

TRANSITION TO SCHOOL



Early Learning Centre

WHY IS TRANSITION TO SCHOOL IMPORTANT?

Starting Kindergarten is often an exciting time for many families and children. It may also be a time of change and mixed emotions.

A positive start to school has been linked to children's future success including both their academic achievement and their social competence. Children who experience a positive transition to school have a secure sense of self and view themselves as competent and capable learners.

WHAT IS TRANSITION TO SCHOOL?



At IGS we work collaboratively with children, families and schools to promote continuity of learning and development. The relationships we form underpin feelings of security and belonging as children move to Kindergarten. We value and focus on the strengths, capabilities and resilience of children.

The process of school transition and becoming 'ready for school' begins in children's homes with their families and continues from their first experiences in Early Learning. We promote and encourage the most important knowledge, skills and attitudes throughout the year. Children practice independence for example opening their lunch boxes, social skills such as sharing and taking turns, as well as emotional skills such as separating from family in the morning.

WHAT IS SCHOOL READINESS?

School readiness encompasses all aspects of child development and is not just related to age. Children's skills and dispositions are more important in determining a strong start to school than their knowledge. A child's capability to adapt to a new environment may be influenced by their physical health and wellbeing, social competence, emotional maturity, language, cognitive skills, communication skills and general knowledge.



IGS VISION - EQUIPPING OUR YOUNGEST LEARNERS TO BE WORLD READY



The process of transition to school is where the Early Years Learning Framework and the NSW Primary Curriculum meet. The NSW Department of Education identifies preparing children for 21st century learning environments involves 4 key skills to enable lifelong learning:

- 1) Critical thinking & Problem Solving
- 2) Independent Learning & Agency
- 3) Creativity
- 4) Resilience

WHAT CAN WE DO AT HOME?



There are many things you can do to make the transition to school easier for you and your child. Real life experiences, such as cooking or getting dressed, and play based learning is the best way to promote the skills, knowledge and dispositions your child needs.

- Talk positively and confidently about starting and attending school
- Drive past or visit your new school
- Participate in the school's orientation activities
- Read books together about starting school



INDEPENDENCE AND SELF HELP SKILLS

- School Uniform Practice getting dressed and putting on shoes and socks each day. Help your child adjust to the feeling of new clothes by wearing the new school uniform and shoes at home.
- School bag Encourage your child to pack and unpack their bag as well as carry it by themselves. Adjust the straps to fit your child and ensure their hands are free to hold the stair rail. Allow your child to use their school bag at home or take it to a picnic.
- Lunchboxes and drink bottles Help your child practice opening lunch boxes, packets and drink bottles. Provide food they are familiar with and readily eat at home
- Hygiene Practice hand washing and toileting at home and outside the home, for example at the park or shops. Find out what type of toilets the school has and whether they are labelled with genders.
- Ask for help Support your child to ask a friend or a teacher when they need help. Practice asking for help at home.

SOCIAL AND EMOTIONAL SKILLS



- Play games that involve turn taking, sharing, cooperating and working together. These games promote shared attention, adapting and responding to others ideas and expressing and coping with different emotions.
- Play with other peers Meeting other children regularly helps foster skills such as entering play, communicating and problem solving. Try to meet some children going to the same school.
- Use problems as learning opportunities Help children identify and label their emotions. Find ways to calm down such as deep breathing. Help model finding solutions.
- Follow rules and boundaries Explain the reason for the rules. Children can learn that rules are important for example, we always hold hands when crossing a road to keep us safe.
- Encourage persistence when attempting difficult tasks such as puzzles.

PHYSICAL AND MOTOR DEVELOPMENT

- Encourage gross motor skills such as running, climbing and balancing. Ride a bike or scooter, climb on playground equipment, learn dancing or join a community sport. Strong core balance is essential before being able to sit at a table or being able to write effectively.
- Practice fine motor skills such as playdough, drawing, cutting with scissors and threading. These all help with developing a functional pencil grip and an ability to independently complete experiences at school.
- Sleep, rest and diet Work towards a regular routine for going to bed. Practice eating a variety of healthy foods packed in a school lunchbox.



LITERACY, NUMERACY & SCIENCE



- Read, read, read! All books are valuable, including those in your home language. Sometimes you may point to the text when you read or identify letters or rhyming words.
- Label all your child's belongings with their name. Practice recognising their name.
- Drawing and writing Provide plenty of opportunity to draw and write through developmental play such as writing a shopping list or menu. Children don't need to write and read before school starts.
- Talk about shapes Find them around the home and out and about in the community
- Count and use numbers throughout play. For example find the numbers on letterboxes or street signs, play with a calculator or cash register, count cars lined up or how many birds your child can see outside.
- Compare and sort things using words such as more, less, same, different, in front, behind.
- Find opposites such as up, down, soft, hard, over, under.
- Follow step by step instructions Cook together and follow a recipe or build a lego model. Breaking tasks into small steps and following sequences is useful for completing activities at school.

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