



Message from the Head of School

First Day in School - EYFS

Welcome to St. Andrews Samakee! The first day of school is an exciting milestone in your child's life. Your child is embarking on a journey that will lead them on many roads of discovery and learning. As wonderful as this new experience may be, it can also be quite stressful for a young child. New situations and change can, at times, be unsettling for all of us. For many children this may be their first experience of separation from parents or care givers at home. It is common for even the most outgoing child to be anxious on the first day of school.

Below we have provided a few suggestions for assisting your child during this time. Remember our staff will be available to provide support and assistance; making your child's first school days happy days.

- Prepare your child for the new school experience by talking positively about all the things they might enjoy at school. Answer all questions directly and honestly.
- Convey a positive attitude. Young children are aware of your feelings. Your enthusiasm will assure the child that school can be a fun and exciting place.
- Buy your child's uniform and book bag before school starts so that your child can become familiar and excited with the idea of wearing a uniform and have several opportunities to try it on at home.
- Look at the book bag together and talk about taking it to school every day. Explain to your child, that they will be able to choose a special storybook to put in the bag and bring home to share with Mummy and Daddy and other family members. Why not practice choosing and putting a book in the bag from your child's collection!!
- Establish a routine, involving both the night before a school day as well as morning preparation. Rituals and routines will add predictability and are comforting in unfamiliar situations.
- Bring something from home. This is acceptable and often reassuring in helping the child with the initial adjustment to school. This item may be a treasured blankie or even a photo from home. Please make sure that a member of our staff is familiar with this item.

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- We are very flexible and we encourage parents to spend a few days with their child at school to develop a strong home-school relationship. Please speak directly to your child's teacher to establish the best routine for your child.
- Clearly state to your child where you will be during your child's time at school and when you will return. It may also be helpful to discuss what will happen when you are reunited.
- Maintain a clear good-bye routine. This may include warning your child that you are leaving in 3 minutes, a kiss and hug, or a wave from the window. **Once you tell your child you are leaving, it is important to follow through.** Extending the good-bye with "Ok just one more kiss, and then I really have to go." tends to heighten anxiety rather than relieve it. Avoid sneaking out; this seems to encourage children to become less trusting and makes the second day of school even harder.

Again, please know we are here to help make the first weeks of school a happy transition and we look forward to an exciting and fun year. Welcome!



Kind regards,

K. K. Sudhirak

Tabietha Sudhirak
EYFS Coordinator