

Moving on to Reception

"Children should start school healthy, happy, communicative, sociable, curious, active, and ready and equipped for the next phase of life and learning." (Supporting Families in the Foundation Years, DfE, 2011)

There is lots of talk about children being school ready, however, what does this actually mean?

The EYFS defines 'school readiness' as 'the broad range of skills, knowledge and attitudes children need as foundations for good future progress.' (Statutory Framework for the Early Years Foundation Stage) and PACEY define it as, 'being curious about the World, having the desire to learn, can cope emotionally from being separated from their main carer and are relatively independent in their personal care.'

UNICEF defines 'school readiness' as having three aspects that together bolster children's likelihood of success:

- *Children's readiness* for schools affects their learning and development
- *Schools' readiness* for children ensures learning environments are child friendly and adapt to the diverse needs of young learners and their families. ***With this in mind, here at SCCN, we will send your child's next school a copy of the transition document which will support them in planning for the next steps in your child's learning.***
- *Families' readiness* for school promotes a positive and supportive approach to education, their children's learning and the transition from home to school.

Here at SCCN we define 'school readiness' as supporting your child by

Walking and talking with your child. *Developing those speaking and listening skills are one of the most valuable things you can do as these skills support all other learning.*

Reading to your child every day and enjoying sharing stories, songs and rhymes with them (both in English and your home language if your child is bilingual).

Making good use of the local environment with your child e.g. parks, shops, libraries, swimming pools etc.

Talking about their interests and things they enjoy.

Encouraging your child to be independent when dressing and undressing, putting on their coats and shoes, blowing their nose and when going to the toilet (including wiping) and washing and drying their hands. *Practice these skills every day.*

Supporting your child in learning how to use a knife and fork, to drink water frequently and independently and open some food wrappers and packaging (e.g. yogurts or plastic tubs).

Developing a good bedtime routine which reflects the time needed to get up for school and spending the whole day there (it is common for school to be very tiring at first).

Limiting the number of play dates/ clubs they attend, once your child starts in Reception. *They will be very tired and need time to rest and relax as they adjust to their new routine.*

Helping your child to practice trying on their school uniform, talk about their visits to school with enthusiasm, nearer the time of starting school.

Creating a countdown to school with your child. No more than 5 days to go! Use a school logo cut out to move along the chart.

For example,

We are going to school in ...

5 sleeps	4 sleeps	3 sleeps	2 sleeps	1 sleep	Today

For further support, information and guidance please look at the following links.

- The document 'What to expect, when?' is a useful guide to the areas of learning covered in the EYFS. There is a copy of it in the welcome room on the parent's notice board and it can be downloaded at

<https://www.foundationyears.org.uk/wp-content/uploads/2019/01/0778-What-to-Expect-When-2018.pdf>

- <https://www.pacey.org.uk/working-in-childcare/spotlight-on/being-school-ready/>
- Learning and development in all areas is underpinned by the Characteristics of Effective Learning. These are the ways in which a child engages with other people and their environment and supports them in remaining motivated and effective learners. These characteristics will support and encourage your child throughout their education and life.

Characteristics of Effective Learning





Emotional well-being has always been at the core of all that we do and consider within our practice at SCCN. In light of the current situation and all the unusual experiences our children have had to encounter these past few months, we here at SCCN would like to also share with you our 'additional' characteristic of effective learning. The below questions will support you in reflecting how to further support your child in developing their skills of emotional well-being.

Emotional Well-Being

Emotional literacy	Connectedness	Positive self-esteem & self-worth
<p>Do they have strategies/show emotional resourcefulness to help them cope with a range of emotions? e.g. cuddle.</p> <p>Do they appear relaxed and open within familiar environments?</p> <p>Do they have a growing understanding of the ethos and expectations of different environments and how do they demonstrate this?</p> <p>Can they respond positively to setbacks or unfamiliar situations?</p>	<p>Are they beginning to make connections with others? e.g. eye contact, body language, empathy</p> <p>Do they respond to others?</p> <p>Do they make secure relationships with special people e.g. key person, peers, main carers?</p> <p>Do they appear confident in their environment? e.g. know where to put their own things and how to learn within the space and routine.</p>	<p>Are they at ease with themselves?</p> <p>Are they able to show kindness to themselves and others?</p> <p>Are they open and respectful in their interactions with others?</p> <p>Do they demonstrate fairness and justice? e.g. tidy up what they have been using or helping another who has hurt them self.</p> <p>Do they have a positive sense of self and show they feel valued by e.g. getting their physical or emotional needs met?</p>

Useful links:

PSED section of <https://surbitonchildrenscentrenursery.com/wp-content/uploads/2020/04/Covid-family-booklet.pdf>

<https://surbitonchildrenscentrenursery.com/wp-content/uploads/2020/04/Building-Resilience.pdf>

<https://www.youtube.com/watch?v=RluDDqPoor0&feature=youtu.be> – Relaxation time just as we do at SCCN

<https://www.youtube.com/watch?v=riTl0EF2DWY&feature=youtu.be> – Exercise Time ‘Happy’