

# Rising 5's Programme - Getting Ready for School

## What the school will expect your child to be able to do:

- Recognise their own name
- Toilet themselves independently
- Dress and undress themselves independently
- Take responsibility for their own belongings

## What would give your child a great head start for school:

- Recognise initial sounds (see below)
- Blend and segment sounds (see below)
- Use scissors safely
- Use correct pencil grip

## What we will be doing to help:

- Playing I-Spy
- Playing the Robot Sounds Game (see below)
- Getting children to choose their name to put up on the board
- Practicing going to the toilet unaided
- Practicing getting dressed/undressed for P.E.
- Scissor practice
- Shown correct pencil grip when the child is in the mood for drawing/colouring
- Playing Funky Fingers to strengthen the hand and digit muscles used in writing.

## What you can do at home to help:

### DO:

- Look up *Mr. Thorne does Phonics* for initial sounds (your child **MUST** use these correct initial sounds or they will become confused at school and the teachers will not thank us!) - there are videos online. **If you do nothing else do THIS!!!!!!!!!!**
- Play I-Spy using initial sounds, "I-Spy with my little eye, something beginning with "sssss"
- Practice getting dressed / undressed unaided, including putting clothes the right way round! Teachers cannot have 30 children in their class who all need help or else they'll never get to P.E. on time. Allow your child to choose their clothes and lay them out with you the night before. Let them get dressed unaided into the clothes they have chosen - this can remove morning arguments about what to wear in the morning and empowers your child!
- Learn to do up zips, pop poppers closed, easy buttons, get their shoes on and off themselves.

- Teach your child to go to the bathroom unaided - e.g. hand washing, bottom wiping, getting trousers done up / tights pulled up themselves. Also, make it clear to them that soiling/wetting themselves when they are awake is completely unacceptable at their age.
- Teach your child to recognise their name, this way they can find their school work, their peg and their clothes.
- Play the 'Robot-Talking' game e.g. "How does a robot say cat?" "C-A-T" (this is called segmenting and is needed for learning to write, spell and read) and also play the game the other way round. "If a Robot says B-A-T what did it say?" "Bat!" (this is called blending). Once again you **MUST** use the correct sounds as Mr. Thorn instructs.
- Practice using children's scissors and explain why your child must hold them properly when they are carried.
- Teach your child the correct pencil grip when they choose to draw or write at home.
- Have your children help set up, plan and carry their coats and bags. This will teach your child to take responsibility for their own things and help them to become more independent, confident and it's an **AMAZING** overlooked life skill!

### **DO NOT:**

- Worry if your child shows no interest in writing. This is normal! The school will have their own way of teaching children to write and introducing a child too early can put them off writing and also confuse them at school. It is best to let the school handle this! If your child is **DESPERATE** to write just start with their name, that will keep them more than busy enough.
- Teach children the wrong initial sounds - it is 'l' not 'luh' for example.
- Teach your child the letter names (ay, bee, see) - it's the **sound** they make that is the bit that's actually needed! They will learn the letter names a lot later.
- Use the plastic safety scissors - a child **NEEDS** to learn that scissors are sharp, made of metal and need to be used safely.
- Carry any of your children's bags and or coats - you are **NOT** a pack horse. Your child **NEEDS** to take responsibility for their own belongings and learn that if they forgot something it is their fault not anyone else's fault (this includes changing their reading books etc). **We do not want to see you carrying your child's things up our garden path anymore!!!**