

# Gorse Hall Primary and Nursery School



**Preparing to Start  
School**

**Nursery Class  
2022/2023**



## **Welcome to Gorse Hall Primary School and Nursery.**

We look forward to your child joining us. We will be working together to help your child learn and develop.

We will be adding you to our EYFS app **Seesaw** just as soon as we have your email address. This will be how we will communicate and send information about starting Nursery. You may message with any questions that you may have. We will be sending "Meet the Staff" videos so that your child will be able to put a face to them and this will hopefully make them feel more secure.

As your child is starting Nursery this year you may be wondering who has more anxiety about it - you or your child. The first day of school is significant in so many ways; your child is growing up and you know, even if your child does not, that it is the beginning of a long stretch of firsts.

### **Speak Positively About School**

Put aside your own fears in front of your child and remain positive about the school experience. Even the most confident child may be put off going to school if they sense their parents' apprehensions about it. You may like to talk about when you were a young child at school. The friends you made, the things you liked best, the games you played, the teachers you remember. Maybe you can find a photo of you when you were at school and talk about your positive memories...



## Starting Nursery

Children who will be attending morning Nursery only will finish at 11:50am where they need to be **collected from the Nursery building**. Children attending full days will be picked up at 3:15pm from the **Nursery building**.

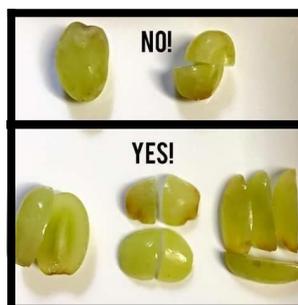
On their first day at nursery, parents/guardians will be welcome to stay with their child to settle them at the start of the session. The induction period is flexible to suit individual children's needs. Once adjusted to the school routine, we invite you to settle your child to an activity each morning but do ask that you leave once the bell sounds at 8.50 am.

Milk and fruit is provided free of charge each day. Nursery children will also need to bring their own bottle with water or juice (no fizzy drinks.)

Children who are attending all day will have their lunch in the Nursery building with their teachers and midday supervisor. Children may bring their own packed lunch from home or opt for a school dinner. School dinners are payable weekly (unless you are eligible for free school meals) This could be subject to change in September. This needs to be payable through our school Parentpay (details of which will be sent once your child starts)



**Important:** For those children bringing packed lunches, we ask that any grapes are cut in half in line with government guidelines on choking and also that children do not bring anything containing nuts (as we have children in school with nut allergies)



### What if my child finds it hard to separate?

If your child is a little anxious, keep as calm and matter of fact as possible - say when you will see them, e.g. after lunch/ in the afternoon. Children who are distressed at separation usually settle very quickly. Do not linger; a kiss, a smile and a wave goodbye is sufficient. Take your cue from the staff and if you need reassurance that your child has settled then phone the school office or message the teacher via Seesaw.

It is really important to say goodbye. The simplest of the steps, it's often the hardest to do. Young children crave routine. By giving your child something they can count on, they are more likely to come into school willingly. So come up with something that you do each time you **say goodbye**. Maybe it's a secret handshake or a special high-five. Whatever it is, make it something special between the two of you and make sure you do it every single time. Settle your child at an activity or with a staff member, tell your child you'll be back at the end of the day or session, and walk out the door. Don't delay, don't give "one more minute," or "just one more hug". By leaving without delay you're sending them the message that you trust the people you are leaving them with and that it is a safe and fun place to be.

**Never let them see you're upset.** Don't let your child see that their separation anxiety is getting to you. Of course this is hard on you, but you must never let your child see it. Smile, talk about how much fun they're going to have and remember they may be listening to you even when they appear to be playing. Don't say how much you will miss them; keep it light and cheery. Stick to your good-bye routine and soon your child will be skipping in.

**No bribes!** Bribing your child not to be sad may work temporarily but really who wants their child to 'pretend' to be happy just so they'll get a 'surprise' at the end of the day? It can be very tempting to offer a treat especially if your child is very upset and you feel a little embarrassed. The reality is, that within minutes of Mum/Dad leaving, most children happily settle down. Within days (sometimes weeks), the tearful goodbyes end. If a child is extremely distressed, we will always let you know and work together on strategies to improve things.

