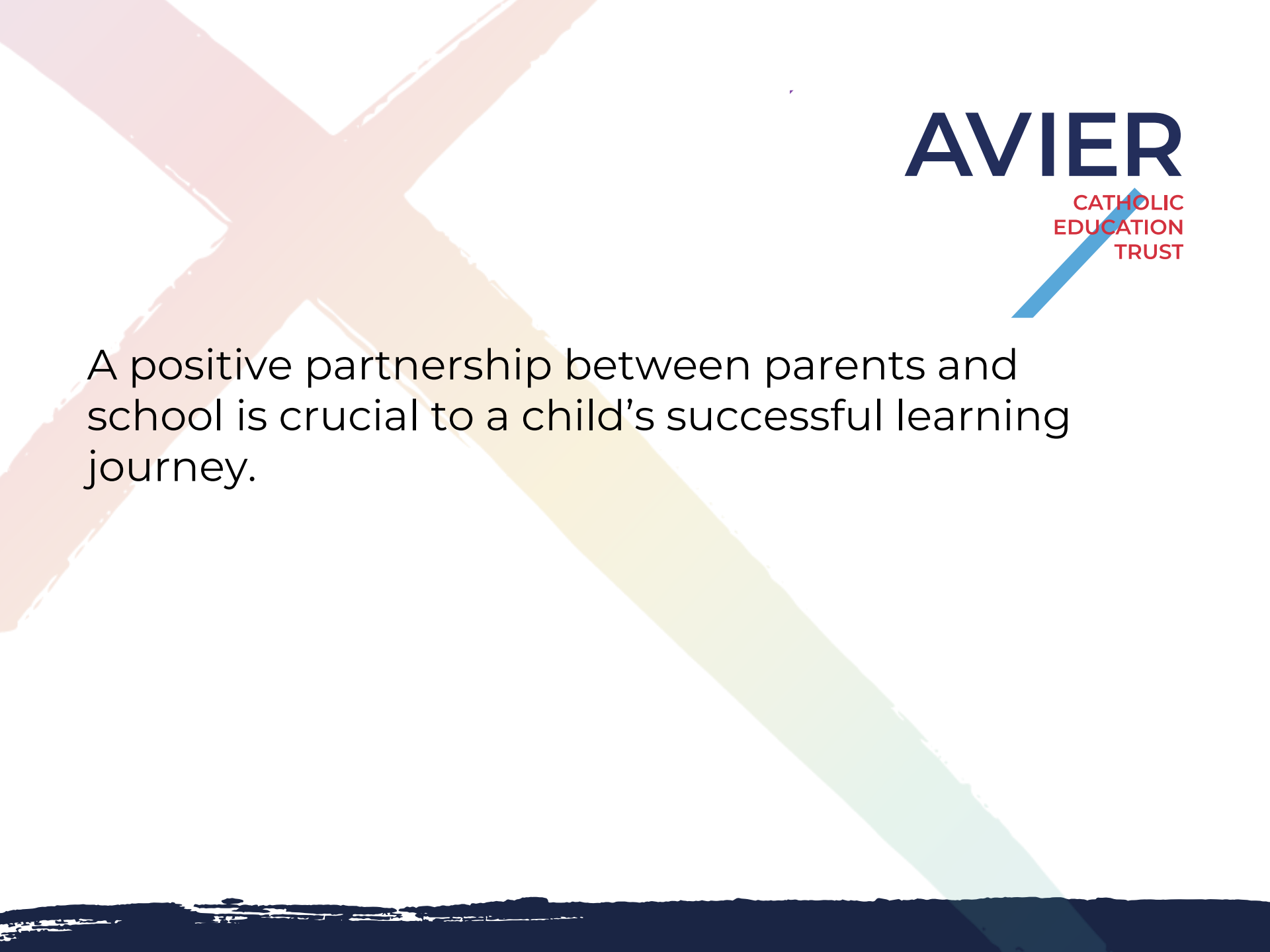


School Readiness

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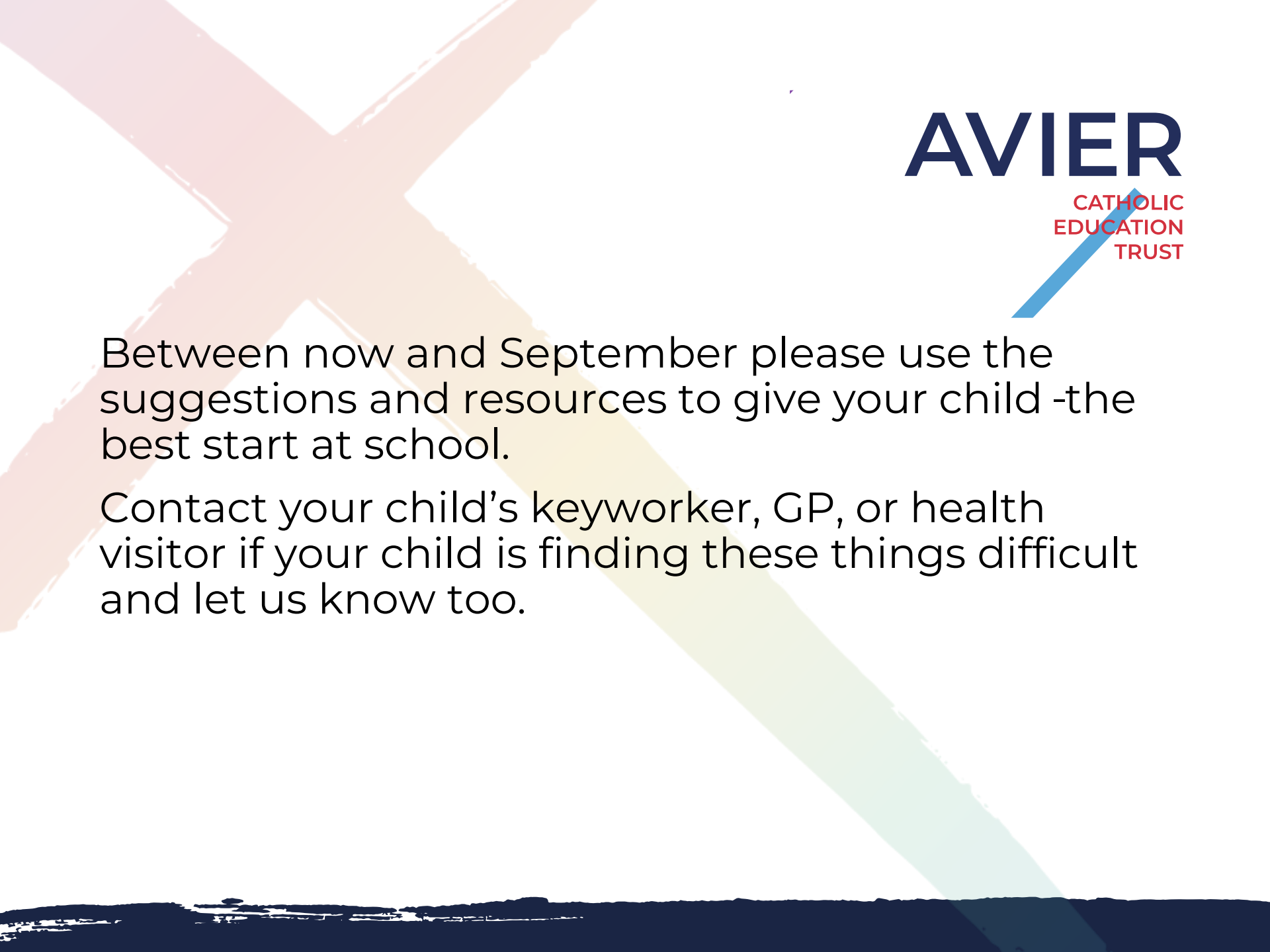
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A positive partnership between parents and school is crucial to a child's successful learning journey.

