

Help Me Prepare for



Primary 1



What My Teachers Want You to Know!

- My teachers can't wait to meet me and be part of my first year at school!
- The 'academics' aren't the priority when I first start school. As long as I feel happy and safe, I'll be ready to learn in Primary 1!
- In Primary 1, I'll spend a great deal of my time playing – just like in ELC! This is the way I learn best and my P1 teachers are play experts!
- You don't need to 'teach' me anything before I go in to Primary 1. All children learn at different rates and I'm ready! 'Teaching' me before I come in to Primary 1 can make it harder for me in the long run especially if I've picked up habits!
- If I was still at ELC right now, I'd still be learning through play. So play with me and I'll continue to learn!
- Use some of the ideas in this document to help me prepare but don't worry and remember...

I'm ready!
(Probably more than you are!)



My Independence

Can I **dress myself** independently?

Practise with me each day. This will support me to independently change for PE as well as put my coat and shoes on at break and lunch times when in Primary 1!

Some things to practise that are particularly tricky:

- Taking jumpers on and off
- Buttons!!! Undoing and redoing buttons is a great skill for P1 (and it helps my fine motor skills which are crucial for writing!)
- Doing a zip
- Putting tights on
- Putting my shoes on and taking them off again. Velcro shoes are best for school, if possible!



Can I go to the **toilet and wash my hands** on my own?

Don't panic about any accidents I have but encourage me to clean and dress myself if this happens and make me aware that I can ask an adult for help! It would be helpful if each child had a change of clothes in their school bag.



Practise **packing and unpacking my school bag** with me!



Snack and Lunch



Lunch Menu

In Primary 1, I'll be expected to choose my lunch option from a menu of 3 choices. Start practising this with me!

Make a menu at home and give me 2/3 choices at lunch time.

Snacks

Let me practise opening playtime snacks on my own including:

- Crisps
- Snack bars
- Tubs
- Fruit



Anything that I might have as a snack!

Tray

Can I carry and balance a tray?
I have to carry my own in Primary 1!



Eating at a Table

If possible, encourage me to eat meals at a table with others.

Cutlery

Can I use cutlery to feed myself independently? Practise with me and make sure I'm using real size adult cutlery!



Give me food that I need to try and cut myself, and let me have a go!

Packed Lunch

If I'm going to have a packed lunch at school. Start packing that for me now and I can enjoy it at lunch times!





My Emotions

Talk to me about School

What did you like best? What are your favourite memories of Primary School?

Focus on the **excitement of starting Primary 1** with me. Don't show me any worries or anxieties you may have – it'll only make me nervous!

Set some **goals** with me so that I'm excited for the challenges that lie ahead!

Feelings

- Can I tell you how I'm feeling?
- Can I talk about what to do if I feel sad, angry or frightened?
- Talk to me, reassure me and give me strategies for coping e.g. 10 deep breaths, stop and count to ten.
- Can I identify how characters feel in stories? This will help me recognise the thoughts and feelings of others.

Let me Try on my School Uniform

It'll make it less daunting when I start Primary 1 after the summer and will help me feel ready to be a 'Big School' child.



Asking for Help

Reassure me – adults at school are there to help!
All I need to do is ask!



If possible, practise the **journey to school** with me throughout the summer. It'll make it a familiar route when I start Primary 1.



Nurture

Nurturing Approach

At Gore Glen we pride ourselves on our nurturing approach. We place this at the centre of our school community. All staff have an understanding of the principles of nurture and we work hard to support our learners when they need it. We believe that every behaviour is communication and strive to understand and support children to understand their emotions and feelings.

Gore Glen Nurture Vision Statement

At Gore Glen we work collaboratively to empower all children to acknowledge their emotions and equip them with tools and strategies to help understand them. We place wellbeing for all at the centre of our community and strive to support children to become resilient and ready to learn in order to soar above their full potential.



The Gore Glen Way

We have 3 common goals in our school which we expect everyone in our school community to follow- this is called the Gore Glen Way!

- Be Safe
- Be Respectful
- Be Ready to Learn

Zones of Regulation

- Relates different emotions and feelings to different colours.
- Used across the school by all to discuss feelings and how they change.
- Daily Zones of Regulation “check ins” for each child to help reflect on emotions.
- Children given opportunity to explore strategies they may use to help them when they are feeling overwhelmed- this is call self-regulation.
- Staff help and support children to self-regulate when they need it.

Ready to Learn Framework

We understand that sometimes children need support when they become overwhelmed and make a “red choice”. Through our ready to learn framework we give children opportunities to take time to reflect on their choices and turn them into green ones. If children are not ready to learn and need some time, this is honoured. A restorative conversation is facilitated by an adult to help everyone involved in a situation have a chance to talk about their feelings and a solution is reached.

What Zone Are You In?			
Blue	Green	Yellow	Red
Sad Sad Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Wiggly Excited Loss of Some Control	Ready to Learn Feeling Angry Disruptive Out of Control



The Significance of my Name!

Recognising and reading my name is really helpful when entering Primary 1.

