



مدرسة الإبداع
العلمي الدولية
INTERNATIONAL SCHOOL
OF CREATIVE SCIENCE

BAHRAIN

البحرين

SCHOOL READINESS PACK

Foundation Stage





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Readiness Pack

Starting school is an exciting, and daunting time, for some. Here at the International School of Creative Science - Bahrain we have produced a school readiness pack which includes keys things that will help your little one to get ready for school. We have covered topics including independence, emergent writing, early math's, and phonics.

Although this pack is to help you, please remember that the Early Years Foundation Stage is all about learning through play. Your child does not need to be able to read, write or do sums before school, children start school with a wide range of abilities. One of the most important things is to have fun with your child, by sharing stories, playing games, singing rhymes, and having rich discussions/conversations with each other.

Things you can do before starting school:

- Talk to your child about what it might be like and if they have any worries ('Ruby's Worry' is a fantastic story you could explore together).
- Try and arrange a visit to the school beforehand to see all the exciting areas and spaces.
- Practice the school run so they are familiar with the journey.
- Try the school uniform and shoes on so they get to feel what it is like.
- Make a packed lunch together.

Independence

In the Foundation Stage we focus heavily on independence and supporting students to grow into independent learners.

Here are some of our top tips!

- Encourage them to dress and undress themselves, this includes jackets, socks, and shoes. (This will support your child is using the bathroom independently as well).
- Encourage them to pour their own drinks, where possible, and cut their own food with their knife and fork (this is a skill they will need).

- Include them in making their lunch or dinner with you, this will give them an understanding of healthy eating and a sense of responsibility. During this time, you can also include talking about math's by counting food, and phonics by listening to the initial sounds of objects.
- Encourage them to clean up after themselves when they have made a mess or finished playing with something. By encouraging children to tidy away their toys after use teaches them to look after their belongings. Toys can be stored away in open boxes using photo labels to help the children find the correct places. Using sand timers and a tidy up song can support your child in learning a good routine when it comes to tidying up before lunch or home time.

PSED (Personal, Social and Emotional Development)

Personal, Social and Emotional Development is recognized as one of the building blocks of success in life. It supports children's development by helping them to interact effectively and develop positive attitudes to themselves and others.

Within the EYFS framework, this is broken into 3 sections:

- Self-confidence and self-awareness
- Managing feelings and behaviour
- Making relationships

Self-confidence and self-awareness

This is about how children develop confidence in who they are and what they can do by expressing their own thoughts and ideas. As children develop their self-confidence and self-awareness, they become increasingly able to take control of their own learning. Children can express preferences and negotiate when and how they will do things, and who with.

TOP TIPS

- Try to give your child lots of opportunities to explore the world of nature – in the garden, the park, or at the beach.

- Be enthusiastic about rain, sand, and spiders – your child will pick up their attitude to the world from you.
- Praise your child for learning new skills such as using scissors or tying their shoelaces.

Managing feelings and behaviour

This is about how children can understand their own feelings and other people's feelings, and how they learn to manage their feelings. It also links to how they learn and follow simple rules in different places such as home or a play area.

TOP TIPS

- Give positive feedback.
- Set clear boundaries which are fairly and consistently applied by all.
- Use positive language.

Making relationships

This is about how young children learn to get along with other children and with adults. It is also significant in developing friendships. To be able to do these things children need role models – adults who show them how to be with others; how to be kind and to understand why people behave in certain ways – such as saying sorry for hurting another person's feelings.

TOP TIPS

- Help your child to see how important it is to be aware of other people's feelings.
- Do some simple household chores together to show the value of teamwork and cooperation.
- Play games that involve turn taking and following simple rules.

Emergent Writing

Every child learns to write at different ages and stages. If your child is not currently eager to pick up a pencil to write his/her name or letters this is not something to be concerned about. Everybody develops differently. During the FS1 stage it is about ensuring the muscles are developed correctly to ensure when they are ready, they will be able to form the letters in the correct way. To do this they need to develop the core stomach muscles and shoulder muscles through gross motor activities and the hand muscles through fine motor skill activities.

Gross Motor Activities

- Dancing with pegs and ribbons.
- Making big bubbles using hoops and tennis rackets.
- Building with large boxes.
- Jumping and popping bubble wrap/balloons.

