



“SAM Cares”

# “SAMS OFF TO SCHOOL PROGRAM”

Prep Information Booklet, 2023



St. Albans Meadows Primary School  
2A Laurel Street, St Albans, 3021  
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# “S.A.M’S OFF TO SCHOOL PROGRAM”

To assist your child in making the transition from preschool to primary school we offer a school readiness program in term 4. Your child will participate in play based structured activities while you attend parent information sessions to provide you with strategies to use in assisting your child. We want every child to have this opportunity, to thrive, to enjoy, to develop a sense of community, belonging and success. The program will run for four consecutive weeks and includes Orientation Day on the 29<sup>th</sup> November, 2022

Other Dates include: *Tuesday 8<sup>th</sup> November, 2022*  
*Tuesday 15<sup>th</sup> November, 2022*  
*Tuesday 22<sup>nd</sup> November, 2022*

It also needs to be remembered that whilst most people focus on the academic learning associated with school, socialisation, friendship, communication and dealing with conflict and general life skills are also critical factors in learning and living with others.

## What is school readiness?

Readiness refers to the aspects of “skill and development and maturity” that are viewed as optimal for a child to possess before commencing school. Preparation refers to “the additional things a parent can do to help prepare a child for the transition between the early childhood program and school”.

- Being able to separate from parent/caregiver without distress
- Do things for themselves such as, hanging up bag, putting own belongings away
- Taking turns and sharing
- Following directions
- Completing tasks without being distracted
- Communicating their needs and wants to others

Commencing school is a major event in the life of a child and family. It is therefore very important that a child has optimum opportunity to not just “cope with” or “survive” their first and subsequent years of school, but to flourish, thrive and reach their individual potential

Prep Orientation Day: *Tuesday 29<sup>th</sup> of November, 2022.*

Prep Assessment: Appointment times will be arranged on session 1 or 2 for your child to be assessed by our Prep teachers in preparation for 2023 School year.

The appointment will be for approximately half an hour and will take place on either *1<sup>st</sup> of December or 2<sup>nd</sup> of December.* Times will be given out during parent sessions while your children are attending the “SAM’S Off to School Program”.

## Prep commencement and times for 2023.

<i>Wednesday 1<sup>st</sup> February - Friday February 3<sup>rd</sup></i>	<i>9.00- 12.30</i>
<i>Monday February 6<sup>th</sup> - Friday February 10<sup>th</sup></i>	<i>9.00- 1.30</i>
<i>Monday 13<sup>th</sup> February onwards</i>	<i>9.00- 3.20</i>

Please bring your child to their room where they will collect their name tag, find a pigeonhole in front of their rooms and settle down to an activity. Children's names will be displayed outside their classrooms.

### Lunches

These will be required from day one. Could parents please bring children's cut lunch and play lunch in two separate containers which should be clearly named. In this way children will know what to eat at play time and at lunch time without confusion. Fruit is a great play time snack and this is encouraged. Lunch is always eaten in the rooms under teacher supervision.

### Dismissal

When collecting your child please wait outside the room until your child is dismissed by the teacher. Children will not be permitted to leave their room unless an adult or older brother/sister is present. Please try and be punctual as children do become distressed if their parents are late.

### Helpful Hints for Prep Parents

- Label all clothing, lunch boxes, bags, etc.
- Teach your child to do up shoe laces, zips, buttons, buckles etc and to take care of their own property.
- Children will come home feeling extra tired so it is important that they go to bed early.
- When saying good-bye to your child do so quickly.
- After the novelty of coming to school has worn off children may become reluctant to attend school. This is quite normal and will pass.
- Please pack an extra change of clothes in your child's bag in case there is an accident.
- Please send along a box of tissues.
- Please use an appropriate size school bag, so students can easily pack all contents independently. This includes lunch boxes, reading satchels, homework books, hat & jackets etc.

### **Preparing your child for their Prep Year**

Give your child lots of practice of

- handling and drawing with pencils
- cutting with scissors
- counting objects at home
- naming their colours
- recognising and writing their name
- using the toilet correctly
- blowing their nose
- handling a drink bottle
- tying shoelaces
- being independent
- packing own belongings

## Major Events in Prep Year

**School Nurse** will check all children's hearing, eye sight and general health.

**Camping program** late in Term 4. Children in Prep will go on a Teddy Bears Picnic as well as have a Prep breakfast all part of 'Fun Day In'

**Swimming** An intensive program is available in Term One.