How families can support transition

Starting Kindergarten is an important milestone for children and families. While every child's journey is unique, there are simple ways to support your child to feel confident, settled and ready for school.

PLAY WITH YOUR CHILD AT HOME – encourage imaginative play, building and creating, storytelling and role play. Board games and card games are a great way to model sharing, turn-taking and resilience when losing a game. Creative activities such as drawing, making, cutting and creating with scissors and glue can also support fine motor development.

ESTABLISH, OR MAINTAIN, A CONSISTENT ROUTINE IN THE EVENINGS AND MORNINGS. predictable routines can help children feel settled and confident as they prepare to start school. In the lead up to Kindergarten, gradually align bedtimes, wake-up times and mealtimes with the school day. Let your child wear their school uniform before school starts to become familiar with items such as shoes, socks and hats and adjust to any sensory preferences.

MINIMISE AFTERNOON COMMITMENTS OUTSIDE OF SCHOOL –starting school is a significant adjustment. Children may be more tired than usual as they adapt to new routines, relationships and learning experiences. Keeping afternoons free for play, rest and family time, particularly during the first term, can support your child's wellbeing.

CONTINUE TO READ TO YOUR CHILD – this is a wonderful time to connect with your child and a great way to wind down before they go to sleep.

NURTURE YOUR CHILD'S INDEPENDENCE – include them in making their lunch, packing and unpacking their own bag, carrying their school bag, putting on their jumper and using public toilets independently.

Successful Foundations ensures that each child is **known**, **valued** and **supported** to grow into a confident and capable learner.





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Successful Foundations

Supporting Kindergarten children and families as they transition to school



Catholic Schools
DIOCESE OF MAITLAND-NEWCASTLE

A *playful* start to school!

Catholic Schools of Maitland-Newcastle recognise the rights, capabilities, interests and needs of every early learner. We recognise the transition to school as a significant milestone in a child's life. Successful Foundations supports children and families to not only transition successfully to school, but to thrive in learning and wellbeing throughout their early years of schooling.

What is Successful Foundations?

Successful Foundations is a research-informed transition to school program grounded in child development and the importance of the early years. Through purposeful play-based experiences, children build confidence, develop relationships and foster a strong sense of belonging as they begin their school journey.

During the first five weeks of Kindergarten, children participate in a dedicated play-based transition program at the start of each school day. This provides teachers with valuable opportunities to get to know each child as a learner, build positive relationships and support a successful start to school.

Through play, children can:

- ✓ Form friendships quickly
- ✓ Build confidence and independence
- ✓ Develop self-regulation skills
- ✓ Share their interests, knowledge and strengths
- ✓ Feel safe, valued and develop a sense of belonging at school







Learning through play

Play is one of the most powerful ways young children learn and develop.

Research shows that play supports children's social, emotional, physical, language and cognitive development. Through play, children explore ideas, solve problems, communicate with others and develop the foundations for lifelong learning.

For many children, play is a familiar and meaningful way of learning from their experiences in preschool and early childhood education. Successful Foundations builds on this familiarity, supporting a positive transition to school while fostering confidence, friendships and engagement in learning.

Our classrooms and outdoor learning environments are intentionally designed to encourage curiosity, creativity, collaboration and exploration, providing children with rich opportunities to learn, connect and thrive.