
- Play a verbal follow the leader game: provide your child with verbal instructions to complete and gradually add in more steps to create some challenge!
- Point out words that rhyme.
- Learn the alphabet and talk about letters.
- Point out words throughout the day e.g. on signs, packaging at the supermarket.
- Help them to recognise their name

