

Welcome to Brediland Primary School



Preparing for Primary 1

Session 2020/2021



This is Brediland Primary School. It looks very big but there are lots of people to help you find your way around!



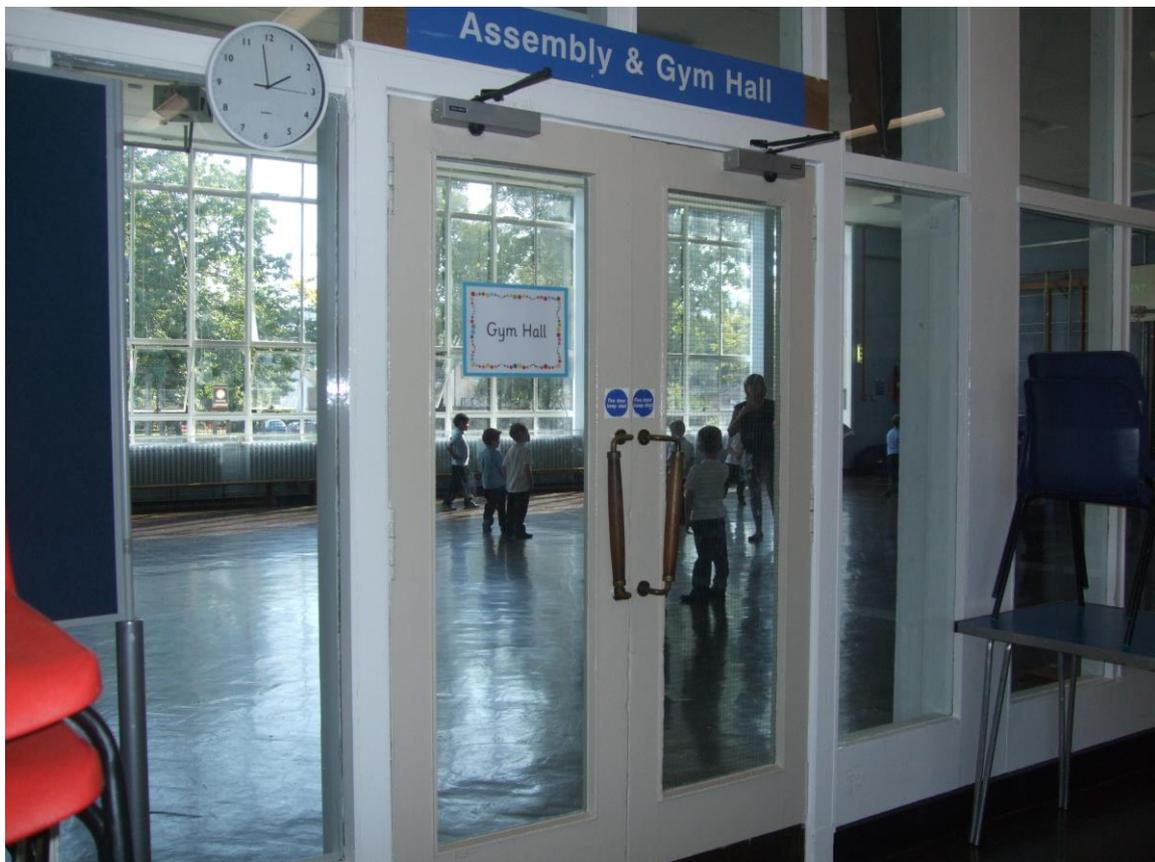
This is the main entrance. The school office is just inside.



This is just inside the main entrance. We like our displays to be bright and colourful. The office ladies can help you at this window.



Just to the left of the main entrance is the door to the Dining Hall. This also leads to our Main Hall and to our ICT Suite.



This is our Main Hall. We use it for Assemblies and for PE. We use the stage for performances throughout the year.





These are our Primary 1 classrooms.





This is the Primary 1, 2 and 3 playground. Lots of room to have lots of fun!



This is our outdoor classroom.



Hello, my name is Mrs Temple, I am the Head Teacher of Brediland Primary School. I love music and singing with girls and boys and I love to draw and paint. I have a grown up family and a plump dog called Harri, who is a girl! I can't wait to meet you all so that we can have lots of fun!

My name is Mrs Robertson and I am the Depute Headteacher. I look after all of the children in Primary 1 – Primary 4. I love to read and I have a little white dog called Poppy.



I am Mr Rigmand, Principal Teacher at Brediland Primary. I enjoy working on STEM projects with pupils and playing sports.

Starting Primary School

When your child starts school, it can be an anxious time for both of you. Here are some tips which you may find helpful.

1. *Starting school*

Going to school for the first time is a big event for children. Have a look at the pictures of the school in this booklet and talk about them with your child. There is also a video tour on our website. Familiarising them with the new environment will help to ease any worries.

2. *Have patience*

Sometimes children's behaviour becomes babyish when they start school. They can swing from being dependent one minute to independent the next. Be patient with them, give them a cuddle and show an interest in their worries.

