



# Welcome to Ardgowan!

## Primary 1

## Starting School Booklet



# All About me...

My name is... (Can you write your name?)

I am ... years old (How old are you?)

I like... (What do you like doing?)

This is my family... (Can you draw them?)

# More About me...

My friends are...

My favourite toy is ... (Can you draw it?)

I'm really good at... (Draw some things you are good at)

These things worry me... (What worries you?)

Tick the things that you can do – don't worry if there are things you can't do just yet – we will have fun learning them together at school! You could colour the pictures too.



Put on my coat.  
 Fasten my coat.



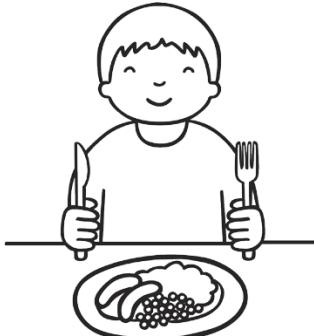
Put on my shoes.  
 Fasten my shoes.



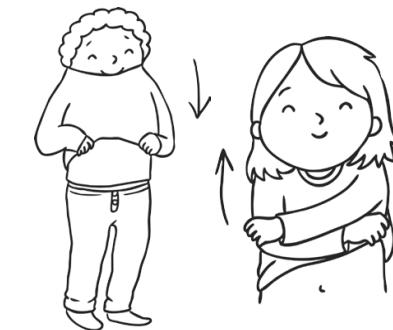
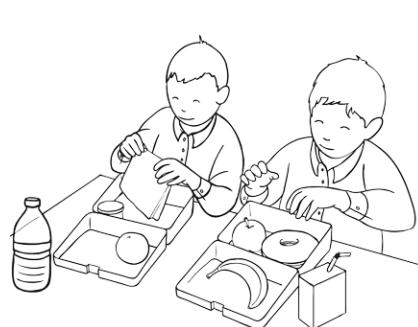
Wash and dry my hands.



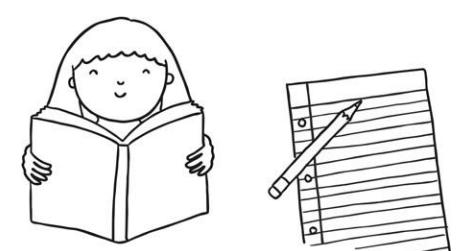
Use the toilet by myself.



Use a knife and fork.  
 Open my lunchbox and snacks.



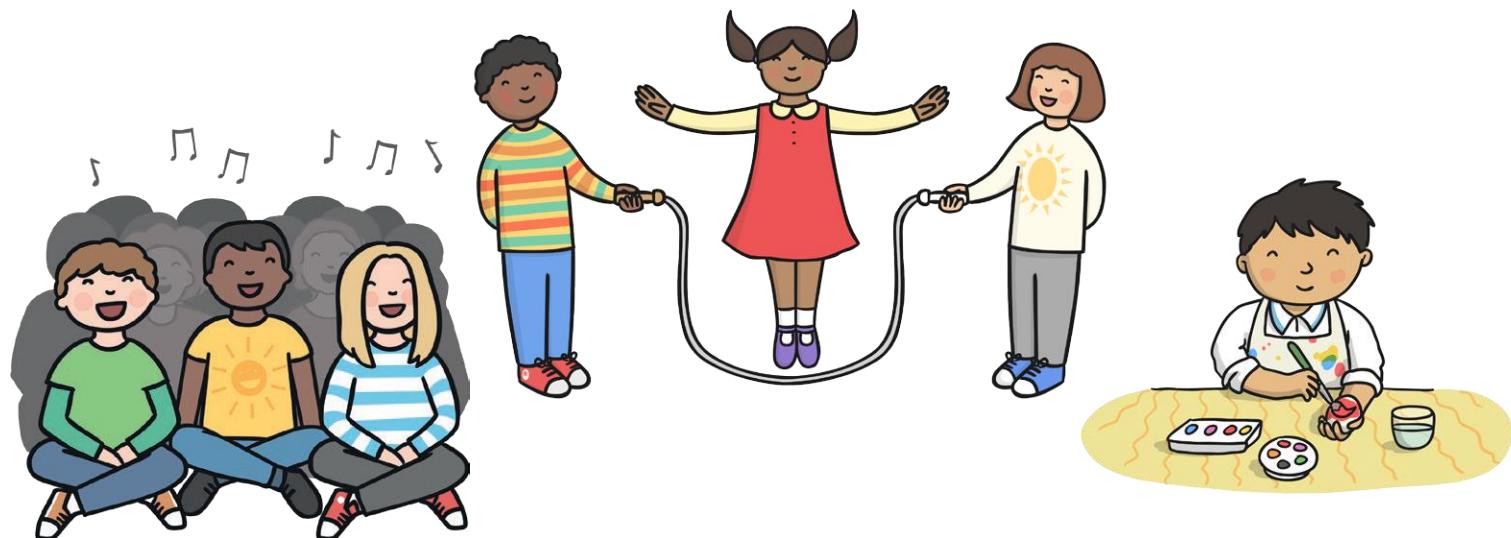
get dressed.  
 get undressed.



