






JARGON BUSTER

WHO'S WHO AND WHAT'S WHAT OF SCHOOL EDUCATION

| | |
|---|---|
| BOS | Board of Studies The Board of Studies (NSW Government) develops the education curriculum and syllabuses that are implemented K-12 in all schools www.k6.boardofstudies.nsw.edu.au |
| NAPLAN | National Assessment Program – Literacy and Numeracy for children in Years 3, 5, 7, and 9. These examine basic literacy and numeracy skills. www.naplan.edu.au |
| CSO  | Catholic Schools Office (CSO) of Broken Bay is responsible for overseeing the management of the 43 Catholic Schools (36 Primary and 7 Secondary) within the Diocese of Broken Bay (DBB) . These are organised geographically into three main clusters – Central Coast, North Shore and Peninsula. www.cso.brokenbay.catholic.edu.au |
| DET  | Department of Education and Training – NSW department oversees public education from early childhood (pre-school) through to higher School Certificate (Years 11 and 12) www.det.nsw.edu.au |
| P & F or P & C | Parents and Friends Association (P&F) Catholic Schools, Parents and Citizens (State Schools) . Parent group within the school which helps build community in schools. |
| DPC  | Diocesan Parent Council represents all parents of children attending Catholic schools in the three clusters of the Broken Bay Diocese. Contact parentcouncil@dbb.edu.au or ph. 9847 0340 |
| CCSP  | Catholic Council of School Parents is the official parent organisation recognised by the Catholic Bishops to represent parents of children attending Catholic schools in across the 11 Diocese of NSW and ACT. www.ccsp.catholic.edu.au |
| CEC  | Catholic Education Commission is responsible to the Bishops of NSW for the coordination and representation of Catholic Education across NSW and ACT http://www.cecnsw.catholic.edu.au/ |
| KLA | Key Learning Areas are the different subject areas outlined by the Board of Studies. The seven KLAs taught in our Catholic Schools are English, Mathematics, Science and Technology, HSIE (Human Society and Its Environment), Creative Arts, PDHPE (personal Development, Health and Physical Education) and RE (Religious Education) |
| Outcomes | These are the statements within the Syllabus that describe the knowledge, skills and understanding of what is expected to be gained by most students in each stage of development. |
| Learning Stages | The curriculum is currently organised into different stages of learning to correspond with school year classes. These stages cover two years of schooling. Early Stage 1 (ES1) Kindergarten Stage 1 (S1) Year 1 and Year 2 Stage 2 (S2) Year 3 and Year 4 Stage 3 (S3) Year 5 and year 6 Stage 4 (S4) Year 7 and Year 8 Stage 5 (S5) Year 9 and Year 10 Stage 6 (S6) Year 11 and Year 12 |
| SDD | Staff Development Day (SDD) – Pupil Free day. These days are professional learning / professional development days within the school term where the staff attend courses. |
| Learning Support | Children learn differently and at different pace. Some students need extra support due to a diagnosed disability or learning difficulty. Schools have Learning Support Teachers (LST) and Learning Support Assistants (LSA) |
| ESL LBOTE | English as a Second Language Language Background other than English |
| G&T | Gifted and Talented is a term sometimes used to refer to programs developed for those children who may have special needs with regards to extending their learning. |



Getting your child ready for school

Parents are the primary educators in their child's life. When your child commences school, you as parents form an important partnership with your local Catholic School. This partnership continues throughout your child's education.

Starting school can be a very exciting time for your child and for you as parents. However, it is not uncommon for children and parents to be anxious about the process. This booklet may offer some useful information to assist you when preparing your child for a positive start to school life.

Contents







- Is my child ready for school? How can I prepare my child for School?
- Getting ready for the first day!
- On the first day!
- What to pack in the lunch box!
- Jargon buster! – What do all those letters mean?
- Weblinks

Teach me to do it myself!

HOW CAN I PREPARE MY CHILD FOR SCHOOL?

There are lots of wonderful things that your child will learn once at school. However, there are many skills that can be taught to your child even before they begin their first day. Below is a 'checklist' of skills that parents need to consider before your child starts Kindergarten.

