



Help Me Prepare for



Primary 1



Transition to Primary 1

Transitions are the moves children make from home to nursery, from nursery to P1, from stage to stage and through Curriculum for Excellence levels. Transitions are part of everyone's life.

When transitions work well they help children to develop confidence and acquire skills to manage future changes in their lives.

Almost all children look forward to moving on in learning and in life. For some children transitions can be tricky and support from parents and staff at school can help the transitions go more smoothly.

We hope this booklet will help reassure you and give some ideas for home. A lot of these activities would be ones we would do in nursery and be encouraging families with at home. You know your own child best and what they are ready for, but we are happy to help if you have any questions. Parents often ask what they can do to help their child at home especially when the child will soon be starting school. There are lots of fun activities that you and your child can enjoy that will help develop all the skills they need.

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 Nursery! 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!
- If I was still at Nursery 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 !!

Some things to practise that are particularly tricky:

- Taking jumpers on and off
- Buttons!!! Undoing and redoing buttons is a great skill for PI (and it helps my fine motor skills which are crucial for writing!)
- Doing a zip
- Putting tights on

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!

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.

Tray

Can I carry and balance a tray?
I have to carry my own in P1!

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!

Snacks

Let me practise opening playtime snacks on my own including:

- Crisps
- Snack bars
- Tubs
- Fruit

Anything that I might have as a snack!

Eating at a Table

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

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!



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 lies 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.

Practise the Journey to School

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

Asking for Help

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

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!

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 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 to the end of a game!



Writing & 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).

Pincer Grip

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

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

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.

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

- Shaving foam
- Sand
- Glitter
- Flour
- And other substance 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!

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!



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!

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

Baking

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

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