It is expected that children meet the following criteria before they start school unless they are considered to have a special educational need and / or have medical conditions which indicate the need for additional care and support.

The school SENDCO will help to prepare your child with the transition to school if your child has additional needs.

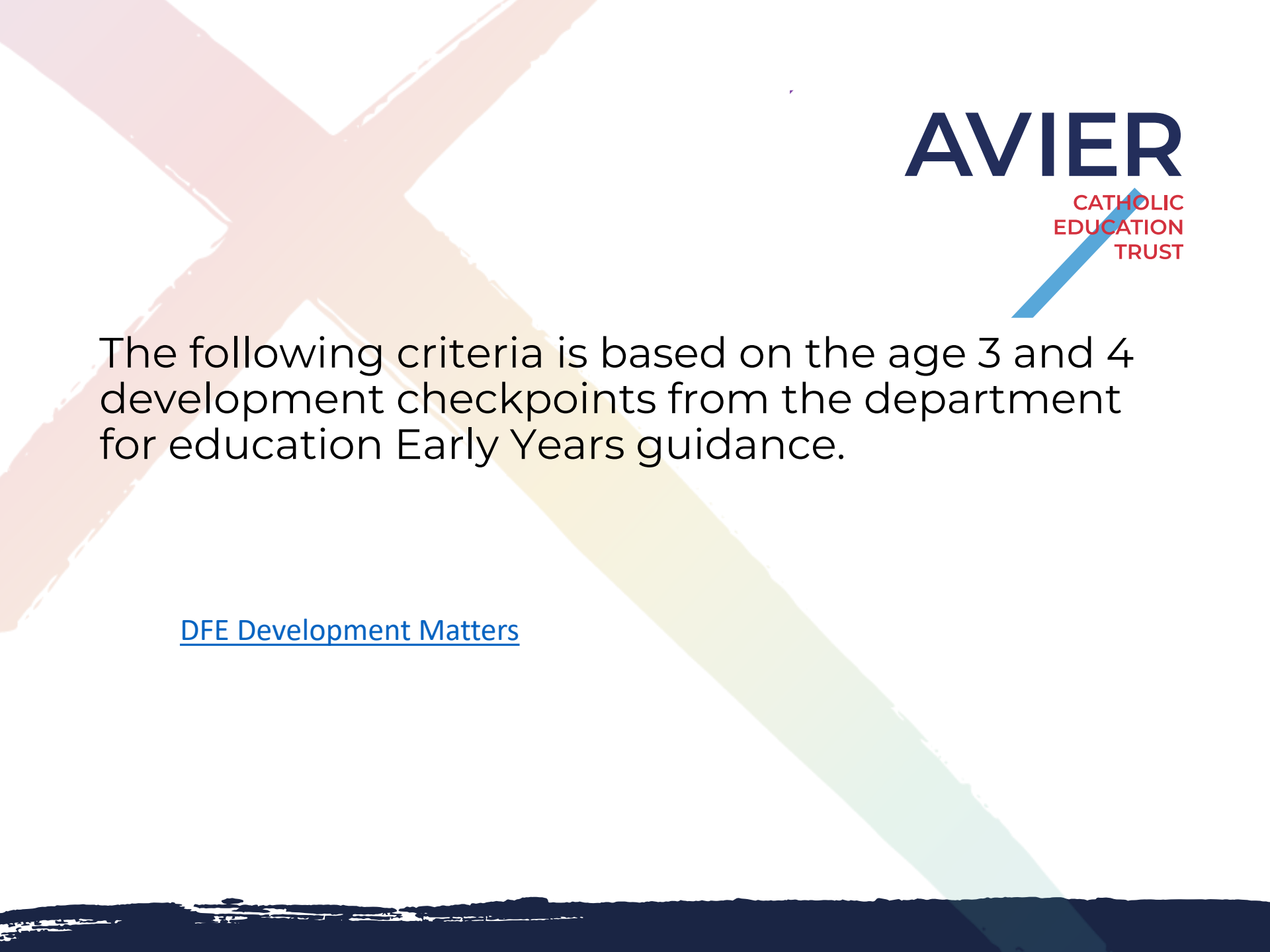


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Between now and September please use the suggestions and resources to give your child -the best start at school.

