

# St Cadoc's Primary 1 Induction Handbook



# Contents

	Page
Welcome	3
School Uniform	4
The School Day	5
Healthy Eating	6
Important Information	7
Preparing for School – Practical skills	8
Preparing for School- Educational Skills	9
Holding a Pencil/Using Scissors	10
The First Day	11
The Curriculum	12
Sharing Progress	13





# Welcome!



We are delighted that your child will be starting with us here at St Cadoc's after the summer. It is a privilege to play our part in your child's education and development and we look forward to getting to know you and working in partnership with you.

We aim to make this a happy and positive experience for your child as they settle into the school and will do all we can to support them as they start this exciting new chapter in their lives. We want to reassure you that we will do all we can to make their transition from nursery to 'big school' an enjoyable and successful experience.

I look forward to you and your child joining us in August!

Kathleen Faloon

Acting Head Teacher





## School Uniform

Our school uniform is an important part of our identity and gives pupils a sense of pride and belonging.

### St Cadoc's Uniform:

- **Grey trousers/skirt**
- **Burgundy sweatshirt/jumper/cardigan**
- **White shirt with school tie**

*Uniforms are available from BE Schoolwear next to the St Enoch Centre/Argyle St train station*

A selection of barely-used quality uniform items is available from our school office. Please feel free to email either the school office or the Parent Council to request items.

School office:

[office@st-cadocs-pri.s-lanark.sch.uk](mailto:office@st-cadocs-pri.s-lanark.sch.uk)

You can help your child prepare for school by encouraging them to practise putting on their own clothing, using zips and fastening buttons. With this in mind, please consider the types of fastenings when purchasing footwear. Velcro fastening shoes are most appropriate for starting school although we encourage pupils to learn to tie their laces as soon as possible.

**Please make sure all items of property and clothing are clearly labelled with your child's name.**

# The School Day

9.00	Morning session begins
10.30	Interval
10.45	Mid morning session begins
12.35	Lunch
1.20	Afternoon session begins
3.00	End of the school day

## Attendance

Attendance at school is extremely important. In Primary 1 the children develop the building blocks of all future learning so it is vital they are here! It is also important that they arrive at school on time as key literacy and numeracy learning takes place from 9am. Absence and late-coming can have a huge negative impact on progress.

Attendance from Aug to the end of June	Actual number of school days missed.	Approximate number of lessons missed.
95%	9	59
90%	19	125
85%	28	185
80%	38	251
75%	47	310
70%	57	376

If your child is going to absent for any reason please let the school office know as soon as possible.



# Healthy Eating

We encourage children to make healthy choices at snack time and lunchtime. All children should bring a bottle of water with them each day.

## Allergies

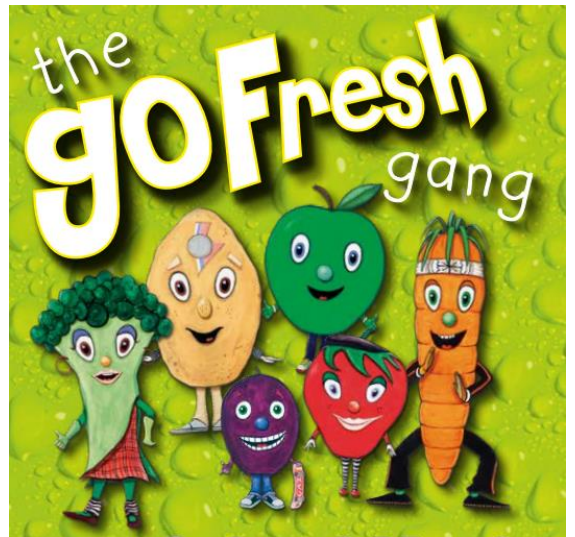
Please do not bring any nuts or food containing nuts to school. This includes popular brands of chocolate spreads.

We also ask that children do not bring fizzy drinks as part of their snack or lunch.

## School Meals

Pupils can bring a packed lunch to school or can have a school dinner. Children in Primary One are entitled to a free school meal. This is funded by the Scottish Government for all pupils in Primary One to Primary Five. Halal and Vegetarian options are available. Milk can also be pre-ordered. Please let the school know as soon as possible of any specific dietary requirements.

