



# Appleton Academy

Reception Welcome Pack

Welcome to Appleton Academy. We are very pleased to be welcoming you and your child to our wonderful school. We are excited to meet you all and begin working with our new and returning families. We understand that starting school is an important milestone so we hope this booklet will provide you with the information you need to ensure a smooth and enjoyable start in September.



# Meet the teachers

## UFA



Mrs Almond  
Teacher



Mrs Wood  
Nursery Nurse



Mrs Thornton  
Teacher



Miss Butterfield  
Nursery Nurse

## Support staff



Miss Jackson



Mrs Raistrick

# The first week in school

This will be a staggered start with children starting on either Tuesday 8 or Wednesday 9 September 2021. A letter along with a start date has been posted to each family.

The first week allows the children to settle in, explore their new environment and get to know other children and their teachers. They will also learn about the routines of the day such as dinner time, snack time and carpet sessions where focused learning takes place throughout the day.



Exciting and fun activities

# Structure of the day

|                   |   |
|-------------------|---|
| 8.35am – 8.45am   | Good morning and registration<br>Morning task / calendar / weather chart  |
| 8.45am – 9.05am   | Literacy teaching input – topic based   |
| 9.05am – 10.00am  | Free flow – learning and playing in the areas of provision<br>Teacher/support staff work with a focus group on literacy/maths |
| 10.00am – 10.15am | Phonics input<br>Learning our letters and sounds for reading and writing  |
| 10.15am – 11.00am | Free flow – learning and playing in the areas of provision<br>One to one reading and changing our book to take home           |
| 11.00am – 11.20am | Story time / check in / science based / music time / topic or seasonal work.  |
| 11.20am – 11.30am | Getting ready for lunch   |
| 11.30am – 12.15pm | Lunch in the dining hall  |
| 12.15pm – 12.25pm | Registration  |
| 12.25pm – 12.45pm | Maths teaching input  |
| 12.45pm – 2.20pm  | Free flow – learning and playing in the areas of provision<br>Teacher/support staff work with a focus group on literacy/maths |
| 2.20pm – 2.30pm   | Teeth brushing time   |
| 2.30pm – 2.55pm   | Full class activity<br>Story time / question time / time to shine   |



# Preparing your child for school

Starting school is a very special time for you and your child and there are lots of things you can do to help prepare them. Whether your child has been attending our nursery, has come to us from a different nursery or has been at home up to now, they will all have to get used to some big changes. Helping your child to be independent would be a huge benefit for when they start school. Here are some of the things you could focus on in preparation for September:

- Fastening buttons and zips
- Dressing themselves
- Using the toilet independently and asking for help if they need it
- Clean themselves after using the bathroom
- Washing and drying own hands
- Tidying up after themselves
- Read and write their own name
- Use cutlery to feed themselves and open packets and cartons
- Share toys and know to take turns
- Sing nursery rhymes
- Count to 10
- Listen to and follow simple instructions

Other ways to help prepare your child for school will include getting them into a good routine and being consistent with times for going to and getting out of bed. Allow plenty of time to eat breakfast so they start off their day feeling full and happy. Most importantly, we understand that saying goodbye at the gate may be an upsetting moment for children and parents, so please try to keep this a positive experience by telling your child to have a wonderful day, that you will be back soon and give a huge smile.

# Areas of learning

Each day the children will take part in a maths, literacy and phonics session.

- Maths – children will learn all about numbers, shapes and measuring. They will search for shapes in the environment, use familiar songs to help them count and recognise numbers.
- Literacy – children will explore stories and learn to read. They will practise writing skills through writing letters, postcards, and fact sheets.
- Phonics – children will begin to learn letter sounds and how to write them and begin to use this new knowledge in their own writing.

Early Years aims to support your child to develop in 7 very important areas of learning which are the foundations for continued learning through school.

The 7 areas of learning are:

- Communication and Language
- Personal, Social and Emotional Development
  - Physical Development
    - Literacy
    - Maths
  - Understanding the World
  - Expressive Arts and Design

The 3 areas listed in blue are considered the prime areas. These are important because they lay the foundations for children's success in all other areas of learning and of life.