3. *Establish a routine*

Mornings can be especially stressful for both of you. Set a morning routine and make sure your child has breakfast. Give yourself and your child enough time to get ready in the morning, especially if they are beginning to dress themselves.

4. *Show interest*

Show an interest in everything your child does, both in school and at home. Encourage them to talk to you about how they are feeling, but be careful not to turn interest into pressure.

5. *Encourage them*

You don't need to go over the top with praise - it is often better to show interest and encouragement. This will help them to feel confident and secure. Don't be afraid to tell them you love them.

6. *Time to relax*

When children start school, the day can be very long and tiring for them. Allow them time to relax when they get home. Children have an ongoing need for love, support and encouragement from those who love them most.

7. *Spend time together*

Try to spend even a small amount of time doing something together each day, even if this is just watching their favourite TV programme and talking to them about it.

8. *Have fun*

Starting school is an anxious time for all children. Having fun and playing with your child helps with some of the anxiety, and play helps children to manage new situations and develop social skills.

9. *Talk to the teacher*

Make a point of talking to your child's teacher if you are worried about anything at all. It's best to voice concerns early on even if you think that it's just a small thing. Regularly attend parents' evenings and school meetings - it shows your child and the school that you are interested in how everything is going.

10. *Look after yourself*

Parents today have a difficult job to do but parents don't need to be perfect. Make sure you look after yourself and have people to talk to when you need to. Try to spend some time looking after yourself and your own needs.

Some Ideas to Help your Child at Home

There are lots of things that you can do with your child to prepare them for starting school.

- Let them practise fastening and unfastening their own jacket/coat.
- Encourage them to change their own shoes. Can they fasten the Velcro? Avoid tricky laces!
- Can they write their own name? We have included a name card with the correct formations which they can use to practise.
- Play board games together to encourage turn taking and sharing.

Developing Pencil Grip

It is very important for your child to develop the correct pencil grip. This is something that we ask you to encourage at home. Some children can develop bad habits when it comes to pencil grip and the longer that you leave it, the harder the habit is to break! Children might find this grip difficult at first, but they will soon start to show an improvement.

The pencil should be positioned so that there is equal pressure between the thumb, the side of the middle finger and the tip of the index finger. All fingers are bent slightly. This is called a 'tripod grip'.



The Importance of Play

When we talk about play, people naturally think about young children, however all children and young people should have the opportunity to play every day. Play is important for the early stages of brain development and playing with your child can help build relationships for later life. But no matter what age we are, play helps to develop important skills for learning, life and work. Encouraging play is one of the best things you can do for your child, whatever their age, and it's free!

Ideas for Communication and literacy

- ❖ Nursery Rhymes - promote rhyming and rhythm which supports the development of reading and spelling.
- ❖ Play I Spy - 'I spy with my little eye, something the colour...'
- ❖ Memory game - gather 10 objects from around the house and place on the floor or table. Cover with a towel and sneak one object away. Can your child guess the object that is missing? This is a great game to build on skills to pay attention as well as memory recall. Important skills for moving onto school.
- ❖ Read your favourite story - Ask your child to recall the beginning, middle and end of the story. Can they draw a picture of their favourite character or favourite page?
- ❖ Puppet making - make your own puppets to retell the story. Simple paper puppets, recycling, socks.
- ❖ Make your name - Use objects from the house or garden to make the letters of your name e.g. lego bricks, stones, pasta.
- ❖ Make your own book - create your own book use paper, envelopes or whatever is lying about the house.

Ideas for Numeracy and Maths

- ★ Make your own number line.
- ★ Go on a shape hunt around your house.
- ★ Sort objects into shapes and sizes - cars, lego bricks etc.
- ★ Sing counting songs - 5 little ducks, 10 green bottles, etc.
- ★ Making numbers - make numbers with objects or play dough.

Ideas for Other Curricular Areas

- Role play – play pretend shops, hospitals etc. with added writing/mark making opportunities.
- Build a den using blankets and cushions.
- Use tins and packets to build a structure.
- Make crispy cakes.
- Play hide and seek.
- Sing action songs.
- Make a bug hotel in the garden.
- Listen to music and play musical statues or musical bumps.

