

## **A few personal tips for surviving Primary One!**

### **- All those bags**

Three bags seems a lot for your little one to carry each day. A rucksack style school bag that fits their lunch bag inside and has an extra pocket for break is a lifesaver. The PE bag stays in school. Be sure to label them, use a sharpie rather than a sticky label that will fall off as all the boys will have Cars or Star Wars while the girls are likely to be carrying Disney Princesses or Peppa Pig.

### **- School Uniform**

Remember September is a long way away in terms of growing time. Buy a size that has some growing room. Reach are the school supplier and will deliver at anytime throughout the year, their website is Paypal certified and delivery is quick. The free iron on name labels from Reach are easy to use and durable in the wash. Look out for pre-summer offers M&S 20% off or Asda/Tesco for spare white polo shirts, plimsols and trousers or skirts. Have at least 2 jumpers- one will go missing even if it's labelled but is sure to return.

### **- FOJMPS**

Do you have a skill the school could make use of? Are you able to give a few hrs of your time to help out at fairs, movie nights or discos? Then let the FOJMPS know. The FOJMPS is a part of the school and as a parent you're automatically a member so come along, air your opinions and ideas and most of all make new friends who are in the same situation as you. You'll be pleasantly surprised!

### **- Making Friends**

Children make new friends at different paces; your child may have a best friend every week or may not make any friends for ages; they are all different. Some ways of encouraging friendships:-organise a play date, join local clubs such as BB, soccer, jujitsu that other parents can recommend. The table/group your child starts P1 in will change; this is another great way of the teacher encouraging them to mix with other children and make new friendships.

For new parents to the school drop off/pick up times and the induction mornings are an ideal opportunity for you to make new friends with the parents of other children in your child's peer group.

### **- Birthday Parties**

Don't feel under pressure to invite the whole class to birthday parties. Why not drop in a multi pack of Haribo or a cake to the teacher to share? If your child's birthday falls early in the school year and they want to invite some friends along, why not invite those at their table or those of the same gender? They will have established a good relationship with the children they sit beside each day.

### **- School Day**

If your child doesn't come home bursting with news everyday; don't be worried. Gradually they will chat about what they're learning and who they play with, don't be surprised if it's in the bath or at bedtime when they are winding down.

### **- Phonics?!**

Don't worry about learning these; your child will teach you and you can learn together. It's a great way of helping your child's independent work, encouraging them to spell words and read. 'I spy' is good to play on the way to/from school; it helps your child associate sounds with letters and words.

### **- Arts' n Crafts**

Keep a glue stick, children's scissors and colouring materials handy as well as the odd cardboard box for crafty tasks that can be part of their homework.