Fine Motor Activities

- Playdough (dough disco- Find it on YouTube!)
- Beads & Pipe Cleaners - no beads? there's always pasta!
- Cutting practice! (playdough, paper, ribbon, material, card, boxes).
- Writing/Mark-making in flour, glitter, paint etc. in a tray.
- Tweezers or pegs to pick up objects.
- Scrunching up paper - make it a game, scrunch and throw in a bucket how many can you score.

Also just encouraging your little ones to draw and write as and when they want is important! Encourage them to write their name. Do it alongside them, you write a letter and give them a chance to copy with you giving verbal encouragement and directions so they can learn for themselves! **The most important thing is they can talk about their creations and their drawings!**

Early Maths

Maths can be incorporated into every aspect of the day. Counting going up and down the stairs, as you wash your hands, challenging by counting at tidy up time. The trick is introducing the numbers for them to begin to recognize- just by display numbers in their play and allowing them to freely ask questions and to see you interacting with them and counting objects onto them is vital at this stage.

TOP TIPS

- Go for a walk, what numbers can you see in your environments? (Numbers on doors, cars etc.)
- As for shapes they are all around us, as we are drawing or walking around, talking about shapes or the size of something builds up the basic mathematical vocabulary they need to succeed in the foundation stage.
- Ask your child to sort their toys into different shapes and colour groups. “Let’s find all the objects that are blue and put them in the basket. Let’s group all the objects that are square.” “Let’s put all the toy cars in this bin and all the toy mini figures in this bin. Which bin has more?” Give your little ones lots of opportunities to look at, find, and sort objects based on different attributes – shape, colour, size, type, etc.
- Make collages or books of objects that are different shapes and colours. Example: “My Circle Book” – cut out pictures of things that are circular and put one on each page and name it. Make your own counting book. Each page can have a number and that number of objects.
- Making a meal or even a batch of cookies or banana bread together to show your child that we use Math’s to cook/bake. Example: “This recipe needs 2 eggs. Can you get 2 eggs out of the carton? We also need 1 and a half cups of milk. Let’s measure that amount in this measuring cup.”

Phonics

At the International School of Creative Science - Bahrain we follow the ‘Letters & Sounds’ which is the UK government program for teaching phonics in **Foundation Stage 1** which includes the basic skills needed for reading and writing:

- Environmental Sounds
- Body Percussion
- Rhythm and Rhyme
- Alphabet and Alliteration
- Voice Sounds

As children develop and progress towards **Foundation Stage 2**, they will begin the Read Write Inc (RWI) program that will teach students to be confident at reading and writing. The programme is published by Oxford University Press and includes:



- Daily phonic lessons.
- Over 300 decodable storybooks and home readers.
- Spelling and writing activities.
- Comprehensive planning.

The Road To School

This tracker helps you and your child prepare for school.

Everyone starts school with different abilities - your teacher will help you progress at your own level.

Speaking & literacy

- I like to read stories & look at picture books
- I am able to talk about myself, my needs & feelings
- I am practising recognising my name when it's written down

Listening & understanding

- I am able to sit still and listen for a short while
- I can follow instructions
- I understand the need to follow rules

Writing skills

- I like tracing patterns & colouring in
- I enjoy making marks
- I am practising holding a pencil

Sharing & turn taking

- I can share toys & take turns
- I like playing games with others
- I like interacting with other children

Counting skills

- I enjoy practising counting objects
- I like saying number rhymes & playing counting games
- I can recognise some numbers when they are written down

Going to the toilet

- I can go to the toilet on my own, wipe myself properly & flush
- I can wash and dry my hands without any help

Routines

- I have practised putting on my uniform & getting ready to leave on time
- I have a good bedtime routine so I'm not feeling tired for school
- I'm learning to eat at the times I will on school days

What are you looking forward to the most? Is there anything you're unsure of?

Eating

- I can use a knife & fork
- I can open my packed lunch on my own
- I am confident at opening wrappers & packaging

Self-care

- I know when to wash my hands
- I can wipe my nose
- I can ask for help if I don't feel well

Getting dressed & undressed on my own

- I can button & unbutton my shirt & use a zip
- I can put my own shoes & socks on
- I can change into my PE kit & put my coat on

Independence

- I am happy to be away from my mummy, daddy or my main carer
- I can put my belongings & look after my things
- I am happy to tidy my belongings & look after my things
- I am feeling confident about starting school

School bus

School

Nursery Resources
www.nurseryresources.org

Remember - learning is not a competition; children learn at different rates. For more ideas to help prepare your child for school, talk to your childcare practitioner.