

To my family,

I have grown up a lot and soon I will be starting Nursery. To make my time there a happy one there are lots of ways you can help me. If I am happy at my school, the more I will want to learn.

Please read this little book and remember all the ways you can help me throughout my first year at school.

New Routines

Please remember that starting school is a big step. There are a lot of new people to meet and things to learn.

Talk to me about my feelings and what is going on because I might worry about little things.

I might get upset at first (and so might you) but, with your help, I will soon get used to it.

If you are worried about me, talk to my teacher. It's not fussing, it's normal.





It is important that you encourage me to play with other children. This will get me used to sharing toys and respecting others. Show me how to care for toys and tidy them up.

Going to the toilet

I need to know how to ask to go to the toilet and be able to go properly all by myself.

Elasticated skirts or trousers will help me to do this.



I must be able to flush the chain and wash my hands afterwards.

Dressing myself

I need to be able to get dressed and undressed all by myself. I need to be able to put my coat on by myself. I need clothes that are simple to take on and off. Velcro fasteners on my shoes are easier to do.



It is important that you put my name on my clothes so that they don't get mixed up, even my shoes.

If I can read my name, that too would help me.

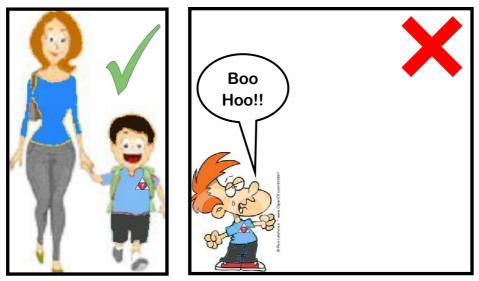


It is a long time until dinner, so we have snack time each day.

We sit together and ask you to provide your child with a healthy snack such as fruit or vegetable sticks. School provide milk.

Getting to school

Set off to school in plenty of time so that we can talk about my day ahead. Don't rush as hurried goodbyes might upset me.



If we are taking a car, arrive early so you can park it in a sensible place.

Please be thoughtful to the school's neighbours by not blocking their driveways.

Picking me up

Always try to pick me up on time. If there is a problem and you might be late, let my teacher know so that he or she can explain this to me.



You must always tell the teacher in person or by letter if somebody else will be picking me up. You can also tell Mrs Clarke in the office. Make sure the person who is picking me up is an adult, whom I know.

When I get home

School can be very busy for me and when I get home I might be grumpy. Be patient with me ... I'm tired.



Going to bed



Make sure that I go to bed (to sleep!) early so that I have plenty of energy to learn new things at school.

Ways to help at home

I will be learning lots of new things in Nursery, it would really help me to continue to do those things when I get home. Talk to me about my day and the things I've done. You could help me and make learning fun.

Ask my teacher what we are doing in school and how you can help.





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