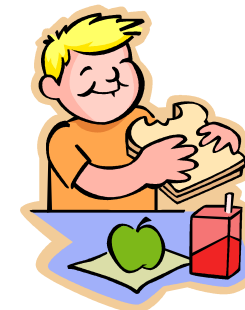
PRACTICAL / FUNCTIONAL SKILLS

| Can my child | What can I do as a parent to help get my child ready for school? |
|---|--|
| <input type="checkbox"/> Display independence with personal hygiene  | Encourage independence with personal hygiene. Teach them how to: <ul style="list-style-type: none"> • go to the toilet unassisted • wash hands • blow their nose • dress themselves |
| <input type="checkbox"/> Demonstrate fine motor skills  | Assist your child to: <ul style="list-style-type: none"> • manage zippers and large buttons • use variety of objects such as toothbrush, pencil, scissors (cut in a straight line), hair brush • use pencils, crayons to engage in drawing |
| <input type="checkbox"/> Demonstrate gross motor skills  | Promote opportunities for your child to develop skills in <ul style="list-style-type: none"> • walking and watching where they're going • walking up and down stairs – holding hand rail, walking one step at a time • running, skipping, hopping • play outside games • throw and catch a large ball |
| <input type="checkbox"/> Recognise their own belongings  | Give time to teaching your child how to <ul style="list-style-type: none"> • recognise their own school bag (ie a special key ring attached to the bag for easy identification); hat, lunch box, pencil case etc |
| <input type="checkbox"/> Demonstrate some responsibility when caring for belongings  | Encourage your child to gain some independence when caring for their belongings. For example <ul style="list-style-type: none"> • packing away toys • helping with chores at home eg making their bed, putting clothes in washing basket etc |
| <input type="checkbox"/> Open lunch box and wrappings  | Before school starts, pack lunch into a lunch box and provide times for your child to experience managing the lunch box with increased independence <ul style="list-style-type: none"> • Opening and closing lid of lunch box and drink bottle • Removing wrappers and opening packets) |

WHAT'S FOR LUNCH?

Having a healthy breakfast each morning before school is very important. Just as important is sending your child to school with a healthy and nutritious lunch box!

- ✓ Check with your school's routines regarding scheduled breaks (fruit break, recess, lunch)
- ✓ Familiarise yourself with school's policy around food possible restrictions (such as nut allergies etc)
- ✓ Involve your child in preparing and /or packing the lunch.
- ✓ Explain to your child which items are for which break – ie the snack items for morning break and sandwich for longer lunch break etc
- ✓ Plan a lunch that can be eaten cold but doesn't need refrigeration (an insulated lunch box with an ice pack can be a good idea but make sure these are labelled with your child's name)
- ✓ Pack food that is ready and easy to eat. Pre-cut food is ideal – slices of orange, celery sticks, carrot sticks, apple slices etc
- ✓ Consider quality over quantity!
- ✓ Ensure your child is able to open lids and wrappers, containers and bottles etc
- ✓ Try to include fruit, dairy, protein, carbohydrates and water
- ✓ Check out these links for more information about healthy lunches
<http://www.kidspot.com.au/School-Eat-School-lunches+129+35+article.htm>
http://www.sportsdietitians.com.au/resources/upload/School_Lunch_Box_Ideas.pdf
http://www.healthinsite.gov.au/topics/Healthy_Lunch_Boxes



USEFUL WEBSITES FOR PARENTS

<http://www.kidspot.com.au/>

An Australian website for parents including toddler, preschool, school age information (food, play, development, behaviour and health)

<http://kidshealth.org/parent/>

An American web site with helpful information for parents regarding a wide variety of health issues (emotions, growth and development, nutrition, medical etc)

<http://school.familyeducation.com/kindergarten/anxiety/51261.html?detoured=1>

An American website with some useful easy to read tips for parents preparing their child for school

<http://www.kidsmatter.edu.au/primary/>

GETTING READY FOR THE FIRST DAY!

In the weeks leading up to your child's first day establish a 'school day routine'. This would include a set bed time to ensure a good night's sleep. Establish a morning routine including getting dressed, packing a 'school' bag and having a nutritious breakfast. Remember to encourage developing independence by teaching your child how to dress themselves.

Label all your child's belongings – school bag, lunch box, clothing (including shoes!). Check with your school's requirements for items such as library bag, art shirt etc

Most schools arrange for time prior to the first day where the children have the opportunity to be at the school for short periods of time (orientation days etc). Visits to the school will help prepare your child get familiar with the sights and sounds of the school environment.

What to pack in your child's school bag. Your school may have more specific requirements but a good start would be to include:

- lunch box (see information below)
- jumper
- raincoat
- change of underwear in a plastic bag – accidents can happen!

ON THE FIRST DAY!






A good night's sleep and a healthy breakfast will help make this exciting day even more enjoyable. Allow plenty of time for the morning routine (packing their school bag the night before may be a good time saver) and arrive at school well before the specified time (check with your school for arrival arrangements).



Even though parents themselves may be feeling a little anxious it is important for them to help their child feel reassured - be positive and demonstrate your trust in the teacher and your enthusiasm about the school and learning.









When it is time to leave, a short and reassuring goodbye will give confidence and greater independence. Be guided by your child's teacher and school staff who will have many strategies in place to encourage a stress-free start to the school day.

