



## **Xavier School Readiness - our Top Ten**

### **1. COMMUNICATION**

Communication is key if your child is to be happy and successful at school. We enjoy very positive relationships with our families and that is because we work together and do everything we can to support all the children in our care. Our schools all have an open-door policy and we look forward to getting to know you and your family. We all have websites that are full of information and you are welcome to contact us at any time. Similarly communicate with your child and find out how their day was but don't be disappointed if they are not very forthcoming.

### **2. ROUTINES**

These are key in helping your child to settle to school. Children need a calm start to the day, with time for breakfast. The best routine is to get dressed, then have breakfast, and no screen time in the morning. At the end of the day, you may find you are moving bedtime a little earlier. Children cannot regulate when they are tired (neither can adults!) If they cannot regulate, they cannot learn. If a child is still up watching TV at 9pm, it will affect their education the next day. Start as you mean to go on!

### **3. DRESSING**

We ask that all children can put on their own socks shoes and coat before they start school. We all have a uniform that is easy to put on and ask that everyone sticks to the uniform.

### **4. TOILETING**

All children starting school must be toilet trained unless they have a medical condition or additional needs. Yes, accidents happen and that is fine, but you cannot send your child to a Xavier school unless they are already toilet trained.

### **5. SCREEN TIME**

In a post-lockdown world, we all have more online experience than ever before. This includes children. Lockdown parenting may have meant more access to iPads and DVDs than we would have liked. Little children need a wide range of access to the whole world, not just the one on the screen. Try to limit it when you can, and definitely before bedtime – and install parental controls now, as when they learn to read and write, they will soon find the search engines.

## **6. FOOD**

Lunchtime is a big experience for children starting school. We help them by making sure they have an early, quieter lunch; support using a knife and fork and encouraging eating dinner before pudding. However, this is something children will need to do with independence, and trying new foods shouldn't be something that worries your child. A packed lunch is fine, but make sure they can open their lunchbox themselves and the food is healthy.

## **7. WORRIES**

If you have any worries or circumstances we should be aware of, please pop in and see us before your child starts school so we can best plan to support them. It may be that they need a little more help than other children. This can be for a variety of reasons. If this is the case, speak to the SENDCo at your nursery, your health visitor or GP, or our SENDCo. It may also be that your family has experienced difficulties – a bereavement or financial difficulties, or situation with your relationship. Whatever it is, please speak to us ahead of your child starting so we can begin to work on it together.

## **8. THE BIG DAY IS COMING**

Separation is worse for you than it is for them. If you have never left your child with someone different, now may be the time to start playdates. We do have settling in days, but in our experience, as soon as the parent or carer leaves, the child stops crying. We always call you if you have left your little one in a distressed state. Be ready to be brave and have a nice coffee or shopping trip planned on that first morning.

## **9. SOCIAL MEDIA**

There are a number of school WhatsApp groups you may wish to join and they can be really useful for sharing information. Please ensure that is what they are used for. If there is anything you are unhappy with, we expect to hear directly from you. Social media should not be used to criticise the school. Please never be a keyboard warrior!

## **10. DO YOUR BIT!**

The best thing you can do to support your child's learning at any age is to encourage a love of books and a love of reading. We have great systems for teaching your child to read and we are really successful with it. Some Parents are proud that they have taught their child to read but it is so much better for children to all learn using the same evidence-based methods that are then built upon over the years – we need your help in making sure that children want to learn to read!

**We are really looking forward to your child joining us in September and to working with you in our Xavier schools for the next 14 years. Enjoy the journey as it will go so quickly.**