

Strathmore

PRIMARY SCHOOL No.4612

Foundation 2023 Orientation Booklet

Dear Parents/Guardians,

Welcome to Strathmore Primary School and thank you for enrolling your child at our school.

Starting school is a major life transition for both children and their families. You have already been preparing your child for school, as families are the primary influence on children's learning and development. Your child has developed a range of skills and abilities that form the basis of further learning, and our school is ready to welcome and support children at different stages in their learning growth.

Strathmore Primary School has planned a thorough transition program for pre-school students and their parents to develop your awareness and familiarity with the school. Your child will be expected to attend two transition one-hour sessions where they will visit the school to become familiar with their learning space and teachers. Families have been emailed details of their child's allocated transition group, but please contact the school if you have not received this information.

To further prepare yourself and your child for the start of school, we encourage parents to attend our information session to be held at the school on Tuesday 29th November at 5pm. This session (for parents only) will provide important information and answer frequently asked questions. Please see our school website <https://strathmoreps.vic.edu.au/> for our virtual tour and other useful information. [Tips for starting school](#) are also available on the Department of Education website.

We value a collaborative relationship with families to support your child's learning, and we look forward to working in partnership with you to support your child to make a positive start to school. If you have any questions regarding the transition program or the start to school, please contact Jenny Strouzas, our Foundation Transition Co-Ordinator, via Compass email or the school office on 9379-3991.

Regards,

Peter Olm
Principal

Wayne McKenzie
Assistant Principal

Jenny Strouzas
Learning Growth Co-Ordinator
Foundation Transition Co-Ordinator

Marissa Reilly and Leisa Buckley
2023 Foundation Teachers

STRATHMORE PRIMARY SCHOOL TERM DATES FOR 2023

TERM 1, 2023

Friday	27 th January	Staff Curriculum Day (Student Free Day)	
Monday	30 th January	Staff Curriculum Day (Student Free Day) No school for Foundation students (individual assessments)	
Tuesday	31 st January	Foundation students first day (9.15am to 3.30pm)	
Wednesday	1 st February	No school for Foundation students (individual assessments)	
Thursday	2 nd February	Foundation students commence regular hours (9.00am to 3.30pm)	
Wednesday	8 th February	No school for Foundation students (individual assessments)	
Wednesday	15 th February	No school for Foundation students (individual assessments)	
Wednesday	22 nd February	No school for Foundation students (individual assessments)	
Thursday	6 th April	Last day of Term 1	<i>Students finish at 2:30pm</i>

TERM 2, 2023

Monday	24 th April	Staff Professional Practice Day (Student Free Day)	
Tuesday	25 th April	Anzac Day Public Holiday	
Wednesday	26 th April	Students resume	
Friday	23 rd June	Last day of Term 2	<i>Students finish at 2:30pm</i>

TERM 3, 2023

Monday	10 th July	Staff Curriculum Day (Student Free Day)	
Tuesday	11 th July	Students resume	
Friday	15 th September	Last day of Term 3	<i>Students finish at 2:30pm</i>

TERM 4, 2023

Monday	2 nd October	Students resume	
Monday	6 th November	Staff Curriculum Day (Student Free Day)	
Tuesday	7 th November	Melbourne Cup Public Holiday	
Wednesday	20 th December	Last day of Term 4	<i>Students finish at 1:30pm</i>

*Please note Staff Curriculum Days are subject to School Council approval and any changes will be notified via Compass.

STARTING TIMES FOR 2023

Tuesday 31st January 2023 will be the first day of school attendance for all students. Foundation students will attend from **9:15am to 3.30pm** on this first day.

Regular School Hours

Regular school hours are from 9am to 3.30pm.

Upon commencement of regular school hours on Thursday 2nd February, Foundation students can be dropped off outside the Foundation building on the Lloyd Street side school **between 8.45am and 9.00am** and proceed directly to their classroom where they will be met by the Foundation teachers. We request families say goodbye outside the classroom and do not enter the school building. Please be assured that our Foundation teachers and other staff will assist students to enter the classroom, and a prompt goodbye will support your child to settle quickly, become confident and develop independence.