SOCIAL INTERACTION SKILLS




| Can my child | What can I do as a parent to help get my child ready for school? |
|---|---|
| <input type="checkbox"/> Happily spend time away from parents  | <ul style="list-style-type: none"> • Arrange for short periods of time with a family member or with a familiar person or close family friend |
| <input type="checkbox"/> Take Turns  | Develop a sense of turn taking by teaching your child to <ul style="list-style-type: none"> • take their turn when playing games (even if adult directed) not always having to go first • use "Excuse me" when wanting to get busy adult's attention and wait their turn eg waiting until mum has finished helping younger sibling before they get help |
| <input type="checkbox"/> Share  | Teach your child how they can share with others. <ul style="list-style-type: none"> • Sharing toys, • Sharing and taking turns with equipment and materials |
| <input type="checkbox"/> Play cooperatively with friends <input type="checkbox"/> Participate in a game without hurting others | Organise 'play dates' with children of similar age <ul style="list-style-type: none"> • Small group (2 -3) for short periods of time (20 mins) • Allow the children to play with limited interaction from adults  |
| <input type="checkbox"/> Join in a game  | Teach your child how to enter a game, join in <ul style="list-style-type: none"> • "Can I play please?" • "Hi, my name is Michelle. What are you playing? Can I join your game please" |

Teach me to do it myself!




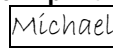
COMMUNICATION SKILLS

| Can my child | What can I do as a parent to help get my child ready for school? |
|---|---|
| <input type="checkbox"/> Articulate their needs verbally <input type="checkbox"/> Use polite words  | <ul style="list-style-type: none"> Encourage your child to "Use your words" – rather than gestures and single word utterances use full sentences when making requests. "Can I please have a drink?"; "I need to go to the toilet." ; "Can you help me please?" |
| <input type="checkbox"/> Control volume when speaking  | <ul style="list-style-type: none"> Encourage your child to use good volume when speaking to others – ie not whispering or shouting |
| <input type="checkbox"/> Greet people / friends how to say hello | <ul style="list-style-type: none"> Teach your child how to greet friends and family, model and show them how. "Hi Michelle. How are you today?"; "Hi Matt! What are you doing?"; "Can I play too?"  |
| <input type="checkbox"/> Listen to and engage with others using eye contact  | <p>Demonstrate the conventions of turn taking in a conversation.</p> <ul style="list-style-type: none"> turn taking in a conversation for short periods of time let a person finish what they are saying before speaking |
| <input type="checkbox"/> Respond to people answer a question with a sentence | <ul style="list-style-type: none"> Encourage your child to "use your words" - use full sentences and not just a single word when responding to a question. "Good thanks"; "I played soccer on the weekend"; "No thank you"; "yes please"  |
| <input type="checkbox"/> Follow instructions  | <p>Promote opportunities for your child to follow instructions / directions from adult.</p> <ul style="list-style-type: none"> One step instructions for example "put your hat on", Two step instructions for example "take your shoes off and put them under your bed" |
| <input type="checkbox"/> Sing songs and recite rhymes | <ul style="list-style-type: none"> Read to your child regularly and take time to sing songs and nursery rhymes.  |
| <input type="checkbox"/> Retell events / stories  | <p>Encourage your child to tell you about their day or the game they're playing. Ask questions using "what" and "who" etc.</p> <ul style="list-style-type: none"> "Tell me about your picture / the game you played" "tell me about a fun part of your day?" |

RESILIENCE AND COPING SKILLS

| Can my child | What can I do as a parent to help get my child ready for school? |
|--|--|
| <input type="checkbox"/> Manage frustration without 'tantrum' | <ul style="list-style-type: none"> Teach your child strategies to use when feeling frustrated – such as deep breaths, asking for help etc  |
| <input type="checkbox"/> Accept making mistakes and not always 'winning' without becoming upset | <ul style="list-style-type: none"> Allow for situations where your child does not 'win' a game or come first. Teach your child what you do when you 'make a mistake'; that it's ok to make mistakes. We can ask for help or have another go. |
| <input type="checkbox"/> Separate from parent without fuss  | <ul style="list-style-type: none"> Arrange for short periods of time with a family member or with a familiar person or close family friend. Tell your child in advance and reassure them you are coming back to pick them up. Say good bye without fuss (don't sneak away without letting them know you're going) |
| <input type="checkbox"/> Express anger without hurting themselves or others <input type="checkbox"/> Walk away when someone is trying to hurt them or fight with them | <ul style="list-style-type: none"> Teach your child strategies for when they become angry. Such as walking away for some quiet time, deep breaths, counting, using words rather than fists etc Encourage your child to ask a trusted adult for help when they feel threatened or scared.  |

COGNITIVE / ACADEMIC SKILLS

| Can my child | What can I do as a parent to help get my child ready for school? |
|---|--|
| <ul style="list-style-type: none"> Understand reading conventions  Recognise colours and shapes | <ul style="list-style-type: none"> Read with your child on a regular basis. Model for them and teach them how to hold a book, turn pages left to right, 'read' / talk about the pictures Teach your child and play games that involve colours and shapes.  |
| <ul style="list-style-type: none"> Hold a pencil in adult – like grip | <ul style="list-style-type: none"> Provide time to sit and draw with your child. Draw pictures of people and encourage your child to talk about their pictures.  |
| <input type="checkbox"/> Recognise their own name in print  | <p>Teach your child to begin to</p> <ul style="list-style-type: none"> recognise their own name on labels etc recognise their first name in print |