

Children Ready for School Success

Starting School Checklist and the Journey to School



Starting School Checklist
Is your child ready for school success?

Toileting

- I can use the toilet alone, wipe myself clean and flush the toilet.
- I can wash and dry my hands on my own after using the toilet.

Social Skills

- I enjoy interacting with other children and adults.
- I can share and take turns.
- I did new experiences, including everyday life such as shopping, cooking, and crossing a road.
- I can follow instructions and follow rules.
- I can express my feelings using words such as sad, happy, nervous, angry.
- I can make myself understood by my friends & adults.

Self-Care

- I can wash my hands with soap and water for 20 seconds, especially before and after meals.
- I brush my teeth twice a day.
- I can wipe my nose.
- I am leaning to cough and sneeze into a tissue or into my elbow.
- I am ask for help when I don't feel well.

Mealtimes

- I like eating a variety of healthy food.
- I can use a knife and fork.
- I can open packaging and wrappers by myself.
- I drink 8-8 cups of water a day.

Independence

- I have talked with my parent/carer about what school will be like.
- I know I can talk to someone if I have any worries at school.
- I can hold a pencil.
- I know my own name both spoken and written down.

Health

- Any health issues have been addressed by my GP.
- I am on to date with my vaccinations, including MMR3, measles, mumps and rubella.
- I am registered with a dentist.
- I am physically active.
- I have no hearing or sight/vision concerns.

Routines

- I have a good bedtime routine which includes a bedtime story.
- I have set routines, just like they do in school.
- I have limited screen time.

Getting dressed and undressed

- I can put on and take off my uniform by myself, including doing buttons and zips.
- I can put my shoes on.
- I can put on my own coat.
- I understand some jobs if my body are present.

Healthcare
Berkshire Healthcare Children, Young People and Families Services

Contact:
Health Visiting: 07312263283
School Nursing: 07312263164

Notes:
If you have any concerns about your child being ready to start school, please get in touch with the Health Visiting or School Nursing Team via our [Online enquiry service](mailto:earlyyears@wokingham.gov.uk) or your child's early years setting.

Warning: If your child has any additional needs, notify your early years setting for further advice.

The Journey to School
Helping ALL children have a smoother transition into school

- Develop an interest in reading, books and numbers (actors rhyming words):**
 - A bedtime story helps with emotional resilience (turn pages together and look at the pictures).
 - Talk to your child in your home language.
- Enjoy play:**
 - Follow your child's lead.
 - Drawing, painting or mark making.
 - Turn taking activities.
- Support your child in brush their teeth twice per day and visit the dentist regularly.**
- Look up the school name and point when you pass:**
 - Talk to them positively about starting school.
- Follow your child's interests:**
 - Disk, cars, what you see, hear, feel, smell and taste.
 - Colours, sizes and measure in everyday activities.
 - Children's stories and get on in the next bit.
- Try to limit screen time each day:**
 - Screen time can be very exciting and engaging for children but can be addictive and stop children being as curious and creative as they are when screen are not around.
- Support your child to:**
 - Get dressed independently (unzipped clothing buttons, putting an action and rhyme, shoe).
 - Go to the toilet and helping their bottom on their own.
 - Use food using a fork and knife.
 - Tidy up their toys.
 - Recognise their name in writing and to consistently respond to it verbally (create a named coat peg at home).
- Try to attend routines to help prepare for living 5 days in school:**
 - Use to read up to starting school so to get up the extra time each day and make mealtime and bedtime become routine.
- Day school stations early walk for your child get used to wearing it in the summer holidays.**
- Allow your child to choose their lunch box or snack basket and become familiar who, them before starting school:**
 - First get the school meal choice and show your child to choose a meal they like.

If your child has additional needs and/or disabilities, please also consider:

- Communicating with the school (SENCO). Arrange transition visit and a home visit to discuss visitor if possible.
- Ensure your child's Early Years setting has shared a transition report or top-page profile with the school.
- Show photos of the one day teacher, classroom and play areas with your child to support the transition into school.

Website: www.wokingham.gov.uk/children-education

Contact:
Health Visiting: 07312263283
School Nursing: 07312263164

Who are these documents for?

These documents are designed to enhance parents/carers understanding of what 'school ready' looks like, and the different skills and knowledge that children need to 'be ready for school', all of which will encourage a positive and successful experience of starting this very important next chapter of their life. Being ready for school can be a daunting concept, and what being ready for school means is not always clear. Therefore, we aim to share these documents with parents/carers, early years settings and venues such as children centres, toddler groups, doctor surgeries and community groups. We also want to ensure that many professionals within health, education and organisations such as charities, are also aware of how they can use these documents with parents and carers.

How do I use these documents?

We would like you to use these documents with parents/carers to support their understanding of what school ready looks like, and how they can best support their child's skills and knowledge in the build up to starting school.

We suggest therefore that you share these documents with parents and carers as early as you can, and tailor the appropriate support that maybe required, as some parents/carers may need you to talk through some of the statements and information within. You might also need to gain further guidance or support from outside professionals.

If you have any further questions about these documents then please email earlyyears@wokingham.gov.uk

Please note we have also created print friendly versions