

Longridge Primary School
Transition from Nursery to Primary One
2021



Contents Page

We hope that the information provided in this booklet is helpful to keep you informed and help prepare your child for starting Primary 1 in Longridge Primary.

1 Preparing Your Child For School

2 Sharing Books & Stories

3 A Day in Primary One

4 Uniform

5 Lunch, Snacks & Breakfast Club

**6 The School Day & The First Day of
School**

7 School Staff

**8 Medical
Keeping In Touch**

Preparing Your Child for Primary One

Research shows that early preparations for school have a positive effect on long-term adjustments for children. With this in mind, it's essential that we start to prepare nursery children now to allow them to have the best start in Primary One. Effective transition programmes should ensure:

- Children are familiar with their new situation.
- Parents are well-informed.
- Teaching staff have opportunities to work alongside nursery staff to ensure Primary One teachers are aware of children's progress and needs.

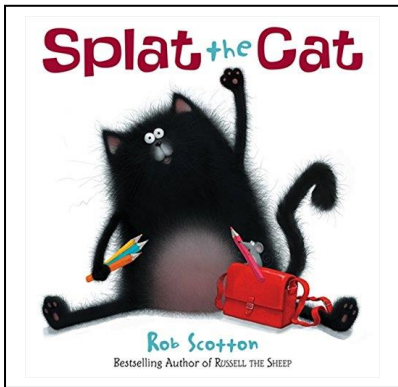
During these times we understand that we need to be creative in our approach to transition to ensure that your child feels comfortable and confident about starting Longridge Primary. Ordinarily, the children would have weekly opportunities to visit the classroom during their final term of nursery, due to current restrictions, this is not possible. This year we have created videos and activities for you to share with your child as often as you need to, to help develop familiarity. In addition to this we have planned outdoor sessions to allow your child to build a relationship with our Primary One teacher, Miss Dodds.

What else can you do to help prepare your child for starting school?

- Talk regularly about starting school and what's going to happen, speak positively about school.
- Share books and stories about going to school.
- Encourage your child to ask questions about school and respond/reassure appropriately. Please get in touch if you need help to answer any questions that your child may have.
- Listen to any concerns your child may have and consider sharing these with staff if appropriate.
- Interact with and share the photos and videos available.
- Develop independence in your child to ensure that they are ready for school. Encourage your child to get dressed independently, change their jacket and shoes independently, practise opening snacks, unwrapping sandwiches, opening cartons of juice etc. (School staff are always on hand to support our children if required.)

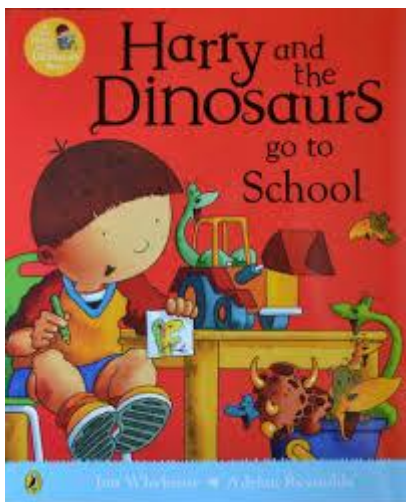
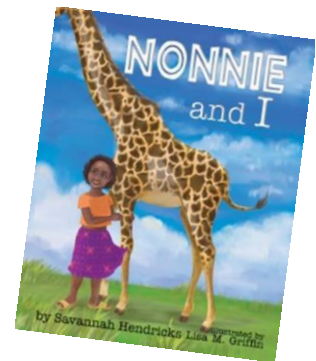
Sharing Books & Stories

Sharing books and stories about school is a great way to help your child become familiar with the idea of going to school. It also provides opportunities for them to raise any concerns that they may have.



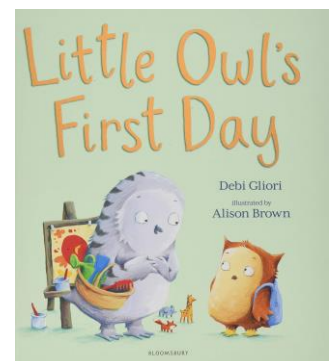
Splat The Cat is feeling nervous about his first day of school, but he enjoys it so much that he can't wait to go back!

A young girl is afraid that her first day of school will mean leaving her best friend behind. Nonnie (a giraffe) may not seem like a typical best friend, but to one little girl in Africa, she's absolutely perfect.



