

- * **Ready for School?** Published by Leicestershire County Council as part of the Leicestershire Children and Family Partnership— <https://www.leicestershire.gov.uk/education-and-children/early-years-and-childcare/school-readiness>
- * **Hungry Little Minds**—offering simple, fun activities for children —<https://hungrylittleminds.campaign.gov.uk/>
- * **Top 35 Gross Motor Activities**—<https://handsonaswegrow.com/gross-motor-activities-preschoolers/>
- * **Favourite Fine Motor Activities**—<https://funlearningforkids.com/favorite-fine-motor-activities-preschoolers/>
- * **Hands on Maths Activities**—<https://teachingmama.org/15-hands-on-math-activities-preschoolers/>
- * **Oxford Owls**- offers a range of age appropriate books —<https://home.oxfordowl.co.uk/reading/early-reading-skills-age-3-4/>
- * **Health for under 5s**—<https://healthforunder5s.co.uk/>
- * **Change 4 Life**—<https://www.nhs.uk/change4life/food-facts>

Ready, Steady, School!



Welcome to Woodstone

Our aim in Reception is to give each child a happy, positive and fun start to their school life in which they can establish solid foundations to expand and foster a deep love of learning. Learning through play forms the basis of our Early Years Curriculum. We give our children stimulating, active play experiences in which they can explore and develop their learning to help them make sense of the world.

This booklet has been designed to support you in helping your child to get ready for their school life.

Meet the Reception Team:

Class Teachers



Miss Clement



Mrs Leaney

Teaching Assistants



Mrs Capstack



Miss Cain

Top Tips

- * Go on a 'listening walk' where your child can listen to all the sounds around them in the park or a town centre.
- * Play simple games such as 'Simon says' - make it more challenging by building up to instructions with two or three steps.
- * Give your child time to respond to questions.
- * Encourage role play—whether it's dressing up, acting out real-life roles or small-world play with little figures, role play helps children to develop their language and social skills, empathy and cultural awareness.
- * Give your child the opportunity to make choices about what they might like to eat or play with.
- * Take time to share stories, look at picture books and sing nursery rhymes.

Maths Activities

Getting Emotionally Ready

Children face problem solving challenges on a daily basis which helps to develop their mathematical understanding. Opportunities for Maths can be found everywhere through the exploration of sand and water you can develop the understanding of weight and capacity and using manipulatives such as pebbles can help with counting.

It is important to consider a child's emotional well-being through a period of change. Children who have high levels of emotional resilience can form positive relationships, show curiosity and have an enthusiasm to learn.

It may be useful to develop a goodbye routine with your child—this might be a special wave, or just a kiss and a hug. When you leave, tell them that you're leaving and reassure them that you will return.



Challenge 8

- Practise counting objects
- Say number rhymes and play counting based games
- Explore numbers and patterns
- Encourage your child to help to share items

Challenge 1

Feel secure in themselves

- Talk about things that make your child happy / sad
- Your child can ask an adult for help
- Settle happily when you are not there

Top Tips

- * Knowing numbers—Play 'spot the number' - focus on the numerals 0-9
- * Cracking counting—get into the habit of counting everything with your child, from ducks on the pond to stairs in the house/shop
- * Explore numbers and patterns in your home.

Top Tips

- * Give your child time to speak about their feelings
- * Give them experiences of being left with other adults and family members
- * Give your child the chance to talk to new grown-ups when you are there.

Self-Care

As your child gets older, they will learn to do things for themselves—from putting on their own socks to getting their own bowl of cereal in the morning. Being able to take care of their own needs is an important part of your child's development.

Your child will really benefit from being as independent as possible when they start school.

Challenge 2

Begin to look after themselves

- Dress themselves/ put on their own coat / shoes
- Use the toilet / wash their hands / wipe their nose
- Use a knife and fork and drink from a cup

Top Tips

- * Give your child the time to do things on their own
- * Let them have a go at dressing themselves independently
- * Encourage them to have a go at using the toilet independently
- * Praise them for their efforts in order to build their confidence.

Playing with others

When children feel confident and believe in themselves, they are more willing to take on new challenges, a key ingredient for school success! Self-confidence and a 'can do' attitude is also important for getting along with others.

Take your child to playgrounds or parks where they can run, swing, leap and climb, as well as learn how to take turns and play with others.

Challenge 7

Play with others

- Wait for their turn when playing a game
- Share toys they really like with their friends or family
- Talk to their friends about their ideas

Top Tips

- * Play with other children—practise sharing and taking turns
- * Make time to play
- * Model how to take turns and wait

Communication & Listening

Communication and listening are fundamental skills which underpin many aspects of learning. As well as being the foundation for reading and writing, they are also vital for children's social and emotional development. Your child will be given many spoken instructions throughout the school day and will need to be able to shift their attention from what they are doing to listening to what an adult is saying.

Challenge 6

Communicate freely and listen to others

- Sing nursery rhymes
- Share stories daily
- Follow simple instructions
- Speak about their needs and feelings
- Make simple choices
- Listen and take turns in simple conversations
- Practise recognising their written name.

Firm Routines

Routines are established very quickly at school. Having firm routines at home helps children to settle into school life quickly and prepares them for learning. Routines help children to feel comfortable and settled. By creating a predictable daily routine, children also learn what to expect at various times of the day and experience a sense of control and satisfaction.

Challenge 3

- Practise getting themselves dressed and ready to leave the house on time.
- Try to eat at school eating times (lunch-12 o'clock)
- Learn how important sleep is and get into a good bedtime routine.

Top Tips

- * Keep a consistent bed time routine to ensure your child isn't tired for school
- * Be as organised as you can, have school uniform laid out ready for your child to put on in the morning.

Physical Development

Physical activity is vital in children's all-round development. Gross and fine motor experiences develop gradually throughout early childhood. Children need to develop their core strength, stability, balance, spatial awareness, coordination and agility. Children will need these skills to be able to complete daily tasks such as unwrapping their lunch, holding a pencil and using scissors. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being.

Challenge 4

Stay active— develop gross motor skills

- Use a balance bike / scooter
- Catch a ball using both hands
- Have a go at tree climbing

Top Tips

- * Prepare your child for physical activities by encouraging lots of outdoor play, independently and with other children
- * Give children opportunities to explore and take managed risks
- * Play ball games and encourage them to run around, balance on a bike or go down the slide at the park.

Mark-Making

Mark-making is a term used for the creation of different patterns, lines, textures and shapes. This may be on a piece of paper, on the floor, outside in the garden or on a surface. It could be a simple dot or a line across a page. All of this contributes to mark-making and fundamentally is the basis of developing writing skills. Mark-making is not just about early writing; it is a sensory and physical experience which can be enjoyed by all ages and abilities.

Challenge 5

Develop fine motor movements

- Practise holding a pencil / paint brush / chunky crayon
- Make models with playdough
- Practise doing up a zip / buttons

Top Tips

- * Try to think of creative ways to give your child a purpose for their mark-making e.g. writing shopping lists
- * Encourage fine motor skills by using scissors, threading and manipulating playdough.