



Plenty Parklands Primary School

48 Blossom Park Dr Mill Park VIC 3082

Ph: (03) 9404 4311 Fax: (03) 9404 4702



Prep Readiness

"Is my child ready for school?"

We hear this question often from families whose children are age appropriate to start school (i.e. turning five before April 30 in the year they start school). This year may see more parents question school readiness, as children will have had a different kinder program due to the COVID-19 pandemic.

"What is school readiness?"

Plenty Parklands PS believes that the key for a successful and happy start to school is for children to be developing good communication skills (not necessarily in English), a degree of independence, motor coordination (physical health), and social and emotional skills. Skills in these areas enable students to be ready for and receptive to new learning.

Plenty Parklands PS acknowledges that children are individuals and will have different strengths and experiences, as is expected for children of all ages.





Plenty Parklands Primary School

48 Blossom Park Dr Mill Park VIC 3082

Ph: (03) 9404 4311 Fax: (03) 9404 4702

COMMUNICATION SKILLS

In prep, the focus is on the development of skills that enable students to communicate confidently and clearly with peers, teachers, known adults, and students from other classes.

At the end of the prep year we aim for our students to be able to

- Speak clearly and audibly
- Speak without shouting or whispering
- Participate independently in discussions and conversations
- Understand requests and seek clarification
- Carry out instructions in sequence
- Describe experiences
- Listen attentively and answer questions in a group situation
- Show respect to others who are speaking

Things families can do to support the development of Communication Skills

- Read stories and talk with your child every day
- Sing Nursery Rhymes
- Teach your child to state their full name, address, age and date of birth
- Talk to your child, using age appropriate language, about things going on around them
- Get your child to recognise their own first name, shapes and colours
- Play board games
- Count





Plenty Parklands Primary School

48 Blossom Park Dr Mill Park VIC 3082

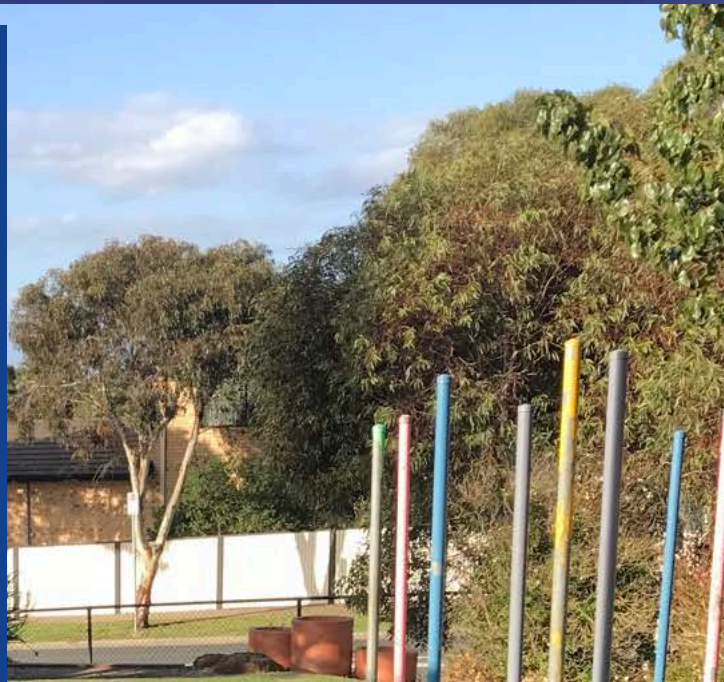
Ph: (03) 9404 4311 Fax: (03) 9404 4702

INDEPENDENCE SKILLS

The Victorian Early Years Learning and Developmental Framework defines wellbeing as 'having good mental and physical health, including attachment, positive affect and self-regulation,' With wellbeing directly related to learning progress, we see independence as a key factor to a healthy state of wellbeing. Children have been making choices and decisions from birth. Right from beginning Prep, PPPS promotes high expectations about children's capabilities and are not locked into ideas about what children are capable of at a certain age or stage. We openly live by the mantra **"to do something for a child that they can do for themselves can restrict learning"**. We support students by modelling positive self talk, encouraging them to see challenges and difficulties as opportunities for improvement which require persistence and investigation, and to seek alternative approaches to achieve success.

Things families can do to support the development of Independence Skills

- Encourage your child to look after and take responsibility for their things, e.g. being careful not to break toys, pack up things they are playing with, carry their own belongings, pack their own bags. This includes the child making decisions about what they need, where their things should go.
- Encourage your child to take responsible risks and show persistence, e.g. attempt something they don't think they can do, but you think they can. If they say they "can't", use language like, "You can't do it YET".
- Important decisions should be made by adults, however, allow children to make simple choices and support them if they become disappointed with their choice. Acknowledge their disappointment and avoid the temptation of giving them another choice.



MOTOR COORDINATION SKILLS

Physical health is equally important to a student's wellbeing. Motor coordination is a vital aspect of a child's development, promoting healthy life practices and a sense of wellbeing. Importantly, it also enables the development of independence.

Things families can do to support the development of Motor Coordination Skills and enhance physical health

- Take your child to playgrounds (when COVID-19 restrictions are lifted)
- Encourage your child to
 - explore and play in the outdoors with hoops, skipping ropes and balls, as well as items in the natural environment
 - ride their scooter/bike
 - build with Lego/Duplo/blocks
 - cut with scissors; cut simple shapes
 - hold a pencil using thumb and index finger
- Teach your child how to dress themselves and use the toilet independently.
 - wash and dry hands and blow and wipe their nose independently.
 - unwrap and eat their lunch, including opening their lunch, unscrewing the drink bottle box and peeling their fruit.
- Discuss the importance of safety e.g. roads, height.