A school breakfast club runs from 8.15 to 8.45 each morning. There is no cost for this service and it is open to all pupils.



**Please help you child prepare for each school day by helping them to decide in advance which lunch option they would like to select from the menu.**

## **Data collection and contact details**

It is important that all parents/carers complete and return the Data Collection forms that will be issued in August. This ensures that we can contact you in an emergency, for example, if your child is unwell, and can keep you up to date with information about our school. Please inform the school office by phone or email if there are any changes to these details so we always have the correct information.

## **Medical Information**

Please inform the school if your child has a medical condition or any allergies. This can be done by completing the relevant sections in the Data Collection form. You can also speak to a member of our leadership team to discuss any specific arrangements required to support your child. Medicine can also be administered at school following completion of the relevant forms.

# **Important Information**

## **Grants**

If you are eligible for a grant for free meals, milk and clothing you should apply through South Lanarkshire Council's website:

[https://www.southlanarkshire.gov.uk/forms/form/306/en/clothing\\_grant\\_and\\_free\\_school\\_meals\\_application](https://www.southlanarkshire.gov.uk/forms/form/306/en/clothing_grant_and_free_school_meals_application)

## **Parent Pay and School App**

The school uses a cashless payment system called Parent Pay.

We communicate with you in a wide variety of ways however our school app is the quickest and most efficient way of getting information to you.

It is important that all parents sign up to these.





# Preparing for school

## Talk about starting school

Starting school is an exciting time in a little person's life however it can also be a daunting one. It is a good idea to reassure your child and be enthusiastic about the fun things that are going to happen. Have a look at the Primary 1 induction section of the St Cadoc's Website for stories to share with your child.

## Visit the classroom

The transition programme for starting school will give your child an opportunity to get to know the school building and visit the Primary 1 classroom. Have a look on the school website too for a virtual tour and more school information to help your wee one become familiar with their new environment.

## Practical Skills

### **Getting dressed and undressed independently**

Maybe make a game of changing in and out of their PE kit (including shoes) and back again. You will soon find out which bits they need to practise.

### **Going to the toilet independently remembering to wash and dry their hands**

Make sure your child is happy going to the toilet on their own, their uniform is easy to pull down and up (or up and down) and discuss with them the need to tell the teacher if they need to go.

***Don't worry if they have the odd accident as they're settling in. It's something teachers and support staff are used to and help is at hand when it's needed. It is worth packing a spare set of pants, trousers and socks in your child's bag.***

### **Eating with others and using cutlery**

If they're having packed lunch, make sure your child can open cartons and packets and unwrap a sandwich. Help is always at hand but it helps if they are as independent as possible. They are usually in the dinner hall for around half an hour so it is a good idea to get them used to sitting at the table without getting up and down and using cutlery to eat their food.

### **Catching coughs or sneezes in a tissue or an elbow**

It is good to encourage your child to use a tissue if they have a runny nose or if they sneeze. Good hygiene benefits everyone in the class.



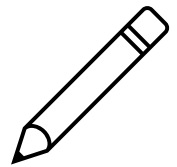
# Preparing for school

## Educational Skills

Parents often worry that they should be teaching their child to read or write before they start school. There is no need to worry about this however there are some things that you can do to help them get off to the best possible start.

### Help them to develop early literacy skills:

- Reading to your child is one of the greatest things you can do to support their early learning. Reading to your child helps develop their vocabulary, concentration skills, imagination and develops thinking skills at an early age and is the best way to develop their language and literacy development. Enjoy talking about the story and encourage your child to join in with familiar parts of the book.
- Play games like 'Eye Spy' to help them practise listening to the sounds in spoken words.
- Recite nursery rhymes together.



### Help them to recognise their own name

Your child will have been practising this at nursery however you can reinforce this at home too.

### Help them to develop early numeracy skills:

- Have fun counting fingers, toes, stairs and toys together
- recognise numbers, shapes and colours on objects like clocks and phones or in books
- compare things of different sizes – 'big', 'small' and 'medium'
- use words to describe where things are – 'over', 'under' and 'next to'
- help set the table
- help with the shopping and use money to buy things

# Holding a pencil and using scissors

It is a really good idea to try to encourage your child to have a good pencil grip before starting school.