It's Harry's first day at school. He and his dinosaurs are very excited and perhaps a little bit nervous. But when Harry's dinosaur friends don't join him in the classroom, Harry's not so sure he's going to like school, but the dinosaurs come to the rescue and Harry and his new friend learn just how much fun school can really be! [Click Here](#)

It's a big day for Little Owl, his first day at school. Little Owl doesn't want a big day though. He'd rather stay at home and have fun with Mummy and Baby Owl. At school he gets to build a rocket, learn to fly and even make a tiny new friend. Maybe days spent with friends can be lots of fun after all! [Click Here](#)



The Scottish Book Trust have a list of recommended books for children starting school. This can be found [here](#).

A Day in Primary One



Our Primary One classroom is set up and resourced for play based learning. This supports the transition from nursery to Primary One, ensuring that all children are able to successfully engage with learning. Play is how young children make sense of the world. There is evidence to show that play in early childhood can influence the way your child's brain develops, helping to co-ordinate their mental and physical capabilities. Through play, children and young people of all ages develop problem-solving skills, imagination and creativity, language and observation skills, memory and concentration. Children and young people use play to test their theories about the world and their place in it.

In the morning in Primary One, the children take part in active maths and literacy lessons. In maths children focus on early number skills working on The Stages of Early Arithmetical Learning. In Literacy the children will learn phonics before beginning to blend and segment sounds for spelling, reading and writing.

In the afternoons the children have free choice of the play environment. Play can be spontaneous and child-lead. Play should also be well-planned and purposeful to ensure that children develop their learning and build upon current skills.

As well as a well-equipped classroom, Primary One children benefit from their own nurturing environment in our garden which is used daily for outdoor play. All classes take part in two gym lessons per week. These lessons may be outdoors.

Uniform

Our school uniform consists of a pale blue polo shirt and a navy sweatshirt/cardigan with smart school trousers, a skirt or dress. You may buy uniform with our school logo on it from www.border-embroideries.co.uk



This year, due to Covid restrictions, P.E has had to take place outdoors and therefore pupils were asked to arrive at school wearing warm sportswear and trainers. Guidance for next session will be available in August. You may purchase a gym kit and bag with a school logo also if you wish, although this is not compulsory.



Border Embroideries also offer waterproof jackets with the school logo, should you wish to purchase them.

Your child will also need:

- Black indoor gym shoes
- Wellies which stay in school
- School shoes (no laces please)
- A warm waterproof jacket (waterproof trousers will be provided by school)

PLEASE LABEL EVERYTHING!

You may be eligible for a school uniform grant, to check the eligibility criteria and for online applications, click [here](#).

Lunch & Snacks

Week 1

Monday	Tuesday	Wednesday	Thursday
Soup of the Day Fruit Finger Stab Mashed Potato Seasonal Vegetables Choice of Dessert	Melon Boat Sausage in Onion Gravy Mashed Potato Yorkshire Pudding Seasonal Vegetables Choice of Dessert	Soup of the Day Chicken Curry Long Grain Rice Roast Bread Seasonal Vegetables Choice of Dessert	Fresh Fruit Salad Savory Mince Baked Jacket Potatoes Seasonal Vegetables Choice of Dessert

Week 2

Monday	Tuesday	Wednesday	Thursday
Soup of the Day Baked Potato (V) Chorizo Egg Mayo/Avocado Seasonal Vegetables Choice of Dessert	Pineapple Cup Burger in a Bun (V) Chips Mayonnaise Cherry Tomato Cucumber Slices Fresh Fruit Choice of Dessert	Soup of the Day Chicken Meatballs in Tomato Sauce Sausages Garlic & Herb Bread Seasonal Vegetables Choice of Dessert	Watermelon Slice Spicy Beef Mince & Pasta Baked Beans Seasonal Vegetables Choice of Dessert

Week 3

Monday	Tuesday	Wednesday	Thursday
Soup of the Day Bolognese Pasta (V) Garlic & Herb Bread Seasonal Vegetables Choice of Dessert	Melon & Grape Salad Chicken Fajitas Pasta (V) Chips Seasonal Vegetables Choice of Dessert	Soup of the Day Burger in a Bun Fruit & Veg Seasonal Vegetables Choice of Dessert	Fresh Fruit Salad Cheese Pasta (V) Baked Potatoes Seasonal Vegetables Choice of Dessert

Fresh drinking water, fruit and bread will also be on offer each day. On Fridays, packed lunch will include rolls, fruit, yogurt and water.

