

N GUIDE TO:

School readiness

Starting school can sometimes be a daunting prospect for children, and you will no doubt have lots of questions. From which school is best and how the admissions process works to wondering if your child will be ready and what important things they need to know.

The 'Prepared for School' aspect of our N Curriculum has been specifically designed to ensure all our children are ready for the big move. We give your child a wide range of opportunities to develop the skills, knowledge, and understanding they will need to succeed in the next stage of their education.

Emotional readiness

Children feeling emotionally prepared for the transition to 'big school' is the most important aspect of school readiness. It is completely normal for both you and your child to experience a range of emotions, and it's important to invest time in exploring their feelings around leaving nursery and starting school with the other children.

Independence

Building your child's independent skills throughout their final year of nursery will help prepare them for starting school. These include activities such as using the toilet independently, scraping their own plate at mealtimes, and getting changed into different clothes for Physical Education.

If your child still has a daytime nap, we will work with you to ensure their routine is adapted in line with school expectations. We gradually increase small group sizes so that in the summer term before school starts, the children are familiar with being in larger groups for learning experiences. This prepares them for the whole-class teaching they will have at school.

Academic readiness

Many families are concerned about their child's academic readiness for school. Exposing children to a broad curriculum ensures they have rich, varied experiences. By incorporating all of the EYFS areas, plus our own added N Extras and school readiness program, we provide your child with an excellent foundation for starting their school career. When your child joins Reception, the principles of what and how they are learning will be the same as at nursery. They will still have the opportunity to play both indoors and outdoors every day and to explore different play-based learning experiences. The sense of challenge will naturally be increased, and the day may be structured differently, but they will still be learning under the EYFS framework.

What to do at home

When the time is approaching, here are some suggestions for supporting your child to feel confident and secure about their transition to school.

1. Talk about and acknowledge feelings

- Ask your child how they are feeling about going to school and provide them with options of emotional vocabulary if needed - worried, excited, nervous, etc.
- Acknowledge any feelings they mention and reassure them that they are totally normal emotions.
- It can be helpful to talk about the specifics of what is worrying them in order to try and come up with

solutions together. Can you find out who will be in their class and set up some play dates before school starts?

2. Read books about starting school

Stories are a great way to delve deeper into how your child is feeling about school by identifying with the characters and their emotions. They also provide a range of contexts for seeing and talking about the school experience. Your child's key person will be able to recommend some great books that you can read at home with your child.

3. Walk to the school

Practice your journey to school and take the opportunity to peek at the playground and point out all the fun places your child will be able to play! Doing this regularly will help to make the concept of going to school feel more familiar when the time comes.

4. Shop for school uniform and supplies

Make an event about buying uniforms and supplies and give your child choices where possible – perhaps they can pick their new water bottle or school bag?

This will give them a sense of control and also increase their excitement. Once you have their uniform, let them try it on a few times to get used to it – this will help them become familiar with it and is good practice for getting dressed and undressed independently.