Where to find help:

Contact 0808 808 3555

Offers information, advice and support to parents and carers of children with any special need or disability. www.contact.org.uk

Enquire 0345 123 2303

Practical advice and information about education and additional support for learning in Scotland. www.enquire.org.uk

Families Outside 0800 254 0088

Support and information helpline offers help and support to prisoners' families. www.familiesoutside.org.uk

Lone Parent Helpline 0808 801 0323

The Lone Parent Helpline provides support and advice on anything from dealing with a break-up, moving into work or sorting out maintenance, benefit or tax credit issues. www.opfs.org.uk

Parenting across Scotland You can access free parent resources, support networks and parent helplines on a range of topics. www.parentingacrossscotland.org

ParentLine Scotland 0800 028 2233

For any parent or carer in Scotland who needs information, support or guidance or simply someone to talk to. www.children1st.org.uk/help-forfamilies/parentline-scotland/

Scottish Families Affected by Alcohol and Drugs 08080 10 10 11

Provides support and advice to anyone concerned about someone else's alcohol or drug use. www.sfad.org.uk

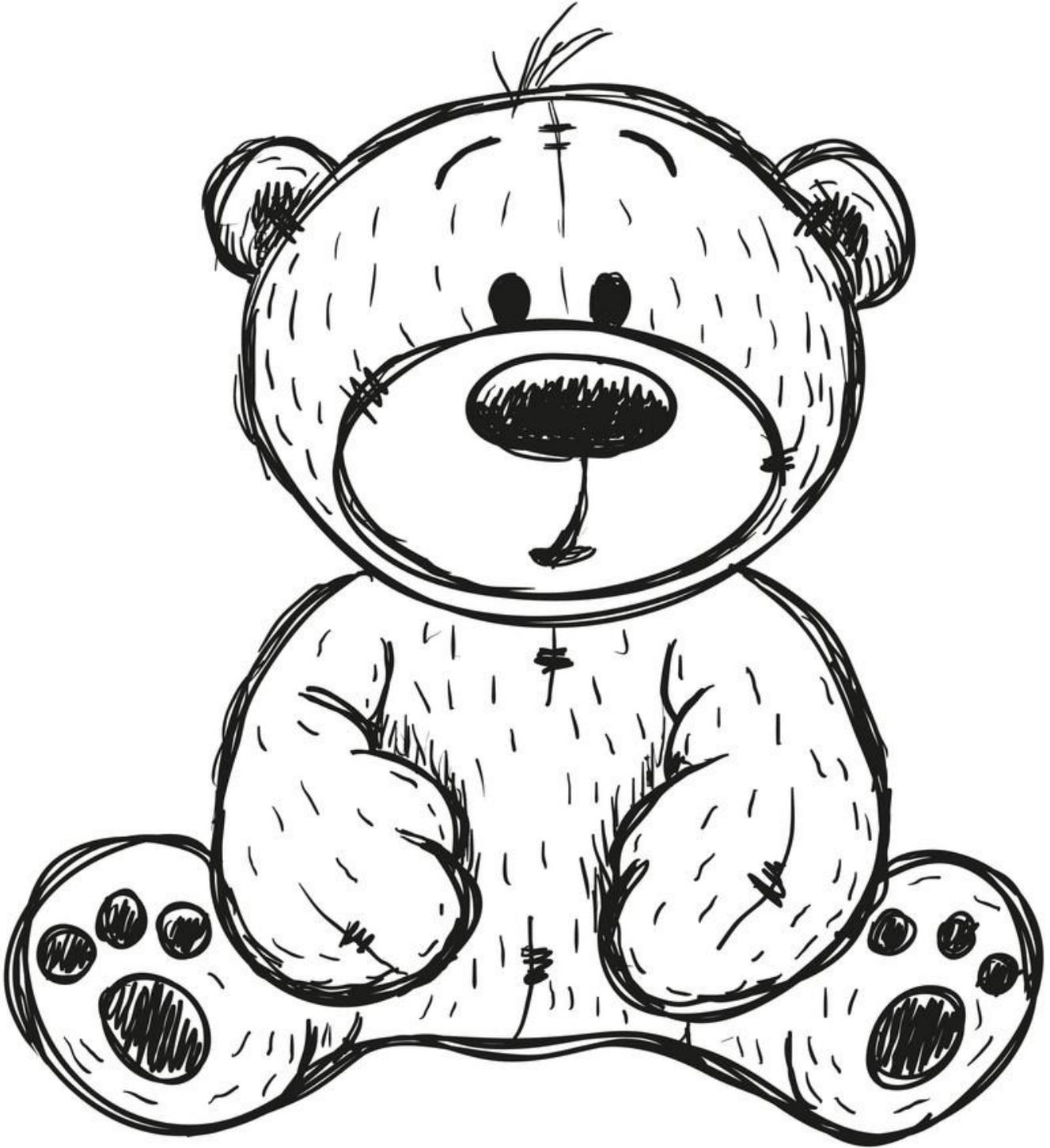
Sleep Scotland 0800 138 6565 Sleep Scotland's free sleep support line provides on-the-spot guidance to parents and guardians struggling with their children's and teenagers' sleep problems. www.sleepscotland.org

Young Minds 0808 802 5544

Parents' helpline Information on child and adolescent mental health. Services for parents and professionals. www.youngminds.org.uk

If you have any enquires specific to Brediland, please email; bredilandenquiries@renfrewshire.gov.uk

Can you colour Breddy Teddy?



Brediland Primary School
Achray Drive, Paisley, PA2 9DJ
Telephone: 0300 300 1442
Email: bredilandenquiries@renfrewshire.gov.uk