## Personal, Social and Emotional Development

- Support the children in making new friends and to share their toys, taking turns and waiting patiently.
- Explain that winning, losing and taking part are all important. Play games that allow your child to feel the excitement of winning and to explore the emotions of losing.
- Ask your child how they are feeling, can they explain why? How do we know if someone is feeling sad/happy/angry etc. Children need to understand how they and others are feeling and be able to talk about the reasons.
- Allow your child to make their own decisions and give them time to think about it? What they would like for breakfast, which coat to wear and why.
- Encourage your child to think for themselves so when they continue to ask 'why', simply ask them 'why do you think' or 'can you explain why'.
- Give your child small tasks to complete so they begin to enjoy the responsibility of carrying them out.
- Encourage your child to talk about themselves in a positive way, this could include discussing things they are good at or things they would like to be better at.







## Physical Development

- Catching and throwing games will help your child to develop gross motor movement and control hand-eye coordination.
- Help your child to gain some control in their small movements by playing with play dough, threading beads, colouring activities.
- Practise using scissors, cutting following lines and shapes.
- Begin to practise holding and using a pencil. Although they may not be able to write just yet, drawing and making different marks are a starting point that will develop into letters, words and sentences. If you are practising writing letters, please form lower case letters first (capital for the first letter in their name only)
- Support in the development of large movements by visiting the park or woods so children can explore, climb, travel around, jump, move about in different ways.
- Encourage children to use their cutlery when eating as they will be having lunch in the dining hall now they are big children in school.
- Talk about healthy eating, which foods are good and not so good for our bodies, why some should be eaten as a small treat. Why is exercise important? What can it do for our bodies?

## Communication and Language

- Encourage good listening when having conversations and reading stories, ask your child to respond and talk about when has been said/read.
- Give your child tasks and activities that can help them to develop and challenge their attention skills for a short time.
- Each day, encourage your child to follow simple instructions starting with one simple instruction such as 'put your shoes away'. This could then be extended to a 2-part instruction such as 'put your shoes away and wash your hands'. Simon Says is a fantastic game to play to support your child in listening to and completing instructions given.
- Asking your child questions and encouraging them to ask you questions is a fantastic way to develop speaking and listening skills. Asking them to explain why or give reasons will help to develop their understanding.
- As you are sharing a story, allow your child to see your finger move across the words as you read left to write, carefully turning pages, talking about what might happen next, joining in with phrases in a story they are familiar with. Talk about the title, the author and illustrator, the characters, setting and story line.
- Encourage children to read a story to you. They can use the pictures to help and their knowledge of the story.
- Talk about places you have visited and what you did there. Look at pictures to help remind the child of the visit and what fun they had.
- Finally, don't be afraid to explore new words and vocabulary with your child, discuss the meaning of new words.



## Other information

Arriving to school on time is of the utmost importance for many reasons. Often, children just starting school will begin to form friendships at the gate as they wait to come into school, and this can be very helpful for those who may struggle at the beginning to say goodbye to their grown-ups. We begin our learning in school straight away and children arriving late will often miss this vital part of their learning and development. You as parents give your children the message that school is important.

All children up to Year 2 are entitled to a free school meal. Our kitchen offers a fantastic variety of food each day and wonderful warm dinners during the colder months. If your child prefers a packed lunch from home, we encourage a healthy meal and here are some examples of what a healthy lunch box might look like.



As we encourage healthy eating, please don't bring fizzy drinks, chocolate bars (chocolate biscuits that accompany a sandwich such as a 2 finger kitkat are allowed) or any sweets. As we have children with nut allergies, please do not place any nut products in the lunch box. The NHS change4life website offers healthy lunch box recipe ideas.

Milk is free and available each day for all children under 5 years of age. At the beginning of the term that your child turns 5, you will need to pay for milk. If your child doesn't enjoy milk, water will be offered or they can drink from their water bottle during snack time. The snack is usually fruit, raw vegetables or raisins.

# Final thoughts!

Don't forget to look out for an email invite to 'Evidence Me' where you can view your child's learning journey online, discover the observations the staff have taken and even add your own to show the wonderful learning that takes place at home.

Please bring book bags to school every day.

We look forward to welcoming you all in September. We hope you have a wonderful summer.

Thank you