At the end of the day, families are requested to wait outside the Foundation classrooms on the **Lloyd Street** side of the school. Teachers will bring their classes outside the Foundation classrooms to be collected by families, and will wait with your child until your arrival. Please do not enter the classrooms and ensure you arrive on time to pick up your child. Should you be running late for some reason, please contact the school office on 9379-3991. Students who are not picked up by 3.45pm will be supervised in the office area.

Foundation Assessments

On Monday 30th January and each Wednesday in February, students will be scheduled to meet one-on-one with their teacher to do the Early Years literacy and numeracy assessments that are conducted at the start of Foundation. Please refer to the summary of term dates on Page 3. Your child will work individually with a Foundation teacher for one hour, parents are not required to be present during this session and students do not need to wear their school uniform.

These early assessments will assist teachers to gather information about the level of literacy and numeracy understanding students have at the start of the Foundation year and will help teachers plan and implement a differentiated learning program to cater for the needs of all students. Further information about booking a time will be provided in December via Compass.

School Uniform

The school has a policy on school uniform, making it compulsory for all children to wear our school uniform to school. Our uniform is attractive and easy to wear and care for; it helps encourage a school spirit, negates peer group pressure and gives the children a sense of belonging to our school. The uniform also provides a measure of security when students are on excursions. All children must wear a school hat in Term 1 and Term 4, as part of the school's SUNSMART policy. Uniform items are available through our uniform supplier Noone at 543 Keilor Road,

Niddrie, 9379 5037. Further details about items, pricing and booking a fitting appointment with Noone has been posted to the Compass News Feed.

Items Required for the First Day of School

Your child should arrive at school on the first day wearing the correct school uniform. They will need to bring the following items to school on the first day. **Please ensure ALL items are clearly labelled with your child's full name.**

- A broad-brimmed school hat which must be worn outside during Terms 1 and 4.
- A school bag that is large enough to hold a reading satchel, a jumper, a change of underwear, a lunch box and a reusable plastic drink bottle.
- Snack and lunch to be packed in re-usable containers. In keeping with the school's efforts to be environmentally aware, it would be preferable if no plastic wrap or foil is used for wrapping. A drink of water should be in a re-usable bottle. **Please ensure these are all clearly labelled with your child's full name.**
- A re-useable and labelled bag to carry a library book.
- A labelled art smock with long sleeves (an old shirt with elasticised sleeves is ideal).
- **A labelled change of clothing (including underwear and socks).**

The school cannot be held responsible for private property that students bring to school, therefore it is not advisable for students to bring valuable items to school.

Preparing Your Child for School

Starting school is a big step in a child's life and an important milestone for families. Here are some tips on how you can help your child have a positive start to school.

Dressing for school

- Encourage your child to dress himself/herself so he/she can manage things like taking jumpers on and off at school.
- Teach your child how to use buttons, zips and tie their own shoelaces.
- Reinforce the need to care for his/her own clothing and other possessions.
- Check the weather forecast and be prepared for unexpected changes. Pack a jumper in the school bag.

Food for energy

Strathmore Primary School encourages all students to pack a rubbish-free snack, lunch and a reusable drink bottle with water. We encourage all food to be placed in reusable plastic containers, but please ensure you clearly label the containers with your child's name. Some food ideas may include:

- **Snack** - piece of fruit, muesli bar or cheese and crackers.
- **Lunch** - one sandwich/wrap, one piece of fruit and/or vegetables (keeping in mind that young children do not generally need large lunches).
- Purchase a "child friendly" lunch box and ensure that your child can open and shut it independently.

Getting ready

- Have some 'practice-runs' to get dressed and ready for school before school starts.
- Label all school items (uniform, hat, lunchbox, containers, drink bottle and bag).
- Talk about school in a positive way, get your child excited and talk about any worries they might have.
- Have a special lunch day at home or a picnic lunch at the park using a plastic lunchbox and drink container.
- Arrange play times with other families whose children will be going to our school.
- Visit your local library and read books with your child about starting school.
- Confirm your before and after school care arrangements. Our Outside School Hours Care provider, Their Care, can be contacted at <https://theircare.com.au/> and 1300 072 410.

Journey to and from school

- Practise walking to school along the safest route, obeying road rules and discussing potential dangers.
- Drive past the school and discuss the safest way to get into and out of a car if you are driving your child to school.

