



# Welcome to P1 at Castle Douglas Primary School

Our transition booklet



# Welcome!



We can't wait to welcome you and your learner into Primary 1 at Castle Douglas Primary School. We understand that transition from Nursery into Primary 1 is a big step for all children and their families - with this in mind, we hope this booklet can put your mind at ease and give you some helpful information and tips about starting Primary 1 at our school.

Your child will have already developed a great number of skills at their nursery setting, through their play, learning with you at home and engaging in everyday activities. Please remember there is plenty of time for more formal learning and teaching, such as reading, writing and sounds work once your child is in school and following the structured programmes within the class.

In this booklet you will find:

- Information about the school day
- More about the staff team and videos for further transition information
- Ideas for activities at home which will help your learner in P1

We hope this is helpful!

Contact us:

Miss McCall P1b: [missmccallcdps@gmail.com](mailto:missmccallcdps@gmail.com)

Mrs Harrison P1a: [mrsharrisoncdps@gmail.com](mailto:mrsharrisoncdps@gmail.com)

Miss Newall P1/2: [missnewallcdps@gmail.com](mailto:missnewallcdps@gmail.com)



# Our Staff Team



P1a



Mrs Harrison (Tue-Fri)  
Mrs Graham (Mon)

P1b



Miss McCall

P1/2



Miss Newall (Mon-Thu)  
Mrs Rozniakowska (Fri)

## Social & Emotional Development

Being socially and emotionally ready for school is of great importance and one where support from home can make the biggest impact! Ensuring your child is independent, confident, and willing to listen and follow instructions will help them succeed in the P1 environment. In P1, children are expected to follow adult instructions, take care of their own belongings and manage daily tasks such as handwashing, toileting, getting dressed and packing their bags independently.

You can help prepare them for this by:

- Practising getting dressed/ready to go outside – getting their jackets on and zipped independently, managing their own shoes etc.
- Labelling all items of their clothing and ensuring they can identify their own belongings.
- Practice tidying up after playing.
- Play board games/following instruction games to build on their concentration and turn-taking skills.
- Share stories at home - invaluable time to build on listening and social skills as well as working on sitting still.



## Physical Development

**Fine Motor** – good hand control and grip help with readiness for writing.

Try these activities at home:

- Threading beads, pasta etc.
- Using playdough – rolling, pinching etc.
- Cutting and sticking – ensuring they are holding scissors with thumb at the top and pointing forward
- Opportunities for mark making – drawing people in detail, marking in different types of lines (straight, zigzag, drawing shapes etc.
- Using construction toys such as lego
- Fastening buttons/zips
- Practising using cutlery – your child may need to use cutlery independently if having school meals.

**Gross Motor** – strengthening your child's core muscles, balance and physical capability.

Try these activities at home:

- Jumping, skipping, hopping, walking backwards
- Balancing/walking in a straight line
- Throwing and catching skills
- Running around obstacles (an obstacle course)
- Riding a bike/swimming



## Language Development

In P1 we will start by exploring stories, rhymes and our listening and talking skills before moving onto the more formal learning of phonics, reading and writing.

Try these activities to build on your child's readiness for language:

- Read stories together daily and discuss the story – who, where, what happened?
  - Practise rhymes – sing together, read rhyming stories, play rhyming games – sat, mat, cat, ?
- Play games together such as snap, board games, I-Spy and Kim's Game – can your child see what is missing on the tray?
  - Copy and continue clapping patterns
  - Look out for signs in the street/shops
- Practise identifying their name on signs, clothing etc.

*Many parents want to help their child write their name before beginning P1. Pre-writing skills, like the activities in the Fine Motor section of this booklet, are most important at this stage. However, if your child shows interest in this, please ensure that you are teaching the correct format and formation – **capital letter** at the beginning, lowercase for other letters (**J**ack).*



## Numeracy and Maths

In P1 we will learn more about the concept of number, develop our counting and ordering skills, learn to write our numbers and much more!

Try these activities at home to work on numeracy and maths skills:

- Count things around you – their toys, cars on a walk, the stairs, cans on a shelf etc
- Identify colours and shapes around you
- Help to set the table – counting and matching
- Look and identify numerals around you – numbers on doors, on toys, on labels at the shop.
- Create patterns out of toys/beads/toys
- Put items in order of size
- Build with lego and describe towers using measuring words – big, small, tallest, shortest
- Share out items and count to check if they are equal
- Bake together – lots of opportunities for counting, measuring, weighing etc.
- Talk about your daily routine and the days of the week.



## Forest Fridays – Outdoor Learning

In P1 we continue to access the excellent outdoor spaces we have at Castle Douglas. We play in the nature garden every Friday - in all weathers! - and enjoy the chance to develop skills in problem-solving, risk-assessing, imaginative play and resilience.

Please ensure your child wears appropriate clothing such as: waterproof suit/trousers, a waterproof jacket, wellies/outdoor boots, layers in cold weather, hats/scarves/gloves if needed. They will also need a FULL change of clothes on this day – including a spare jacket, spare trousers, spare socks etc. We have lots of fun but it tends to be wet and muddy!

## Information About the Daily Routine

- **Start Time: 9am Pick Up: 3pm. Please see the 'Welcome to P1' Letter in your Welcome Pack for more details.**
- Lunches – your child can bring a packed lunch from home or can order a school lunch. You will receive an email about ordering school lunches via the iPayImpact system before August.
- Buddies – each class will have some P7 buddies to support your learner(s) as they adjust to 'life' in Primary One. Your child will have met the class buddies during transition visits.
- You will receive up-to-date information in August regarding the first week and any changes to the weekly routine (e.g. PE days etc).
- Feel free to send emails to our class addresses (see Page 2) - we will try to reply when we can.







## Top Tips from Previous P1 Parents

'Put a quick snack in their bag every day for break time packet of crisps, apple, cookie etc'.

'PE day or nature garden have a full change of clothes in their bag and shoes and a separate plastic bag to put wet/dirty clothes in'.

'My son does hybrid learning between the classroom and the learning centre. When he first started school, he was going part time, the school have been brilliant. He started going full time after Christmas and he loves it. The lovely people in the learning centre have really supported him and encouraged him. The changes in him since he started in August are tremendous and the school environment has played a major part in this. Castle Douglas really is the best school for him and to anyone who's child may be using the learning centre, I really can't praise it enough'.

'Label everything, clothes, lunch boxes, water bottles and make sure your child can recognise their name label and where it is on the clothing so that they can be responsible for their things. Homework tasks are easy and fun, that wee bit of input from yourself makes a big difference. Be prepared for nature garden days, the kids love it, but it can get muddy so have spare clothes shoes etc. Clothes will wash. Both teachers are excellent and provide fun meaningful learning experiences, which show progression, enjoy!'

**Thank you for taking the time to read our transition booklet. We hope it has put your mind at ease and given you some ideas of activities you may want to try with your learner before they begin their school journey.**

**We look forward to working with you and your learner in August.**

**- The P1 Team at CDPS**