write my name.  
 read my name.

# Things I might do in Primary 1...

There are lots of things to do and learn about in Primary 1!



# Things to know about starting school...



## A P.E kit

This can be left in a bag on your coat peg or in your school bag. Please make sure everything has your name inside! You will need: shorts and gym shoes. Primary 1s wear their polo-shirt on the days we have gym so we don't need to change out of shirts and ties. ☺



Please remember to put your name on all clothing and belongings. ☺

## Outdoor jacket and shoes

We have outdoor gear in school but it's a good idea to have a hooded jacket just in case it rains!

Some boys and girls wear their wellies to school on rainy days and change into their gym shoes or school shoes when in the class.

## School Uniform

Ardgowan Primary branded uniforms are available from local shops. White polo-shirts or cotton shirts, grey cardigans or jumpers and grey trousers, skirts and pinafores are available in a wide variety of shops.



## Lunchtime and snacks

Primary 1s all get free school dinners. There are various options on the menu from hot dinners to sandwiches, wraps or baked potatoes. Some boys and girls prefer to bring their own packed lunch.

Eating a healthy lunch helps us to concentrate and work well.

You should also bring a small snack and a water bottle to school each day.



## Home learning book bag

You will be given a special Ardgowan book bag to take home every day. We keep all of your important books, letters and notes in it. This comes back to school every morning so new learning and information can be added.

# Morning Routine



**The school day starts at 9 o'clock.**

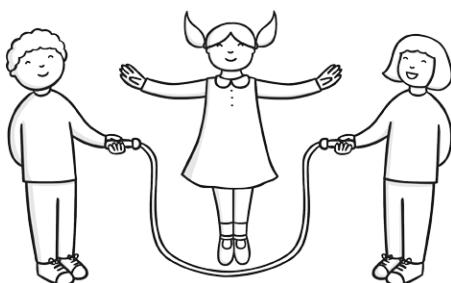
When you come into the classroom in the morning, you need to hang up your coat on your special coat peg – look for your special name label.

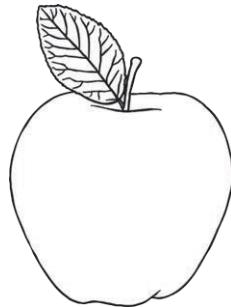
Each day we will do a register to see who is in school. We choose our lunches in the morning and send our orders to the dinner ladies.

We have 'Soft Start' first thing in the mornings in Primary 1. We are lucky to have some parent helpers at Soft Start.

During Soft Start we make lots of choices in our learning and have lots of fun! We play games, use construction toys, playdough, and have lots and lots of things to use for drawing, painting and making models. We love playing and learning together at Soft Start!

Throughout the day, we will play inside and outside.





