

Talk with your child about Big School. What do they think it will be like? What are they most looking forward to? Is there anything they are worried about? What sort of things would they like to find out about their new school?

Share your child's questions with their preschool so they can talk about it in circle time.

It is perfectly normal to have a mixture of emotions about your child starting school. It can help to make a plan for after you drop off your child for the first few days. Think of an activity, call a friend, and prepare yourself for how you might feel and react on the day.

Make sure your child gets to say goodbye to you before you leave. Having a routine for saying goodbye can make separations easier.

Don't worry if your child gets upset or anxious when dropping them off for the first few days, this is quite normal. Although it may feel upsetting to leave them, they are most likely to be playing happily within a few minutes. Starting school is very tiring and your child may become hyperactive, excitable, clingy or experience more tantrums. Give them some quiet, calm time when they get home.

Building relationships

Try to make some connections with parents of children who are also starting at the same school so that your children can get to know and be familiar with each other before they start.

Find out what your child's school are doing to support children starting Reception, what the name of your child's new class is, and the name of their class teacher.

Get ideas from your child's preschool on how to help and support your child. The PACEY website has lots of advice and practical ideas to help children with 'school readiness':

www.pacey.org.uk/parents/toolkit/

If your child is supported by any professionals (e.g.) Educational Psychologist), then please let us know just in case we need to do an extra transition day.



Information for parents

Supporting your child's transition to Reception during the COVID-19 pandemic

Clanfield Church of England Primary School

Rooted in faith; enabling all to grow and flourish

Courage | Hope | Compassion



The Covid-19 pandemic has caused huge disruption to our usual behaviours and routines.

There is a lot of uncertainty in the current situation, and it is unclear what we can offer for transition.

Understandably, this is causing a lot of worry and anxiety, but rest assured we are here for you if need.

Whilst the usual transition processes and rituals may not be possible at this time, with a bit of creativity and the use of modern technology, we can still offer something and we will let you know about this as soon as we can.

Here are some ways you can prepare for your child starting Clanfield CE Primary School.

Looking after you

Having young children at home, unable to go out and play or meet friends, often when parents are trying to work themselves, adds an additional layer of stress to family life. It is normal to feel worried, low, anxious, frustrated, bored or lonely – or a combination of all of these! It is especially important to look after your mental health at this time. Visit the NHS Every Mind Matters website for advice on ways to support your mental wellbeing: www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/

Helping your child feel connected

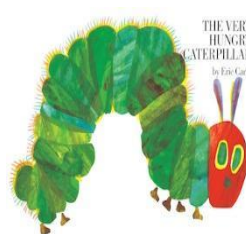
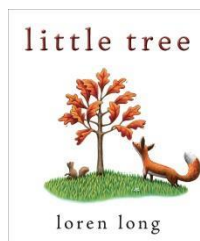
Over the summer encourage your child to talk about and remember Preschool. Ask them to

draw a picture of something they remember enjoying, or ask questions like:
What made you laugh most at Preschool?
Who was the kindest person you remember?
What was the best game you played?
What are you looking forward to at BIG School?

Keep a structure and routine that suits your family, with bedtime and morning routines similar to what your child is used to. This will help promote a sense of normality and be reassuring for you child

Thinking about change

Read stories with your child about change, like 'The Very Hungry Caterpillar' by Eric Carle, or 'Little Tree' by Loren Long. If you don't have these books, you can watch a video of them being read aloud on YouTube.



Have a look through baby photographs of your child (and of you!) and talk about how they have changed as they have grown. Find a baby photo, or an item of clothing and discuss changes.

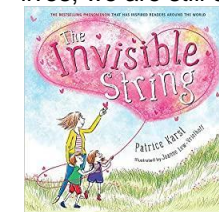
Talk to your child about the likes, dislikes, interests and skills... what makes them who they are? You could make a collage or picture of the different things that your child likes and dislikes, or a poster showing all the things your child is good at and their positive personality traits.

We will send home an activities page for you to complete with your child and this will be a lovely opportunity to discuss feelings and worries as you draw together.

Saying goodbye

Share the story 'The Invisible String' by Patrice Karst with your child, or watch it on YouTube.

This book is about how even if we cannot spend time with the special people in our lives, we are still connected to them by an 'invisible string' which goes between our hearts.



Think with your child about all the special people (and pets!) they are connected to in their home life, even when they are not always with them. Use wool to link everyone in the family together so you can see the 'invisible strings', or draw a picture showing all the connections to people in your child's life.

Watch our videos on the website and hopefully they will see that we are just a home from home.

Getting used to school

Share story books with your child about starting school, for example:

