

## Preparing your Child for School

The Early Years Foundation Stage [EYFS] curriculum was introduced in the U.K in 2008 as a framework for children up to the age of 5. If a child is 3 before 1<sup>st</sup> September they will enter Foundation Stage 1 [FS1] called Rainbow Class in our school. They will have their 4<sup>th</sup> birthday in this class and move up to Foundation Stage 2 [FS2 or Reception.] the following year. They will have their 5<sup>th</sup> birthday in FS2 before moving into the next key stage which has a different curriculum.

The EYFS recognises the need for young children to explore their world and become effective learners through a rich variety of play based activities. It is based on a number of principles, some of which are:

- providing learning opportunities that reflect the development of young children
- ensuring that all children feel included, secure and valued
- providing learning opportunities that build on what children already know and can do
- developing good communication between parents and the early years setting

### Characteristics of effective learning

#### Playing and exploring

Finding out and exploring,  
Playing with what they already know,  
Being willing to 'have a go'.

#### Active learning

Being involved and concentrating  
Keep trying  
Enjoying achieving what they set out to do

#### Creating and thinking critically

Having their own ideas  
Making links  
Choosing ways to do things



There are 7 areas of learning that are covered during these years.

1. Personal, Social and Emotional Development
2. Communication, and Language
3. Mathematics
4. Understanding the World
5. Physical Development
6. Expressive Arts and Design
7. Literacy

It is an integral part of learning that children's efforts are recognised, valued and praised. This positive learning is not only for academic achievement, but also to encourage and develop positive attitudes and good behaviour amongst the children, learning to become a member of a class/group and following set class rules and codes of behaviour.

Class routine is very important, allowing the children to become familiar with everyday structures of the class and what is to be expected of them, helping them to gain independence. Children will learn to play alongside others, take turns, share fairly with others and to build relationships.

In Rainbow Class the children begin to learn letters by sound, action and name. The programme used is called Jolly Phonics, and when they are ready the children will learn a new single letter, sound and action most weeks. Stories and songs are an integral part of the curriculum and as such are included in our daily routine. At this stage we use our fingers to practice big letter shapes in the air but do not teach them formal letter formation. By Term 3 some children will be ready to learn to form the letters of their names correctly but this is not an expectation.

We have a computer installed in the class room for learning basic ICT skills with fun software to encourage the use of mouse skills. An overall introduction to computers will be covered and consolidated in class.



## First Day in Rainbow Class

You and your child will be invited to visit Rainbow class to meet the teachers and explore the classroom before the start of term where you will have chance to ask questions and discuss any concerns. The children will then be introduced to school life gradually in small groups over the course of the first two weeks, until the whole class is in together.



That first day at school will be a very important day for your child, and a lot will be expected of *him/her*. He/she will be looking to you for reassurance and it is important that you seem confident and calm about what lies ahead.



The teachers will be eager to talk to and settle all the children in the class. When it is time to leave your child, please do so with a smile and don't linger. The staff are trained to help and support children during this time, and it is easier to divert their attention to happier things if parents are not in sight.

We also acknowledge that this can be an emotional time for parents too! Each day all staff members will be at the bus stop to collect and deliver the children and we are always happy to talk to you about how their day went and to discuss anything relating to their health and happiness. Rest assured that should the need arise staff would contact you directly.



To take up a place in Rainbow Class it is essential that your child meets the following requirements before he/she starts school:

- To be toilet-trained and able to go to the toilet independently.
- To attempt to manage their own clothing with adult support (including "child friendly" shoes)
- To carry their own school bag
- To eat independently - managing a school lunch box with a little assistance
- To be able to communicate basic needs

### **Items your child will need for the first day**

Please, please, make sure that all items are clearly named, without exception (this covers lunch boxes, bags, P.E. kits and hats)

#### **A SUN HAT**

This is important and children are expected to wear one at all times when outside.

#### **A BACKPACK**

That the child can open and close him/herself and big enough to hold your child's lunch box and folder. Please do not buy bags with wheels as they are difficult for your child to manoeuvre on and off the buses and they also very easily trip up other children.

