# Porty's Power of Positive Thinking

An informative communication between home and the school community

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Port Curtis Road State School

www.portcurtss.eq.edu.au



## Did you know?

Prep was introduced into Oueensland schools in 2007. From 2017, Queensland children are required to undertake Prep prior to Year 1. Prep is a full-time program that children attend from Monday to Friday during normal school hours, generally from 9am to 3pm. Children must be aged 5 years by 30 June in the year they start Prep. Prep is the start of the early stage of learning which continues until Year 2. It is available in all Queensland state schools and most non-state schools offering a primary program.

#### Resources

Sue Larkey Education Events PTY Limited Telephone: 0433 660 379 Fax: 1300 656 408 Email: <u>dearne@suelarkey.com</u>

Raelene Ensby Parent Connect Facilitator-Central Qld Umbrella Network Coordinator 254 Eldon Street, Rockhampton, QLD 4701 Phone: 07 49286 550 www.theumbrellanetwork.org

Amanda Hartmann, Speech Pathologist, Spectronics.

Department of Education and Training http://education.qld.gov.au

Sue-Ellen Kusher-Mindworks Consultant

www.mindworksteam.com.au/ sue-ellen-kusher

Bulling No Way!

http://bullyingnoway.gov.au/nationalday/index.html

National Centre Against Bullying www.bullying.org

KidsMatter www.kidsmatter.edu.au

Mindmatters www.mindmatters.ed

E-Safety www.esafety.gov.au/esafetyinformation/esafety-issues

eSmart Schools/The Alannah and Madeline Foundation esmart@amf.org.au

CentacareCQ Rockhampton 10 Bolsover Street Rockhampton Q 4700 PO Box 2150 Wandal Q 4700 Phone 1300 523 985 Email rockhampton@centacare.net



Preparing your child for Prep

# Preparing your Child for Prep

# How you can help

You can help your child prepare for their first year of school by:

- improving their independence
- having a daily routine
- packing a healthy lunch
- knowing your school
- getting involved with your school
- doing family activities at home.

# Improve your child's independence

Before your child starts school, you should encourage them to be independent by helping them practice:

- packing and carrying their own school bag
- putting on their shoes
- eating and drinking without help
- going to the toilet on their own
- using tissues to blow their nose
- recognising their belongings.

## **Daily routines**

Daily routines can help children understand what they need to do, when to do it each day and why it's important

To help prepare your child for school, get them into a routine which includes:

- going to bed early
- waking up at a certain time—leave plenty of time to get ready
- having a healthy breakfast—needed for energy and concentration
- preparing and eating lunch
- making time for physical activities.

Before your child starts school, make sure you talk to them about what to expect. Remember to be flexible, as it may take them some time to understand their new routine and adjust socially.

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National Immunisation Schedule for Old

Publication available on the website www.portcurtss.eq.edu.au—Support and Resources—Parent Resources

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