

*Your Child  
& the Primary School*



**2010 - 2011**

*Welcome to St. Mary's N.S. We hope that your first year with us will be very happy and that it will be a good foundation for the years to follow.*

### **Help Prepare your child for learning**

Try and create a positive attitude towards school and teachers in the child.

Encourage your child to listen carefully when spoken to. Instruction and directions are give continually at school so your child needs to be a good listener.

Children need to learn how to be sociable, how to share and take turns.

In order to take part fully in school life, a child needs to have developed a good level of independence.

### **Play**

Your child will learn through play in this 1st year at school. Your child will learn social & emotional skills through play. They will also learn social & linguistic skills through play with their peers.

### **Language**

The role of language is so important and cannot be overemphasised. In developing your child's language skills you should encourage your child to:

*Listen*  
*Explain*  
*Tell*  
*Talk*  
*Question*  
*Retell*

Listen attentively to your children. Give them time to explain and retell events to you. When talking to your child don't use baby talk.

Time given to language will be rewarded in the future educational development of your child.

Rhymes and Riddles are a good way of encouraging language development.

Help your child identify colours.

## **Reading**

Read to your child regularly. This encourages a love of books and creates an interest in reading. Ensure that reading is an enjoyable experience. Don't prolong the reading when the child has lost interest - short enjoyable experiences are best. Enjoy nursery rhymes together.

## **Writing**

Young children need to develop the right muscles in their hands before they can begin to write properly. You can help this development by encouraging them to do things which involve using their hands such as drawing, buttoning, tying laces etc. Your child is now given a pack which contains some of the work that he/she will be asked to do in the first year at school. You can encourage him/her to have a look and do some colouring.

## **Preparation for School**

Starting school is a milestone in the life of a child and is often a time of stress and anxiety for parents. Parents can do much to help reduce the anxiety. This preparation should begin some months before the child starts and should be carried out gradually

Allow your child to do things independently

Children should be able to put on and take off coats and hang them up.

They should be able to use the toilet and flush it properly.

They should be able to wash their hands to tidy up their crayons and colouring books.

Help them to practice putting things in and out of their school bag and to open and close their lunch-box.

Using suitable slip-on or velcro shoes.

Practice changing their footwear.

## **The First Day**

This can be an anxious day for your child and yourself. If your child is upset trust the teacher. The teacher will know how to comfort an anxious child. The child usually settles down once the parent leaves and the teacher can cope better alone with children.

Your child will be tired coming home from school and may sleep for a while.

It is important to bring in your child for 9.20 a.m. so that he/she can avail of play-time. It is also important to collect your child promptly at 2.00 p.m. to avoid any undue stress caused to the child.

The class teacher and the principal are here to support you and your child in this 1st year. We hope it will be a happy and rewarding year for all of us.

## School Uniform

The school uniform is as follows:

Navy sweatshirt with school logo.

Yellow poloshirt

Navy tracksuit bottoms / **No Stripes**

Footwear - one pair of indoor slippers  
to be left in the school preferably velco or slip-on shoes

Please put child's name on all items.

The above can be purchased in McElhinney's Stores Ballybofey.

In the classroom your child will require the following:-

An apron for painting purposes  
(something that is easy to put on)

Could you please ensure that your  
child has his / her own pencil, eraser  
and sharpener and that these are clearly labelled with your child's name.