It is worth making sure your child can identify and name their thumb, pointer finger and middle finger so they can use them together.

Children easily develop bad habits and it is much harder to break these habits once they become established. A tripod grip is what to aim for.



## **You can help your child develop a good pencil grip by:**

- encouraging them to make marks, colour in and draw as much as possible.
- using shorter pencils or crayons to encourage them to only use their thumb, pointer finger and middle finger (triangular pencils also help.)
- strengthen and refine their grip by encouraging the use of play dough, tweezers, peg boards and threading activities.

*For any of the above ideas it can be helpful to encourage your child to hold a small cotton wool ball (or another small object) in the palm of their hand using their ring finger and pinkie as this will ensure these fingers do not become part of pencil grip.*

## **You can help your child master the grasp-release motion for using scissors by:**

- playing games that involve opening and closing clothes pins to strengthen the muscles in the hand needed.
- using spray bottles.
- ensuring they use the correct fingers.
- Engage in snipping activities with paper or play dough.

# The First Day

We understand that the transition from the home environment to school represents a very big change for young children. You can make this easier by:

- talking positively about what your child will experience on their first day
- making sure all preparations for school have been made the night before so that no one feels rushed or stressed before coming to school
- making sure your child gets plenty of sleep the night before
- having a healthy breakfast
- explaining to them in the morning who will collect them from school

On the first morning, once you have taken a wee photo and said goodbye, it is best to stay out of sight. A prolonged goodbye may upset some children (and parents too!) Please rest assured, the children always settle quickly and are distracted by lots of things to do and new friends to meet!



# The Curriculum

At St Cadoc's we follow the Scottish Curriculum for Excellence which is divided into eight subjects areas:

- Expressive Arts
- Health and Wellbeing
- Languages and Literacy
- Mathematics and Numeracy
- Religious and Moral Education
- Science
- Social Studies
- Technologies

The Early Level of Curriculum for Excellence was designed with the understanding of developmentally appropriate learning and teaching. The Early Level spans (for most children) Nursery to Primary 1.



“Real play is the freedom for children to engage with and learn from the world that surrounds them. By mentally and physically connecting children to the world, play empowers them to create and grow for the rest of their lives. It is a fundamental right for all children.”

World Economic Forum

At St Cadoc's we use a play-based approach in Primary 1 and are committed to education being filled with joy for our young learners. We believe children should have lots of child initiated play and independence. We strive to ensure the right balance between play, teacher led lessons, guided support and independent opportunities to engage in reading, writing and solving problems.

# Sharing Progress

Teachers and Support Staff constantly observe, record and evaluate the children as they learn. Your child's teacher will use a huge range of information to monitor your child's progress and ensure they are receiving the right amount of support and challenge.

We will discuss your child's progress with you, plan next steps accordingly, and ensure you understand how best to support your child's learning at home on a regular basis.

You will have opportunities to discuss progress in a variety of ways through parents' nights, phone calls, workshops and formal reports.



At St Cadoc's we recognise and value the importance of working in partnership with all of our families and our wider community



# Information, News and Events

## Newsletter

Our newsletter is published each month giving updates and details of forthcoming events

## Website, Twitter and Parent App

Keep up to date with our latest news and events by visiting our website:

<https://blogs.glowscotland.org.uk/sl/stcadocsprimary/>

and/or following us on Twitter:  
[@stcadocsPCambus](https://twitter.com/stcadocsPCambus)



**St Cadoc's Primary**

Welcome to our School Website.

**RECENT POSTS**

- Sleep Scotland sessions for parents
- Preloved uniform/P.E. Kit appeal
- Standards and Quality Report

**ABOUT US**

St Cadoc's Primary is a Roman Catholic Primary School in South Lanarkshire. The school belongs to the St Cadoc's Parish, part of the Motherwell Diocese. The school has been in its new building since 2013. St Cadoc's Primary has sat on the same



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# St Cadoc's Primary School



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