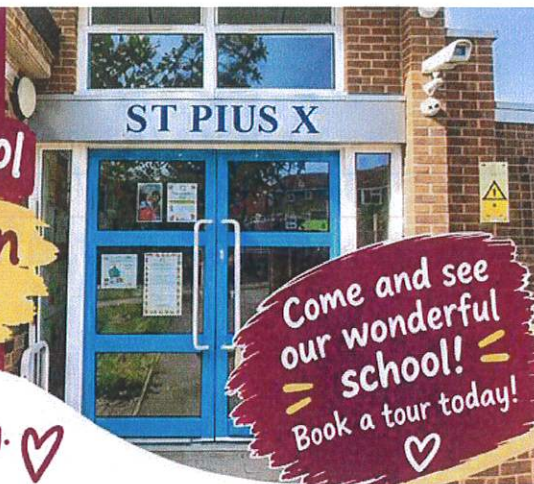




St Pius X Catholic Primary School

Preparing for Reception A helpful guide for parents



Starting school is an exciting milestone, and we're here to support you and your child every step of the way. ♥

Here are some simple ways you can help your child prepare for Reception. These small steps can make a big difference in building their confidence, independence and love for learning.



Build their independence

- Encourage them to get dressed and undressed (including coats and shoes).
- Practise using the toilet and washing their hands.
- Help them tidy up and look after their belongings.



Support their communication

- Talk and listen to your child every day.
- Encourage them to share their thoughts and feelings.
- Use a wide range of words and ask questions.



We'd love to show you around!

While you're thinking about preparing your child for Reception, why not come and see our school for yourself?

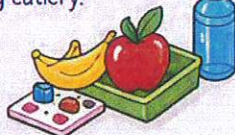
A school tour is the perfect opportunity to: ♥

- ✓ Meet our friendly staff
- ✓ See our welcoming classrooms and learning spaces
- ✓ Experience our caring and inclusive community



Encourage healthy habits

- Provide a balanced diet and try a variety of foods.
- Help them stay active and get enough sleep.
- Practise opening lunch boxes and using cutlery.



Healthy routines

- Going to bed around the same time each night, waking up in time to get ready for school.
- Limiting screen time to 1 hour a day. Less if possible.
- Eating a healthy diet and trying new foods.
- Brushing their teeth with fluoride toothpaste twice a day (you'll need to supervise this until they are at least 7).



Book Your School Tour

We'd love to meet you, show you around and answer any questions you may have about joining St Pius X Catholic Primary School.

Scan the QR code to see our learning in action on our school blog ♥



Play, creativity and curiosity

- Taking part in imaginative play (e.g. role play).
- Drawing, painting, colouring and sticking.
- Sharing story books, looking at pictures and talking about the characters.



Physical development

- Getting moving for at least three hours a day.
- Walking up and down steps (one foot at a time, using the wall for support).
- Climbing, running, jumping and playing.
- Catching a large ball (most of the time).
- Doing simple puzzles and craft activities, strengthening their grip with cutting and sticking.



Parent Tour Dates

24th September	9:30am
30th September	9:30am
5th October	9:30am
14th October	9:30am



St Pius X Catholic Primary School
Chelmsford



www.stpiusxchelmsford.co.uk

♥ Together, in God's loving family,
we believe, we learn, we grow.