Menu dates for April to October 2019

Month	Week 1	Week 2	Week 3	Holidays
April	1-3	4-6	7-9	10-12
May	13-15	16-18	19-21	22-24
June	25-27	28-30	1-3	4-6
July	7-9	10-12	13-15	16-18
August	19-21	22-24	25-27	28-30
September	1-3	4-6	7-9	10-12
October	13-15	16-18	19-21	22-24

All children in Scotland in Primary 1-3 are entitled to a free school lunch. You will receive a three week rolling menu (similar to image shown). Please discuss the menu with your child and pre-order their lunch from home using Parent Portal/Ipay Impact. Your child can order in the morning at school but it is much easier if you order in advance.

Please note that if your child did not attend Longridge Nursery we cannot generate a password for Ipay Impact until they are fully enrolled and start in our school. Mrs Sneddon will be happy to help you with this.

You may choose to provide your child with a packed lunch from home.

After break the children have snack and story time. Please provide a small snack and drink for this time. You may order milk for your child to receive at snack time, this is ordered termly. Please provide a water bottle that your child may access throughout the day, as working hard is thirsty work!

Your may be eligible for free milk for your child. To check the eligibility criteria & for online applications, click [here](#)

Breakfast Club

Children may arrive from 8:15am for a free breakfast of toast/cereal with fruit. Breakfast is served until 8:45am, then the children are taken outside to play (supervised by an adult).

To join breakfast club you will be asked to fill out a form and make Breakfast Club staff aware of any allergies that your child may have.

Primary One are welcome to start breakfast club from their **SECOND** day of school.

The School Day

9:00am – 3:20pm

Our school day starts at 9:00am, children and parents are welcome to arrive into the playground from 8:45am. A member of staff will be in the playground from 8:45am.

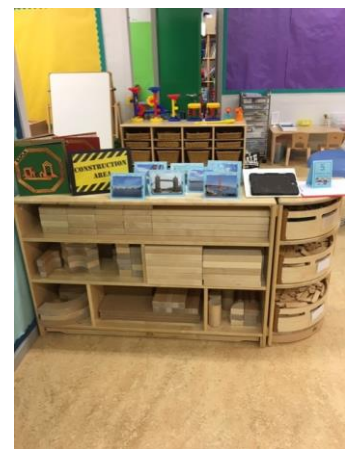
The school day ends at 3:20pm (Mon-Thurs) and 12:30pm (Fri). Children in Primary One are brought to into the Primary One garden and must be paired with a parent/guardian before leaving. If someone new is picking up your child please let us know.

If your child is going to be absent from school please inform the school office by 9:30am.

The First Day of School

Primary One are due to start on Tuesday 17th August 2021. On their first day we ask that Primary One arrive for 9:30am. This ensures that the playground is quiet. The children will be met in the playground by their class teacher and helped to line up, ready for school.

We understand that this is also a very exciting time for other family members so we encourage you to join us in the playground. We will take some family photos to mark this special occasion. Unfortunately at this time we are not permitted to welcome you into the building.



School Staff

School staff are always on hand to help. These are just some of the members of staff you will meet.



Mrs McLaren

Head Teacher

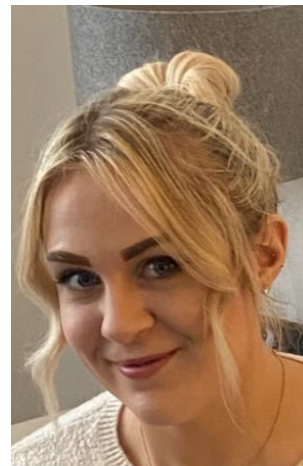


Mrs Murray

Principal Teacher



Mrs Sneddon works in our school office and will be happy to help you with anything you need.



Miss Dodds will be our Primary 1 teacher this year.



Mrs McCormack, Miss White & Mrs Carty are our Pupil Support Workers. They support children in class and supervise in the playground at break & lunchtimes.

Medical

It is essential that we are kept up to date with any medical conditions or allergies that your child has. Please keep us up to date if your child is taking any medication or if a regular medication changes. If you require medication to be stored in school, please visit our school office and Mrs Sneddon will arrange the correct paperwork for you to complete.

If your child has to be collected early from school to attend medical appointments, please inform the school in advance.

Keeping In Touch

At Longridge Primary we value the home-school relationship. There are two Parental Consultations planned throughout the school year as well as planned opportunities for you to “Stay & Play” and to celebrate your child’s learning (should restrictions allow). Staff are available should you require to speak to them, please call the office to make an appointment.

Please download “The School App” as we regularly post messages and important dates here.

Follow us on Twitter @LongridgePS

Email the school office wllongridge-ps@westlothian.org.uk

Call: 01506 284860

<https://longridgeprimary.westlothian.org.uk/>