**Try a change.** Sometimes children find it easier to separate from one parent than the other. If your child suffers separation anxiety when Mum drops off, try getting Dad to give it a go, if possible, and see what results from that.

Alternatively if there's a relative or friend that is willing, let them handle the dropping off for a few days and see if there is a change in your child's behaviour.

### Nursery staff



**Miss Ives**  
**(Class Teacher)**



**Miss Ollerenshaw**  
**(LSA)**

## Getting Used to Nursery

Try to be early for collecting your child in the first week or so. This will stop your child worrying when it is time to go home. **Don't be late for pick up.** Let your child know who is collecting them from school and be on time. But no matter who is picking your child up, whether it is you or someone else, make sure you are there on time! If you are late, it can cause your child anxiety and make dropping them off the next time that much harder.

It is helpful to keep the school number in your mobile phone and telephone to let us know if you even think you may be late. This way staff can assure your child they have not been forgotten but you are just running a little late.

**It is also very important that if a different person is collecting your child that you ring the office or send a message via Seesaw or the MyEd app. For safeguarding reasons, children will not be allowed to leave with an adult unfamiliar to staff unless it is arranged.**

All of these steps show your child that you are participating even though you are not there with them. Soon enough you'll find your little one getting the hang of it, maybe even before you do! There are lots of ways for you to support your child in school and at home. We welcome parents helping us with fundraising through the PTA. Please check our website to see what is going on in school and also our school blog and Facebook page.



## Things to Practise.

Please practise doing up buttons or zips and fastening shoes. Show your child how to tell the left shoe from the right ensuring they can put them on and take them off independently. Don't worry if this proves difficult at first - we are used to helping children in the early days.

Involve your child in the practical preparations such as the purchase and labelling of school bags and uniforms. Perhaps let them dress up and play in their uniform so that you can explore with them the different thoughts and feelings they have about starting school.

Grandparents and other proud family members can join in the excitement about starting school with a surprise photo or by email. This will make your child feel special and proud to wear our uniform. Explain to your child that their clothes are labelled with their name so they can be sure which jumper is their own. There's bound to be the odd mix-up from time to time, but it's worth pointing this out to your child so they can start to look after their things when you're not around to do this for them!

Try out the walk or drive to school and show your child where they will go in. Ask your child to point out their new school to friends and grandparents as you go past. If your child will be dropped off or collected by a childminder please involve them in the preparations you make.

### Get into a Routine.

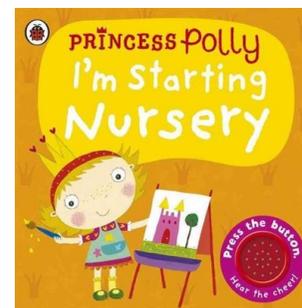
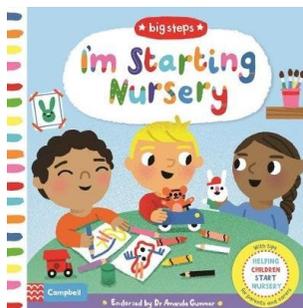
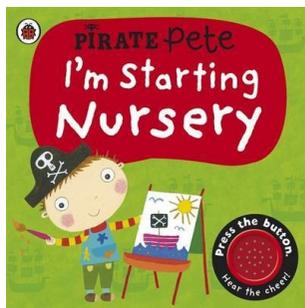
We expect that all children will be toilet trained. It is helpful to link using the toilet at home to school, pointing out any small differences, 'Can you flush the toilet like you will at school?' Reassure your child that they can go to the toilet whenever they need to. They don't have to wait until break, or until they are asked. They also need to know they can ask for help when they need it - with belts, buttons and tights. Rest assured that any accidents will be dealt with sensitively and discreetly. We have spare underwear and clothes in school that should be laundered and returned. **It is essential that children are reminded to wash hands well after visiting the toilet!**



**Medical Needs** It is very important that the school has up to date information about your child's medical needs. If your child needs an inhaler or has regular medical needs there is a form to complete please ask the school office or class teacher. Blue inhalers should be in school at all times so ensure you have one for home too.