#### **SPARE CLOTHES**

A set of spare clothes to be kept in school in a named plastic bag.

#### **A LUNCH BOX**

A lunch box that children can open and close themselves. We would recommend the insulated variety as food will keep fresher in the hot weather. The lunch box should contain lunch and a snack.

For example:

- One or two drinks
- Sandwiches or other savoury snacks (pizza, cold chicken, pasta etc.)
- Fruit or vegetables that are chopped and ready to eat.
- Please do not send any food containing nuts as some children suffer from severe nut allergies. This includes items such as peanut butter and chocolate nut spread.

**No sweets or fizzy drinks**

**No glass containers please.**

Your child will need a packed lunch and a snack every day except for Toasty Tuesdays. On this day we make our own toast at snack time so they will only need lunch.

### PE KIT

White T-shirt, navy shorts and training shoes.



All items of uniform must be clearly labelled with your child's name. 22 white t-shirts and 22 little blue shorts can end up strewn all over the class in those early days and are very hard to return to their rightful owners without a name. Very annoying if you have just spent a fortune on them and/or only have 1 set..! Parents get very frustrated with lost property but there really is very little we can do if there is no name. The same goes for all other items.

### ARRIVING AT SCHOOL

The start time for Rainbow Class will be 9.00am with a finish time of 2.15pm. You will need to make arrangements to drop your child at bus-stop 1 on campus between 8.45am and 8.55am, and to collect them from the walk-in gate at 2.15pm. Any students not collected by 2.30pm will be returned to the class to await collection.



### SCHOOL EQUIPMENT

The school will provide all the equipment your child will need, such as pencils, crayons, erasers, so your child will not need to bring these.

### CONTACTING US

We hope the above information answers some of your questions. We look forward to welcoming your child into school.

If you have any other questions you can email the school on [dbgs.parents@isg.edu.sa](mailto:dbgs.parents@isg.edu.sa)  
Please call this number if your child is going to be absent: 13-3300555 ext 2007

### Here are some helpful suggestions to prepare your child for school.

- Make a game out of dressing in the morning to encourage independence. Socks and shoes are particularly tricky at this age but they are so proud when they can do it for themselves!
- Look at picture books and ask them what is happening, what might happen next. Read stories to your child to encourage their love of books and learning - talk about the story and the characters in it.
- Try to put events in order during the day. Talk about morning/breakfast, afternoon/dinner, bedtime/evening/night time etc.
- Listen to stories on CD or tape to develop their listening skills.
- Sing nursery rhymes and songs together in any language
- When out, point out signs and what they mean.
- Sorting or putting things together in groups which are similar, as in sorting toys or clothes, or let your child collect things that are the same colour.
- Point out different shapes and how they are different.
- Compare sizes, such as how big Mum and Dad are compared to your child etc.
- Try to use language such as big/small, tall/short, high/low, long/short etc.





- Try and use positional words during everyday conversation such as on, off, up, down, under, inside, outside, at the top, next to, over etc.
  
- Talk about the sequence of events in everyday life, such as getting a meal ready, getting ready for bed, baking a cake and the steps you need to take to undertake each task.
  
- Encourage your child to question the world around him and his environment. Go on walks and talk about the animals you see, discuss the weather and the difference in seasons. Children love to cook and their interest should be encouraged, so bake a cake together.
  
- Encourage your child to colour, holding the pencil correctly.
  
- Purchase some child friendly scissors and practice cutting from old magazines or draw some dark lines on scrap paper for them to cut along. Teach them how to use them safely.
  
- Pencils, crayons, brushes and felt tipped pens all assist your child to develop the interest and skills for writing. Cover an area of your table in paper and let them explore different ways of drawing and writing.
  
- Begin tracing along dotted lines to help with their fine motor skills.
  
- Children love to dress up and role play, so any old clothes you don't need any more are ideal for this purpose.
  
- Sing nursery rhymes and encourage your child to make up stories and act them out.
  
- Look at children's sites on the computer and encourage your child to use a mouse.