

# **EARLWOOD PUBLIC SCHOOL**

PARENT INFORMATION SESSION 3

# & Kindergarten Orientation - Day 2 Wednesday 2 November 2022



## **ACKNOWLEDGEMENT OF COUNTRY**



Earlwood Public School would like to acknowledge the traditional custodians of this land, the Wangal, Bedigal and Kameygal people of the Eora Nation. We pay our respects to the courage of the Elders past and present.

With loyalty we recognize and respect their cultural heritage, beliefs and relationship with the land, which continue to be important today.

With courtesy we must remember that this is, was and always will be Aboriginal land.





# PARENT INFORMATION SESSION 3

Road Safety - Constable William Kim Preparing your child for Kindergarten Best Start Assessment First Days of Kindergarten – survival tips

### ROAD SAFETY

# Welcome to Constable William Kim

Police Youth Officer Burwood PAC

# PREPARING YOUR CHILD FOR KINDERGARTEN

You can do a lot to help prepare your child for Kindergarten before their big 'first day'.

The following tips are useful for children starting Kindergarten.



### PREPARING YOUR CHILD FOR KINDERGARTEN

 Be positive about school and learning Talk about 'big school' and changes in routine Drive or walk past the school and discuss what it is Maintain your home language whilst learning English Encourage your child's curiosity by asking questions Encourage your child to ask questions about their environment Read to your child and talk about the story •Teach them to use a tissue and blow their nose -Show your child how to dispose of rubbish

## PREPARING YOUR CHILD FOR KINDERGARTEN

- Help your child to recognise the difference between recess snacks and lunch
- Allow your child to take the lid off their lunch box and then replace it
  Help them take responsibility for their own belongings
- Teach your child to dress or undress themselves –including a sloppy joe or jacket. Allow them to carry their own things
- Teach your child to clean up after themselves
- •Use a toilet correctly- boys need to know how to use a urinal
- -Establish some new routines to follow e.g. getting to school on time!

# THE KINDERGARTEN PROGRAM

#### KEY LEARNING AREAS

English

Mathematics

Science and Technology

History and Geography

Creative and Practical Arts

Personal Development, Health & Physical Education

Community Language Program - Modern Greek

# EXAMPLE OF A TYPICAL DAY IN KINDERGARTEN

#### Morning Session

-Crunch and Sip

-Day of the week, weather, marking the roll (counting)

-Routine for the day is outlined

-English: Reading, Writing, Speaking and Listening focus. Reading groups, modelled writing etc

#### Recess

11-11.20am

#### Middle Session:

-Maths: Maths groups, number work, patterns and algebra, measurement and geometry

-Science: Weather in my World. Look at different weather patterns, seasons, weather symbols

#### Lunch

12.55-1.05 Eating time

1.05-1.55pm Play

#### Afternoon Session:

-PDHPE: Fitness, Gross motor activities

- Visual Arts: Art/craft activities to develop fine motor skills and an appreciation of Art



### WHAT WILL MY CHILD DO ON THE FIRST DAY ?

- 1. Explore their new classroom environment
- 2. Talk about school rules
- 3. Go to the toilet (many, many times!)
- 4. Listen to stories, learn songs, count and play games
- 5. Eat together and play outside



6 STEPS TO SURVIVE THE FIRST FEW DAYS OF SCHOOL

Step 1: Be calm, happy and confident

Step 2: Get Ready the night before

Step 3: Eat a good breakfast

Step 4: Arrive at school just a few minutes before 9am

Step 5: Say good-bye and then leave

**Step 6:** Be punctual for pick up



### BEST START KINDERGARTEN ASSESSMENT

Best Start Kindergarten Assessment is a state-wide assessment that helps teachers identify the literacy and numeracy skills of each student at the beginning of Kindergarten.



The Best Start Assessment will be on a scheduled time and date before your child's first day in the classroom: *either the Monday 30 January*, *Tuesday 31 January or Wednesday 1 February*, *2023* Booking will via the <u>School Interviews</u> website. Details will be emailed to you. You will need to book in a suitable time. This assessment is not a test that requires preparation. Feedback will be provided to all parents later in Term 1.

#### Video link: What is the Best Start Kindergarten Assessment?

Best Start Kindergarten Assessment





All Kindergarten 2023 students will start at EPS on Thursday 2nd February 2023.

- On the first day of school you will drop your child at their classroom.
- Staggered arrival times will be only on their first day. Your time will be between 9:05 9:35am and this time will be communicated to you during your Best Start Assessment visit.
- Every other day, school commences at 9:00am
- School finishes at 3.00pm
- Children who attend the Before and After School Care at Earlwood Caring For Kids will be picked up at the Kindergarten classrooms by their staff.



# TIPS FOR STARTING SCHOOL

Something unique to identify the bagHat

Spare underwear and socks in a plastic bag

Jumper

Raincoat

Crunch and Sip

Recess

Lunch

Bottle of water

# FOOD BREAKS

Crunch & Sip: at a time that suits the class program

11.00-11.20am: Recess (little lunch) - small snack

12.55 -1.55pm: Lunch (big lunch) - main meal

It is a good idea to pack recess and lunch food separately and let your child know what food is to be eaten at each break.

Children eat together as a class and are supervised by their classroom teacher.





# WHAT TO PACK FOR LUNCH

### A word about allergies

Some children have food intolerances or allergies and may be at risk of food related anaphylaxis.

For this reason students are not permitted to share foods at school including birthday cakes and other goodies.

If your child has an allergy please contact the office.



Fruit and <u>Vegetables</u> • Fresh, tinned or dried fruit added to reduced-fat yoghurt • Diced fruit in natural juice • Pureed fruit • Salads • Carrot & celery sticks • Corn cobs

# FOOD IDEAS

**Breads and Grains** •Bread -wholegrain, wholemeal or high fibre breads, such as seeded rolls, Lebanese bread, pita, lavash, bagels •rice •potatoes • pasta



### Dairy • reduced fat yoghurt • reduced fat cheese

reduced fat

milk

Protein •tuna or salmon (fresh or canned) •boiled eggs • beans •lean meat such as beef or chicken

<u>Water</u> Freeze on hot days to keep the lunch box cool

# LABEL EVERYTHING

If you label everything then there is a good chance the lost item will be returned to the right owner.

Lost property is located in F block.





# QUESTIONS?

