



Whitiness Primary School

Information for Primary One Parents

Session 2024-2025

This booklet is also available on the Starting School at
Whitiness blog which can be found at:
[Starting school at Whitiness | Love Learning Love Life
\(glowscotland.org.uk\)](http://Starting school at Whitiness | Love Learning Love Life (glowscotland.org.uk))



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School Day for Primary One

From Wednesday 14 August 2024 arrangements are:

School starts 09:00 (either drop at school gate or arrive by bus)
School ends 15:10 (either pick at school gate or arrive by bus)

Pupils who are brought to school by parents can arrive on site from 0830 onwards only (this is when the first dedicated school transport arrives). After 0830, there is indirect supervision provided. Therefore, we can guarantee there are adults on site, who are not directly supervising children but are able to respond to children's wellbeing needs. We encourage families who bring children to school do so as near to 0900 as is convenient. We have a School Crossing Patrol Officer (SCPO) employed to assist families to cross the A971 from/to Clach-Na-Strom. Times the SCPO operates are 0840-0850 and 1510-1520.

What does your child have to bring?

- **School bag** (big enough to hold the book bag your child was given before starting school and is easy to open/close independently)
- **Gym shoes and shorts** (to be kept in a labelled bag in school - please label all items.)
- **A healthy snack daily** (fruit, vegetables, crackers, cheese)
- **A water bottle**- with their name on
- **Wellies**- they can leave at school
- **A change of clothes**- socks, pants, trousers / leggings, top

All valuables and toys to be kept safely at home. If your child needs a transition object / toy to help them settle in, please let Mrs Forsyth know.

First day

Your child will have met their teacher already on their transition visits and should be quite familiar with the classroom and their classmates. The teacher will ensure that your child can find their coat peg and help them to follow the morning routine which is an emotional check in and soft start.

Morning Break (10:40 - 11:00)

Milk is available at a cost of £1.05 per week, and is paid via ParentPay. **Water** is freely available.

Playtimes

Children are supervised by our Supervisory Assistants, outdoors and inside. On dry / intermittently wet weather days children are expected to play outside and should be dressed appropriately, unless they have a note excusing them from outside play. If it is very wet weather they stay indoors and have a choice of activities to play with.

Clothing

Clothes should be comfortable and suitable for our changeable weather conditions. Please label clothing, particularly jackets and sweatshirts. We will provide outdoor suits- please send your child with a pair of wellies that can stay at school.

Coat Pegs

Each child will be given a peg marked with their name. Please make sure your child's jacket and school bag has a loop for hanging it up.

Lunchtime (12:30)

A two course school lunch is provided by the school and is **FREE** to all pupils in P1-5. Children are expected to take food from each of the food groups when they make their choices. Children also have a choice of fresh fruit, milk or water. Optional packed lunches, provided from home, are also eaten in the dining hall. After hands are washed, Primary One are taken to the dining hall by the Teacher and Lunchtime Supervisor. Staff are on hand to help children with cutting up. Good table manners are encouraged.



Toothbrushing

We have regular visits from the Childsmile Team throughout the school year to help children develop good tooth brushing techniques. We practice this in class too.

Transport

Any queries regarding school transport should be forwarded to **Edna Nicol** at Infrastructure Services, telephone **744886**.



Absence

In the interest of pupil safety, if your child is ill or has an appointment to attend and will not be coming to school, it is essential that you phone and let us know by **0930**. If the school has not been contacted by this time we will then make every effort to contact parents or named emergency contacts to establish a reason for the absence. You are expected to inform the school on the first day of a child's absence and continue to keep the school up to date on the progress of the child's illness should it be longer term. If we are unable to establish the reason for an absence we will contact Duty Social Work.

Notification

Please let the school office know in writing or by email if your child- 01595 745380 or whiteness@shetland.gov.uk

- is being collected by someone different to the usual adult
- is going home with a friend
- is not going home on the bus
- is not taking part in PE, swimming or outside play

School Office hours are:

Monday	0845-1415
Tuesday to Thursday	0845-1345
Friday	0845-1415

Please note we cannot guarantee the phone will be answered outside of these times.

Emails are not monitored outside of office hours.

How can you help get your child ready for school?

Encourage your child to be independent by making sure they can

- ask and go to the toilet independently.
- dress and undress themselves for P.E.
- put on and fasten their own shoes and coat.
- tidy away toys, clothes and equipment.
- use a handkerchief.
- use cutlery.

Remind your child there will always be an adult at school they can ask for help.

Encourage phonological language development by

- Sharing nursery rhymes.
- Reading rhyming books.
- Making up rhymes together.

Encourage oral language development by

- Playing with your child for a short time each day.
- Use good eye contact.
- Remove any distractions.
- Let your child finish what they are saying before you talk.
- Show you are interested in what they are saying by nodding and smiling.

Encourage pre-writing skills by

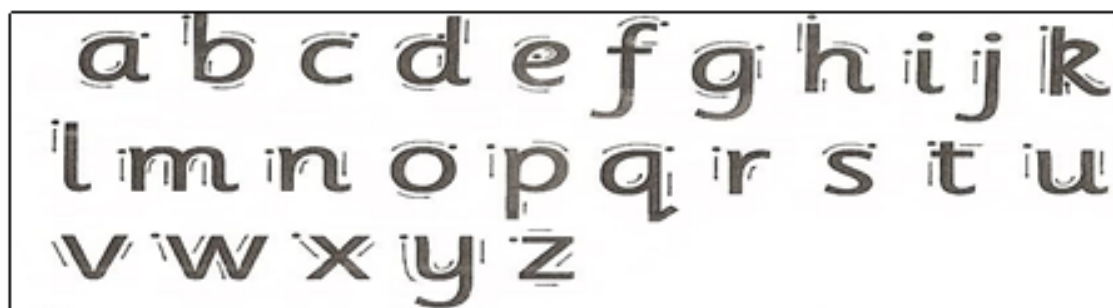
- Giving opportunities to use scissors.
- Opportunity to use big paper and big drawing implements.
- Make marks inside and outside, using natural resources and well as conventional.
- Create objects using dough.
- Make finger puppets.
- Put coins in a money box.
- Turn over a deck of cards as quickly as possible.
- Hammering.
- Squeezing bubble wrap.
- Playing with wind up toys.

Encourage concepts of print by

- Reading to your child every day.
- When out and about point out print in our everyday lives; labels on food items, signs on the road, signs in shop windows, the numbers and names on the front of buses.

Letter names 'v' letter sounds: at this early stage of reading and writing, please use letter sounds, e.g "ah" rather than letter names, e.g "A" when sounding out words.

Letter formation and pencil grip will be taught in Primary One. If your child wants to write, it will help them if the letters are formed like this:



Capital letters should only be used at the start of names.

Encourage mathematical awareness by

- helping your child to know colour names.
- counting together.
- sharing out things.
- sorting things into groups by colour or size.
- baking together and using words like heavy, light etc.
- discussing the size of things: big, small, tall, short.

Encourage positive relationships with others by making sure they can

- share toys and equipment.
- take turns.
- understand the need for rules.
- listen to others.

At school we follow our school rules : We are safe; We are ready to learn; We are respectful.

Our School Values

Kindness

Determination

Perseverance

Respect

Inclusion