



Your child is due to start Preschool 1/2/3 at ESCA-BIS on 5<sup>th</sup> September 2016. We would like to take this opportunity to provide you with information about the class and give you some tips to help your child transition and settle in their new setting. First, your child's new class:

**PRESCHOOL 3**

*The teacher is Ms Juliana*



*The co-teacher is Ms Tina*



*The co-teacher is Ms Oksana*



**PRESCHOOL 2**

*The teacher is Ms Jane*



*The co-teacher is Ms Gulnaz    The co-teacher is Ms Begimai*



**PRESCHOOL 1**

*The Preschool 1 teacher is Ms Meerim*



*The co-teacher is Ms Gulya*



Please show your child these photos so they are familiar with the adults in their new class.

## Tips for helping your child transition from home to school

Whether your child is starting preschool for the first time, returning from the summer holidays or moving from another preschool they will be experiencing a significant change. Here are some tips to help prepare your child for this exciting time in their lives!

- Give your child opportunities to leave you and spend time fun times with other adults and children.
- Being able to interact appropriately with other children and share resources is a key skill that will help your child when they are in pre-school. Play dates with other children will help to promote these skills. During the play date you can model useful social phrases such as 'my turn please' or 'let's share'.
- Talk about school in positive ways.
- Give them opportunities to play with items like crayons, pencils, markers, paint and paper.
- Read books to your child and talk about the pictures and the story.
- You can encourage your child's independence by asking them to follow simple directions and letting them do tasks on their own.
- Helpful skills you can help your children to learn include being able to put their coat, putting on a pair of shoes and using the toilet independently, including washing and drying their hands.
- Try practicing your morning routine and taking the route to school.

## Settling: What to expect

It is normal for children to find settling into a new setting challenging at first. Be aware that:

- Your child may cry or get upset for the first few days. This may only be at drop off or it could last longer. The Preschool staff will be used to this and will be able to comfort and support your child.
- Saying goodbye to parents can be difficult at the beginning. Staying with your child is OK for a short amount of time but staying too long can make things worse. With consistency your child will soon get used to the new routine.
- Some children do not eat well at first. Children can be particular about what they eat and it can take time for them to adjust to the change in meal routines and to try new foods. We have found that the experience of eating with their peers can often lead to children being more adventurous with their food choices.
- It may take time for your child to socialize with their peers especially if they have not have much experience of playing with other children. Preschool will help teach your child these important social interaction skills.

## Settling: What you can do

You can help your child settle by:

- Always saying goodbye before leaving, even if it is hard.
- Talking about school in a positive way before and after school each day.
- Being mindful of your own feelings. Children are very good at picking up on their parent's emotions. If you feel anxious, although normal, try not demonstrate it in front of your child.
- Expecting the transition to be successful. Remember the adjustment will take time. Your positive outlook can help your child; let them know you are confident in their ability to do well.

If you are particularly concerned about your child settling please speak to your class teacher.

Practical information: Your child will need the following items:

<ul style="list-style-type: none"><li>● Water bottle</li><li>● Indoor and outdoor shoes</li><li>● Clean change of clothes available everyday</li><li>● Sun hat</li></ul>	<ul style="list-style-type: none"><li>● Rain clothes and boots</li><li>● Hand towel to be changed every Friday</li><li>● Bed sheets to be changed every two weeks (is in preschool 1 for nap time)</li></ul>
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We look forward to meeting you and your child or to welcoming you back to ESCA-BIS!