It helps me to find my coat peg, tray, work, gym clothes and much more!

Hello
my name
is

If I'm not confident recognising my name yet then you could try the following:

- Make a sign for my bedroom door
- Make family place settings for meal times (and change them around each time so that I'm challenged to find my name!)
- Put a label beside the place where I hang my coat or place my shoes
- Label any tubs I use or clothes I might wear to school. I'll see my name every time I use or wear them!

Writing my name is not as crucial a skill. My teachers will support me with that in school!

If I do want to learn then make sure you model it to me correctly with a Capital letter at the start and with the rest lowercase.

Only help me with this if I show an interest, if I don't then don't force me and don't worry! Many children start school without being able to write their name.



My Concentration and Focus

When in Primary 1, I'll need to concentrate and focus for short periods of time. Here are some things you can do to help me develop my concentration skills further in a fun way!

Reading Story Books

The most perfect activity! I spend quality, quiet time with a loved one and I focus for a length of time.

Ask me questions about the story we've read together to support my recall of information!

Craft

Craft projects take time, effort and concentration. It helps me understand that most end results require a process!



Jigsaws

Try to encourage me to see this activity through to the end! This helps me concentrate and I can feel pride in my achievement!



Lego

Building with Lego takes time and patience!

Memory Games

Playing pairs with cards
Playing shopping list



Anything that requires me to remember information also requires my full concentration!

Board Games

Encourages concentration and focus as well as turn taking and waiting. I also know how it feels when things don't always go my way!

Games with a dice also support my numeracy skills!



Encourage me to stick with a game to the end!



Writing and Mark Making

Mark making is crucial for early writing development. Anything that allows me to make a mark will support me for Primary 1. **Skills for writing are taught in many different ways** and focus on strengthening the small muscles inside my hand as well as encouraging a pincer grip.



Writing my name and familiar words

Let me copy models of words but only if I'm interested! Forcing me to write will 'turn me off' writing!

Make sure you use lowercase letters, not capitals (unless it is the first letter of someone's name).

Drawing

If I'm interested in drawing then let me experiment. Ask me about my drawings and let me use my imagination to share my thoughts, ideas and stories.



Pincer Grip

Practising my pincer grip encourages me to begin to identify my dominant hand and form my pencil hold. Activities include:

- Threading beads, pasta, Cheerios etc
- Using a stick to draw in mud and sand
- Playing with Lego and other building materials
- Painting



Let me **experiment with mark making**, drawing and writing in:

- Shaving foam
- Sand
- Glitter
- Flour
- And other substances you have at home!

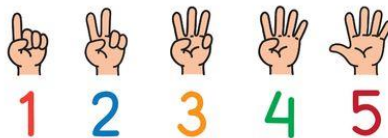
Scissors and Cutting
strengthens my hand muscles!



Numeracy

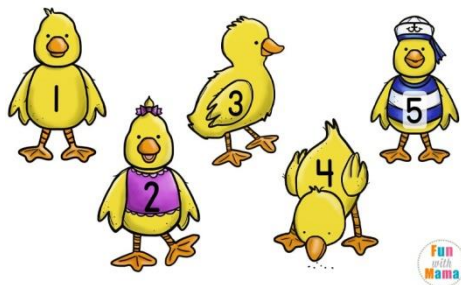
Count anything and everything!

From my teddies to the stairs
to the peas on my plate!
Numbers are everywhere!



Read books with numbers or books without!

Find page numbers or count the number of objects in the illustrations. Many books have lots of numbers in them e.g. Goldilocks and the 3 Bears!



Go on Number Hunts

Find numbers all around you.

- Look out for door numbers during your daily walk
- Look at birthday cards, Calendars, clocks, car registration plates and anywhere else you can spot numbers!

Sing number songs and recite rhymes with me e.g. Ten Green Bottles, 5 Little Ducks, Once I Caught a Fish Alive and many more!

Baking

Encourage me to measure, count and read numbers when making something delicious!

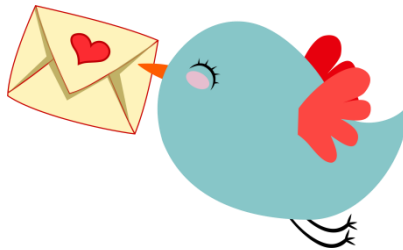


Play number games with me including dominoes, matching games, dice games and more!



The Main Messages!

- Encourage my **independence** especially with regards to looking after myself
- Practise **lunch and snack** times with me – encourage me to be independent!
- Help me prepare **emotionally**. Starting school is exciting – share that with me!
- **My name** is special to me – help me to learn what it looks like!
- There are many ways to help me **concentrate** – play, read and have fun with me, that's how I'll learn!
- Writing starts with strengthening my **hand muscles** and developing my **pincer grip** – there are many fun ways to do this, not just with a pencil and paper!
- **Numbers** are everywhere – have fun spotting these!



We can't wait to welcome your child to Gore Glen Primary School!

There is something you must always remember...

You are **Braver** than you believe,

Stronger than you seem,

and **Smarter** than you think

~ Christopher Robin

