



## Transitioning to 'big school'

Going to "big school" is a milestone for both you and your child. It's the beginning of their formal education and it is important that your child is aware of the positives of going to "big school". Below are some tips that we at Creative Childcare can offer. Please know however, that we are always willing to assist where we can, so if you have any questions or need further assistance, please don't hesitate to speak with a team member. Going to primary school is an exciting time for your child's life. Together with Creative Childcare you can make the transition from preschool to "big school" easy and exciting.

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### Before your child attends primary school:

- Encourage your child to self-help, dress, clean and feed themselves
  - Speak with your child about "big school" and how grown up they are
  - When talking about "big school" speak positively so your child will adapt to your attitude
  - Ensure you and your child knows which school they will be going to. This helps them become familiar with the whereabouts of the school, what it looks like the surrounding environment, etc
  - When driving or walking past the school, make it known that that is where your child will be going soon
  - If possible, make friendships with other children of the same age who will also be attending the school, so your child recognises a familiar face on their first day
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**\*\*\*During your child's time at Creative Childcare, all meals will be provided by our onsite chef\*\*\***

### Lunchbox Ideas for when they start school

- Pack food your child is used to and food they enjoy
- Pack morning tea and lunch *separate* to avoid confusion
- Pre-cut fruit and veggies if needed
- Freeze a juice box then put it into the lunchbox, this will keep all the food fresh and cool
- Do not over pack the lunch box, your child might feel pressured into eating all of it
- Don't forget to pack a spoon if you put yogurt in!

#### Nutritious Foods to pack for when they are at school

- Small pieces of cut up fruits
  - Rice crackers
  - Sandwiches cut in half
  - Small yogurts
  - Unsalted Popcorn
  - Vegetable sticks
  - Cheese sticks
  - Muesli bars
  - Wholemeal muffins
  - Dried fruit
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