

# Welcome to Norris Bank Primary School



**NBPS**

learning & growing together

*A guide to  
starting school!*

## **IN THE SUMMER HOLIDAYS**

- **Be positive**

Your child will know if you are worried! Do not let your child know about your anxieties. It's easy to slip out, 'I'm more worried than she/he is.' Keep conversations positive in the presence of your child and talk to them about your own school days!

- **Make a countdown calendar**

Get creative and make a calendar with your child. You could have a special treat to open on the day that school starts.

- **Make the school familiar**

Go for walks to the school, look at the school grounds, and even visit the door where they will be entering. Do this a few times over the holidays so they are familiar with their surroundings.

- **Help them to be independent**

Get them used to being around different people by spending time in the care of others you trust.

- **Shop together for uniform**

Make a fuss of getting the uniform. Ensure that your child is having lots of opportunities to get dressed and undressed by themselves and let them wear their uniform a few times. Practise trying on PE kits!

- **Have some picnics!**

If your child is on packed lunches let them eat out of their lunch box over the holidays so they can get used to the organisation. If your child is having school dinners go through the menu with your child and prepare them for some of the options.

## **THE NIGHT BEFORE**

- **Bedtime routine**

Make sure you have already established a school bedtime routine so an earlier night isn't a shock.

- **An obvious one, if I may!**

Your child knows when you are stressed so be super prepared. Lay out the uniform with your child, make up booty boxes together. Give your child some ownership of how the morning will run.

## **ON THE DAY**

- **Leave a little earlier**

Make your journey stress free. Leave a little earlier and make your journey fun by having lots of informal chats about what to expect.

- **Avoid separation anxiety**

We know leaving your child especially if they are upset can be heart wrenching. Put your trust in us. We know what to expect and how to deal with it. Don't linger, even if your child is distressed. Tell them that their teacher will look after them, give them a big smile and let them know you will be back later. Don't come back until home time! Most children only cry for a short time after mummy and daddy have gone.

- **Bring a treat or favourite toy**

Bring a reward at home time. This will encourage them to concentrate on being brave to get their favourite reward.

- **Trust us**

We have done this many times with lots of different children and getting your child settled as quickly as possible is what we do best!

## **THE FIRST FEW WEEKS**

- **Give it time**

Children are all different and will respond in many different ways. Give them time to settle and they will soon get used to school life.

- **Ask specific questions**

Children will often respond with 'I can't remember' when asked 'What did you do today?' Ask them, 'Who did you sit next to today,' 'Who have you played with today?' 'Have you painted today?' Hopefully you will get some more information!

- **Talk to us**

No question is too big or too small. We are always available to answer questions or just have a chat to put your mind at rest.

## **TOP TIPS**

**BE POSITIVE – DON'T SHOW YOUR OWN ANXIETY**

**PREPARE IN ADVANCE**

**HAVE LOTS OF CONVERSATIONS**

**ENJOY**

**Your child is about to start a very exciting journey and we are so happy to be part of it at Norris Bank.**

*Happy Holidays from the Foundation Stage Team*