# My day...

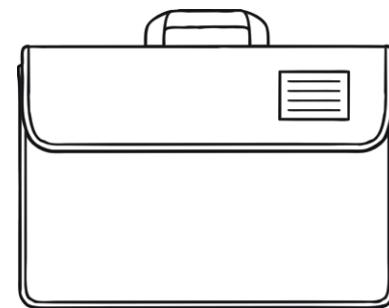
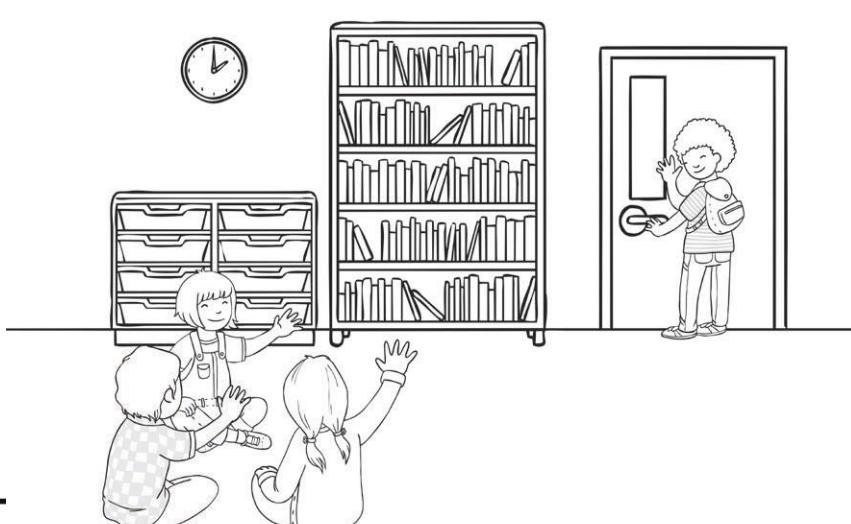
Every day you should bring a small snack to have at **morning break**. Eg a piece of fruit or packet of crisps.

It is a good idea to have your own water bottle too. You can fill up your bottle in class and keep hydrated throughout the day.

We all have our **lunch** in the dinner hall between 12.15pm and 1.15pm. Before you go into the hall, you get a coloured band to give to the dinner ladies. That tells the ladies what you ordered in the morning. You then get the same colour of tray for your lunch! We also have a salad and fruit bar, yogurts, treats and drinks to choose from. After lunch we can go out to play with our friends in the playground.



**Home time is 3.15pm.** Our grown-ups come to the small playground (Campbell Street end) to collect us. We need to remember to take all our belongings home.



book bag



bottle



coat

# People who help us in Primary 1 at Ardgowan...

The Primary 1 teachers are ...

Mrs Moore



Miss McAuslan



The Primary 1 support staff are ...

Mrs Stewart



Mrs Forbes



# Other people who help us in Ardgowan ...

**Mrs Picken**

Our Head Teacher



**Mr McGowan**

Our Acting Head Teacher



**Archie**

Our Janitor



**Mrs Deering**

Our Office Manager

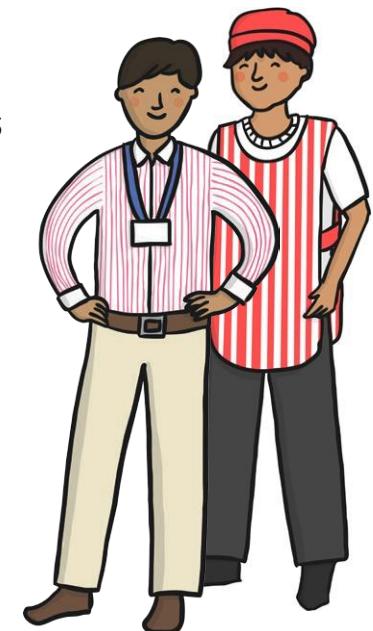


**Mrs Craig and Mrs Taylor**

Our Office Ladies



**Val** our Cook and our Dinner Ladies



We can't wait for you to join us at Ardgowan Primary!