Looking after belongings

- Label all your child's belongings clearly (uniform, hat, lunchbox, containers, school bag, library bag, art smock) with their full name.
- Show your child where these labels have been placed.
- Teach your child how to identify his/her name and personal belongings.
- Encourage your child to organise their uniform and prepare their bag.

Communication between home and school

- News and important messages will be communicated electronically through the school communication app, Compass.
- Check your child's reading satchel each night for any additional notes or learning materials from your child's teacher.

Lunch Orders

- Lunch orders from our local café supplier Revitalise in Napier Street can be ordered via the Qkr app (pronounced Quicker). Details are available on our school website and Compass>Community>School Documentation.
- Lunch orders must be ordered via the app before the cut off time of 9am on the day your child is getting a lunch order.

Punctuality and Attendance

Going to school every day is the single most important part of your child's education. Regular daily attendance helps your child develop important skills, knowledge and values to further their learning and participation in the community. Attending school every day also helps your child develop crucial social and emotional skills such as good communication, resilience and the ability to work in teams. We also strongly encourage our students to get to school on time, as it supports your child to settle quickly into the school routine and valuable learning happens right from 9am. We encourage families to arrive at school from 8.45am to allow time to say goodbye and for your child to join their peers prior to the 9am start.

Saying goodbye

Saying goodbye to your child can be difficult for parents. Here are some ideas that may assist you:

- Say a quick, upbeat good-bye and reassure your child that they will have a good day. Be careful not to prolong the farewell.
- Tell your child that you are leaving, give your child a kiss and a hug and then leave them promptly. Reassure your child that you will be back at the end of the day to collect them.
- It is not unusual for some children to be upset when parents first leave. Generally, students settle within a minute or two, and our teachers will provide extra support at this time if required. If your child is unusually distressed, the teacher will discuss further strategies which could be used to help your child adjust to school.

Picking up your child after school

Please remember to be on time to collect your child; a few minutes can be a long time for a child who is waiting for you.

- Discuss who is likely to pick up your child if circumstances change and where to meet after school.
- Greet your child warmly and show appreciation for anything they might be telling or showing you.
- Try to talk about what exciting things your child has done during the day but don't ask too many questions. Try asking open ended questions that require more than a "yes" or "no" answer. Some may include;
"That looks interesting. What can you tell me about that?"
"What was your favourite activity today?"
"Tell me about what you did during lunchtime."
"Tell me about the best part of your day."
- Your child may come home exhausted because they are participating in many activities during the day, so building in some quiet time after school and enjoying a snack together is suggested.
- Students who are not picked up by 3.45pm will be supervised in the office area. **Please contact the school office if you are running late for the end of day collection.**

Toilet routine

- Ensure that your child knows how to go to the toilet and wash his/her hands independently. Practise at home and in public toilets.
- **A labelled change of clothing in a plastic bag in your child's school bag is strongly recommended.** Let your child know these clothes are in their bag in case of any accidents at school.

Avoiding Possible Anxieties About School

Please remember that the positive partnership established between school and home is crucial to your child's overall wellbeing. It may be helpful to identify some aspects of your child's new routine which may cause anxieties and discuss them with your child and teacher if necessary. Although students may exhibit some anxieties, experience has shown that they don't remain for long and children quickly settle into a happy school life. Possible anxieties may include:

- the long day and the separation from parents and/or siblings
- responding to the school bell and the loud noise in the playground
- large numbers of students in the playground
- restrictions on own choice of activities
- unfamiliar toilet routines
- making new friends
- the large size of the school environment.

Teachers are aware that these problems may occur and plan a transition program to overcome them. The transition program includes:

- incorporating familiar play-based activities into the learning program
- delivering a balanced program that combines active tasks and wellbeing
- ensuring a variety of tasks that can be performed independently, in pairs, in small groups or as a whole class to develop cooperation and friendships
- providing extra supervision in the playground during playtime and lunchtime
- ensuring regular toilet breaks.

Separation/independence

- Plan for your child to have time away with relatives or friends to introduce separation. Perhaps build up to the length of a school day before starting school.

Sleep routine

When your child sleeps well, your child will be more settled, happy and ready for school the next day. Good quality sleep helps your child concentrate, remember things, regulate emotions and behave well.

- Establish a bedtime routine to help your child wind down from the day.
- Keep activities quiet in the time before bed, for example read a story together.
- Keep regular sleep and wake times.