



Things to try before starting school

We're so excited for you to join us in September! Here are some ideas that you can try at home with your child to aid their readiness for joining us in school. If you have any questions please email me on eyfs@thomasbullock.dneat.org - Mrs Marjoram

Gross Motor Skills	Fine Motor Skills	Personal Care
<p>Before being able to correctly hold a pencil to write, children need to develop their bigger (gross motor) muscles.</p> <p>Create some big pieces of art on rolls of wall paper or on the patio with chalks.</p> <p>Have a go at 'splatter painting'.</p> <p>Keep active with lots of big movements such as star jumps, marching, rolling, dancing, spinning and twirling. Can you think of any more?</p>	<p>Take part in the dough disco sessions using the links previously sent: https://www.youtube.com/watch?v=3K-CQrjIOuY</p> <p>Have a go at some threading with beads or pasta. You could even make your own salt dough beads.</p> <p>Use some tongs or large children's tweezers to pick up pom poms.</p> <p>Make a post box and do lots of posting.</p> <p>Finger painting.</p>	<p>Practise going to the toilet and learning how to 'wipe, flush and wash' independently.</p> <p>Learn how to get dressed independently; lots of practise with school uniform and PE kit. Don't forget to practise your shoes too!</p> <p>Remember to use a tissue for your runny nose or sneeze then bin it and wash your hands.</p> <p>Try to remember to drink lots of water during the day.</p> <p>Learn how to use a knife, fork and spoon.</p>
Social and Emotional Development	Communication and Language	Useful Links
<p>Practise asking a grown up for help: if you know your child wants something because they've pointed, remind them to use their words to ask before responding.</p> <p>Recognise your name.</p> <p>Go on your journey to the school gate a couple of times and point out a few key features in the environment along the way. This will help to learn the routine and become a familiar experience.</p> <p>Try to confidently tell someone your name.</p> <p>Develop a good bedtime routine and practise getting up in time for school.</p>	<p>Make time to talk at different times during the day. Talk about what to expect in school and address any concerns your child may have. Let them hear lots of positive talk about 'Big School' and how excited you are for them.</p> <p>Go on a 'listening walk' to see what you can hear.</p> <p>Copy a clapping rhythm or musical beat.</p> <p>Point out familiar packaging logos and signs along your journeys.</p> <p>Share lots of stories and books. Read in an unusual place!</p>	<p>http://www.thomasbullock.dneat.org/new-starters/</p> <p>https://www.pacey.org.uk/Pacey/media/Website-files/school%20Ready/12977-Pacey-Starting-School-Together-Booklet-A5.pdf</p> <p>https://www.norfolk.gov.uk/children-and-families/childcare-and-early-learning/family-information-service</p> <p>http://www.thomasbullock.dneat.org/wp-content/uploads/2020/05/Encouraging-Happy-Talk.pdf</p>