Contact your child's keyworker, GP, or health visitor if your child is finding these things difficult and let us know too.



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The following criteria is based on the age 3 and 4 development checkpoints from the department for education Early Years guidance.

[DFE Development Matters](#)

- 1. Children are toilet trained and mainly dry throughout the day and able to wash their hands independently.**



What can you do to help?

Model and talk to children about why it's important to wash their hands carefully throughout the day, including before they eat and after they've used the toilet

ERIC is the national charity dedicated to improving children's bowel and bladder health. If your child isn't dry throughout the day follow the 3 Step Approach To Potty Training

2. Children can feed themselves confidently and drink from an open cup.

What can you do to help?

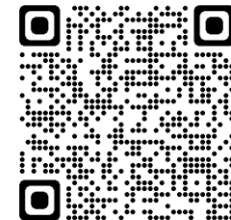
Encourage good eating habits and behaviours.

Practise using a knife and fork by cutting shapes made from playdough.

Enjoy mealtimes together and model good table manners.

Please let the school know if your child has significant worries about food and or is following a sensory diet implemented by an OT or dietician.

Scan the QR codes for a simple matching table manners activity.



3. Children can follow instructions and understand the need for rules. e.g. Please tidy the toys away because it is story time / Please sit on the carpet so we can have a snack.

What can you do to help?

Explain that we have rules to keep us safe.
Discuss school routines and expectations.

[Play this interactive game and explain to discuss school routines.](#)

[Read this social story about tidying up with your child.](#)

4. Children cooperate with other children with developing kindness and respect.

What can you do to help?

When appropriate, notice and talk about children's feelings. For example: "I can see you are finding it hard to wait, just a minute and then it's your turn to go down the slide."

Model useful phrases like "Can I have a turn?" or "My turn next."

Support children to find ways into the play and friendship groups of others. For example, encourage them to stand and watch from the side with you. Talk about what you see, and suggest ways for your child to join in

5. Children can put on and take off their shoes, coat, trousers/ shorts/ tights.

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What can you do to help?

Encourage children by helping them, but leaving them to do the last steps, such as pulling up their zip after you have started it off. Gradually reduce your help until the child can do each step on their own. Make it fun by using a timer to get dressed or music such as Mission impossible.



Sequence the cards to support your child getting dressed.

[Getting dressed \(girls\) routine cards](#)

[Getting dressed \(boys\) routine cards](#)

6. Children can communicate in simple sentences.

What can
you do to help?



Reading stories and poems and singing songs and poems help communication skills too.

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The importance of reading to your child-

At five years old:

Never read to - 4,622 words

1-2 times a week – 63,570 words

3-5 times a week – 169,520 words

Daily – 296,600 words

Five books a day – 1,483,300 words

Science Daily (2019)

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7. Children can walk and run confidently and walk up and down stairs.

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What can you do to help?

Gross motor skills

Ensure children have at least 45 minutes of physical activities every day. Include lots of opportunities for children to move freely and explore their surroundings.

All movement counts. The more the better!

- jumping
- walking
- dancing
- swimming
- playground activities
- climbing
- skipping
- active play, like hide and seek
- throwing and catching
- scooting
- riding a bike

Fine Motor Skills

One of the easiest things you can do to help prepare our children for school is to give them plenty of opportunities to develop their fine motor skills! A child who has poor fine motor skills or weak muscles in their fingers, hands and shoulders might struggle when it comes time to learn how to write.

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Pegs



Pouring



Stickers

Resources

[Children's language development and parenting advice - BBC Tiny Happy People](#)

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