Plenty Parklands Primary School

48 Blossom Park Dr Mill Park VIC 3082

Ph: (03) 9404 4311 Fax: (03) 9404 4702

SOCIAL & EMOTIONAL SKILLS

We understand the importance of children being safe and happy. Right from beginning Prep, our school's six core values of **RESPECT, HONESTY, TRUST, CARE, PERSONAL ACHIEVEMENT**, and **A FAIR GO FOR ALL** form the basis of our ethos, our way of operating, and the way students play, learn and relate to one another. The Prep program will support and guide students to develop an understanding of these values when playing, socialising and learning. They will learn to show

RESPECT by

- Speaking nicely to others
- Increasingly learning how to manage their frustration and waiting for several minutes for non urgent attention

HONESTY through

- Acknowledging if they make a wrong choice when playing and interacting with others
- Following the agreed rules of games

TRUST by

- listening to and following instructions and by ceasing an activity when requested
- separating from parents

CARE by

- developing an understand the needs and feelings of others
- helping classmates when they need help

PERSONAL ACHIEVEMENT when

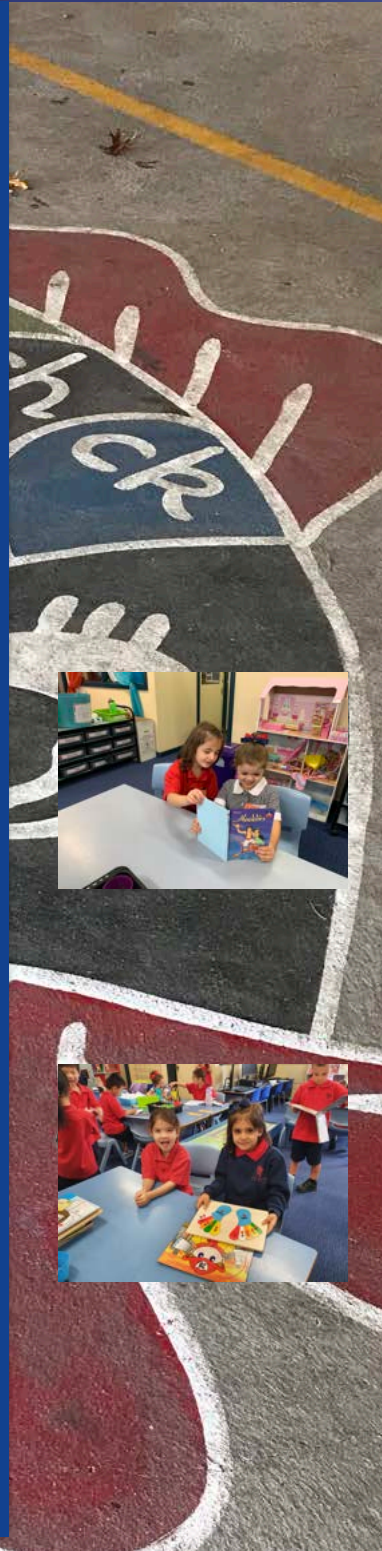
- developing the confidence to ask for and accept help if needed
- independently beginning an activity and remaining on task for increasing periods of time

A FAIR GO FOR ALL through

- Sharing class toys and materials with class members
- learning to play co-operatively with friends

Things families can do to support the development of Social and Emotional Skills

- Encourage your child to socialise with others (adults and children)
- Allow your child to experience disappointments and deal with them with a positive mindset
- Encourage them to attempt to solve problems independently, or have them suggest things that they could try as a solution if they have a problem
- Play games that have a winner- focussing on playing the game, taking turns, following the rules and not just winning.
- Don't say "Yes" to every request and support your child to accept "No"
- Give your child appropriate responsibilities and tasks that are not attached to a reward, e.g. help you to unpack the shopping, unstack the plastic things in dishwasher or take their washing to the laundry.





Plenty Parklands Primary School

48 Blossom Park Dr Mill Park VIC 3082

Ph: (03) 9404 4311 Fax: (03) 9404 4702

Technology and Screens A WORD OF CAUTION

Be mindful that many websites will have a commercial element. It is not necessary to spend money on any website or commercial program. The Raising Children website is full of free activities.

<https://raisingchildren.net.au/preschoolers/play-learning>

A few moments browsing sites such as these, can result in a many ideas of things that you can do at home with everyday household items and toys. No financial outlay should be necessary.

There are also many educational, interactive and engaging sites and programs for children. The fact that we live in a world highly dependent on technology cannot be ignored.

Plenty Parklands PS advocates the following screen time advice and recommendations from The Australian Government Department of Health.

<https://www1.health.gov.au>

Screen time - kids 2 to 5 years

Evidence suggests that long periods of screen time are connected with:

- less active, outdoor and creative play
- slower development of language skills
- poor social skills
- an increased risk of being overweight

Recommendation

For children 2 to 5 years of age, sitting and watching television and the use of other electronic media (DVDs, computer and electronic games) should be limited to less than 1 hour per day.

Kids will benefit more from talking, singing, reading, listening to music or playing with other kids.

No media should be used when unsupervised and this can become problematic. Hence we advocate no media in bedrooms.

Turn off the Screen

- When kids watch TV or DVDs or use other electronic media like computers, hand-held games and other electronic games, they miss out on active play.
- If kids stay up at night watching TV and DVDs – they also miss out on sleep.

