



## Fit for School

Dear Parents,

The beginning of school should start with enjoyment and curiosity, but often there can be some uncertainty.

In this brochure, you can find some good examples which will help you and your child to make school a better start. The more capabilities your child has, the easier it will be to cope with the surroundings of school life. In this brochure, there is helpful information and useful guidelines to assist you.

The school team are looking forward to you and your child and we wish us all a pleasant school start.

The school staff of The Buchhügel Primary School

## Daily capabilities

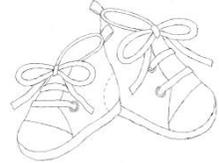
Your child should be able

- ✓ **to put on and take off her/his clothes.**

*Example:* Let your child put on their clothes themselves.

- ✓ **to put on / tie up their shoes themselves.**

*Example:* Practice to tie shoes.



- ✓ **to go to the toilet on their own without any help/assistance.**

*Example:* Start early with the toilet training at home. Please remember that your child is not allowed to go to the toilet during school lessons but should wait until break.

- ✓ **to clean her/his nose.**

*Example:* Let your child clean her/his nose by her/himself.

- ✓ **keep the school bag and classroom desk tidy.**

*Example:* Let your child help to tidy up at home. Practice, by laying out the table for a meal and packing the school bag together.

- ✓ **taking care of their own and other belongings.**

*Example:* Your child should be able to take care of her/his things and make sure that it does not get lost or broken.

- ✓ **Your child should know the way to school.**

*Example:* Practice the way to and from school. Encourage your child to be able to do this on their own. Show your child what precautions they should take i.e. road crossings and traffic lights.

## Motor skills

Your child should be able



✓ **to hold a pencil properly.**

*Example:* Practice the proper way to hold a pencil. Correct the position, if necessary.

✓ **to colour out a picture, to hold a pair of scissors, to use glue.**

*Example:* Practice at home by colouring or painting a picture. Show your child how to use glue. Play games to help and encourage abilities with the hands and fingers.

✓ **to balance, throw and catch a ball and spring on one leg.**

*Example:* Go with your child to the playground. Make sure that your child takes part in sport activities.

## Observation, Concentration, Retention

Your child should be able

✓ **to listen to.**

*Example:* Read to your child stories. Ask questions to the story. Take time within the family to have discussions. Let everyone take their turn to talk and listen to someone.

✓ **remember important things.**

*Example:* Support your child in daily events. Your child should be able to receive and give back important information i.e. telephone number / adress.

✓ **to stay and play on their own (at least 15 minutes).**

*Example:* Let your child stay / play on their own (This should not include watching T.V. or playing with computer games or mobile phones!).

## Personal and Social aspects

Your child should be able

✓ **to have a polite manner.**

*Example:* To say hello and goodbye / say please and thank-you. Parents should show a good example for their children.

✓ **to play with other children (win and lose a game).**

*Example:* Play games within the family at home. Invite other children.



✓ **to wait for something or someone.**

*Example:* Your child should be patient and be able to wait for something or someone. Try not to let your child always have her/his own way.

✓ **to follow rules.**

*Example:* Take care that the family rules are abided.

✓ **to solve conflicts.**

*Example:* Talk to your child about „needs“ and „feelings“.

## Speech

Your child should be able

✓ **to talk in full sentences clearly.**

*Example:* Talk to your child in complete sentences. Let your child tell you about the daily happenings. Listen to your child. Take the time to read stories and books. Talk to your child in German as well as in your native language.