



Well-being for starting school



Starting school is a very exciting time but we understand that some children may feel a little bit worried. Your child's new Teacher(s) and Teaching Assistant(s) will do everything that they can to help your child to feel happy and settled when they start school. This year is a little bit different so we have gathered some ideas of things that you could do to help them to feel happy when they come into school.



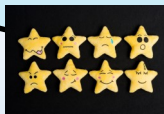
Clearly explain your morning routine to your child explaining that they will say goodbye to you at the gate before coming into their classroom.



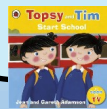
Look out for your child's class animal once you get into the school grounds and follow the trail to your classroom. The final one will be inside the classroom for the children to spot each day.



Talk to your child about their feelings related to starting school and help them to understand that all of these feelings are normal and ok and that lots of children will feel the same.



Read books about starting school and making new friends. Talk about things that may be the same or different in the books that you share.



Talk positively to your children about school. Discuss the adults that are going to be in the classroom, keep on watching the videos on the website and reading the welcome booklet to familiarise them with the school.



I am Mrs Ramsey.
I am Polar teacher on a Monday and Tuesday.



I am Mrs Goodwin.
I am Polar teacher on a Wednesday, Thursday and Friday.



I am Mrs Cartwright. I am the Teaching Assistant in Polars.