## Talk about It!

Explain what will happen during the day and read a book together about children starting school or nursery. Good picture books to share include:



These can also be found on YouTube!

Talk about any friends or siblings who've already started school or nursery and talk about the fun they're having. Discuss your child's interests and the things they will enjoy here - for example "there'll be lots of sand to play with - you'll love that" or "there'll be story time". There will be enjoyable activities that build on things children are already doing at home or preschool; painting, drawing, cutting and pasting and listening to stories, for example. Another strategy can be to play 'school' with teddies.

If you can rope in other family members to join the game, it's even better. Activities such as taking the register, show and tell, singing songs and counting are daily occurrences in school. Role playing schools is very helpful for practising social skills, such as taking turns, following directions & making choices. Teaching simple chores that may be useful at nursery, such as packing away toys, is invaluable as all children are expected to help out and be good team members in our Nursery.



### School Uniform (Sept to Easter Holidays)

- Sweat shirt or cardigan with our school badge
- Plain black jogging bottoms (NO LOGOS)
- White shirt or white or yellow polo shirt (school badge optional on polo shirt)
- White, grey or black socks
- Black shoes with Velcro straps (no trainers)
- Long hair in a plait, bun or pony tail/s at all times
- Wellies (to leave at the Nursery if possible)

### In the Summer term (After Easter Holidays) optional

- Red or yellow gingham dress
- Jogging shorts black/Grey school shorts

**No jewellery allowed apart from stud earrings**

**No nail polish and**

**No extreme haircuts are allowed for boys or girls**

**Please label all items of clothing.**

**Due to the nature of the Nursery curriculum and the heavy demand for weekly expenditure a fund of £1 per (paid weekly) is requested. This very important donation is a valuable contribution towards cooking ingredients, additional art and craft materials and renewing toy stocks.**

## Emergency Contact Details

It is essential that the school is able to contact a parent, relative or guardian of a child in case of an emergency. For this reason we require all parents to provide at least **two** up to date emergency contact addresses and telephone numbers. **Please let us know if your contact details change.** We also ask parents for their email address.

## Attendance & Punctuality

Regular school attendance is very important, even from such a young age. Daily attendance ensures consistent learning. If your child is unwell please contact the school office or use the MyEd app. The school day begins at 8.50am each morning and gates close promptly at 9am. Late children have to walk to the main entrance of the school to gain entrance. Please make medical appointments outside school hours. We have Paediatric First Aiders in school who can meet your children's needs (please read our attendance Policy for more information).



Please help your child to recognise their **name**. Children can't read or write yet, but they may be able to recognise the first letter of their name or even the whole thing.

Tiredness particularly during the first term as children adjust to a new routine is to be expected, so try to prepare for this by ensuring they are in a **good sleep routine** before they start school.

In the weeks before they start nursery, attempt to establish a regular routine in the mornings to make sure they will get to school on time. On average, children of three four years of age need between 11 and 13 hours of sleep each night.

Get up in the morning with plenty of time to get ready and eat a good breakfast. The Book Trust have great advice on their website in collaboration with Supernanny, Jo Frost. You can find their Bath, Book, Bed routine at [www.booktrust.org.uk](http://www.booktrust.org.uk).

You should not expect your child to act in a 'more grown up way' because they are going to school. In fact, some children actually regress and may do things that you thought they had grown out of. Please do not worry!

**Get Involved** Once school has started stay involved with your child's progress. Discuss the activities of the day and share books or games brought home from school.

**Most parent communication in Nursery will come through the apps Seesaw and MyEd so please check these regularly. Young children will often say they 'can't remember' when asked about their day! We are hoping that via the pictures and observations that you will receive through Seesaw, that you will experience a flavour of their school life and also how to support further development.**

One last thing...

At Gorse Hall Nursery, we are dedicated to letting children learn by exploring in the environment. Children will be in the water, sand, paint, mud kitchen and experience lots of other messy things. If your child comes home messy at the end of the session, rest assured that they have enjoyed every second and have done some amazing learning along the way!

