



## Message from the Head of School

### First Day in School – Primary

Welcome to St. Andrews Samakee! The first day at a new school is another exciting milestone in your child's life. Your child is embarking on a new 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 some children. New situations and change can, at times, be unsettling for all of us. It is common for even the most outgoing child to be anxious on the first day of a new school.

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 days at St. Andrews happy days.

- ✎ **Routines:** If your household has relaxed bedtime and morning routines over the school holidays, start to wake your child a little earlier each morning, and move bedtime up 15 minutes every few nights to re-establish "school hours."
- ✎ **Be on time:** Help your child arrive at school on time everyday, as he/she should start the day along with the rest of the school.
- ✎ **Targets:** It is important to talk about the way your child has grown and developed in the past year and all the great things they have learnt and done - ask them what they want to achieve at school in the coming year.
- ✎ **Offer Ownership:** As you are shopping for school supplies e.g. school bag, socks, sensible shoes for running and climbing and so on, let your child pick out the colours and styles she/he wants, and at home, make them personal to your child with craft materials. The day before school let him/her organise and pack his/her own bag.
- ✎ **Start the new school with an all-about-me letter to the teacher:** Discuss with your child what he/she would like his/her teacher to know before the school year starts. Possible topics include: holiday, hobbies, family members, friends, favourite activities at school, or even favourite stories. Your child can take the letter with him/her on the first day of school and give it to the teacher after school starts or put it in the contact book after the first day at school.
- ✎ **Special Surprise:** Celebrate the big day. Go out for dinner or plan a special meal the night before, or present your child with a small gift e.g. a special book, a set of stationery that your child will enjoy, etc.

Again, please remember we are here to help make your child's first weeks of school a happy transition and we look forward to an exciting and fun year ahead.

Kind regards,

Louisa Williams

Primary Coordinator