

Scoil San Isadóir

Booklet for Parents of Infants Starting School

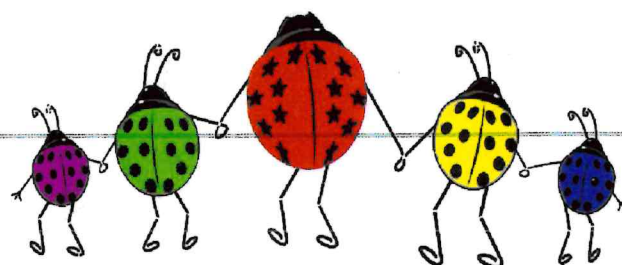
School Motto: **Mol an óige agus tiocfaidh sí**

Tel: 0504 41184

Email: boherlahanns@gmail.com

Website: www.boherlahanns.com

Address: Boherlahan,
Cashel,
Co. Tipperary,
E25KX75



SCOIL SAD ISADÓIR




AN DOCHAR LEACHDAN



Mission Statement

To give the children a sense of self-worth and value, to empower them to develop their individual potential as human beings and to respect all others as equals. See school website www.boherlahannns.com for full mission statement and school policies.



We are offering this guide to parents as a little practical guide in dealing with the education of their children at the very early stages. We will be happy if you dip in to it from time to time and find something of value to you and your child.

Primary School is a big step for both you and your child. It is a time when Parents and teachers take special care to make sure the transition from preschool to "Big" school goes as smoothly as possible.

It is very important that your child's first experience of school is one of happy involvement so that we can lay a good foundation for the rest of their education, Primary, Secondary and beyond.

Welcome to Junior Infants.

Let our new and exciting Journey Together Begin





Our school is not just for kids

Dear Parents & Guardians,

I would like to take this opportunity to welcome you to Scoil San Isadóir. We look forward to this being the start of a very happy, productive and successful eight years for you and your child.

As a school community we strive to achieve high standards in teaching and learning as well as promoting our school ethos. We as a staff in Scoil San Isadóir will endeavour, during this coming school year to celebrate the lives of each and every child in our care by encouraging and valuing them and channelling their exuberance and energy into good productive learning, helping them to build good healthy relationships with all those they meet along the way.

We will explore and put ideas and strategies into practice as to how we can encourage, compliment and support each other and promote the wellbeing of all pupils, staff and parents alike, in our effort to achieve a happy, calm and supporting atmosphere throughout the school community.

As we embark on another school year we look forward to working with you, our pupils' parents and guardians and hope that it will be a good and healthy one for all of us.

Remember the door is always open and we welcome and value your help and contributions in providing the best education we can for your children. Thank you for choosing our school.

Le gach dea ghuí,

Múinteoir Catherine
Principal



School Times

School Times

School opens 9.20 a.m.

Small break 11.00 a.m—11.15 a.m

Lunch break 1.00 p.m—1.30 p.m

Finishing times 2.00 p.m Infants

3.05 p.m 1st class to 6th class

New Junior Infants children will finish at 12 noon every day for the first two weeks. This helps your child to get used to the longer day gradually and helps them to settle into their new class gently.

Please be on time for school every day.

Attendance

Good attendance is a priority in our school. If you bring your child late, leave early, or your child is absent from school, you need to put a written explanation in your child's Homework Folder. The teacher has to take an attendance roll every day and put in a "**Reason for absence**"

Parents of children arriving late or leaving early need to sign in/out in their classroom.

Parents will be informed after 20 days of absences.

Under the Education Welfare Act 2000, parents must let the school know if their child is absent and why. The school has to report the non-attendance of any pupil who misses 20 days or more in any school year, including sickness & hospitalisations, to TUSLA, the child and family agency.

The Board of Management strongly advises that families do not take holidays during the school year.

Uniform

Pupils must wear their school uniform at all times.

Navy tracksuit bottoms are only allowed on timetabled P.E. days.

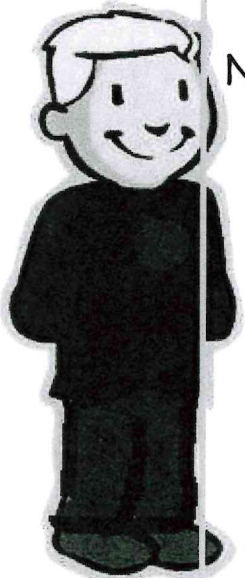
Please label your child's clothes, especially jumpers, cardigans, tracksuit tops and coats.

In very cold weather make sure your child has extra clothes under their uniforms e.g. T-shirt or vest (not body warmer).

Make sure your child brings a warm coat and hat in very cold weather and a rain jacket in milder weather.

Please get your child shoes with Velcro straps. Young children cannot manage laces.

Indoor footwear is needed from 1st class upwards.



Navy trousers

Crested navy school jumper

Blue shirt/polo shirt

Navy tracksuit pants (no logos) for P.E. days

Uniform World,
Cashel Road, Clonmel.

Iron on crests from
school office - €4.50



Navy skirt /pinafore /
trousers

Crested navy school
jumper /cardigan

Blue shirt/polo shirt

Navy tracksuit pants (no logos) for P.E. days

Uniform World,
Cashel Road, Clonmel.

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Health

If your child has an allergy, medical condition, problem with sight or hearing, or is being assessed by a health professional or has any specific needs, please make sure that the school is informed.

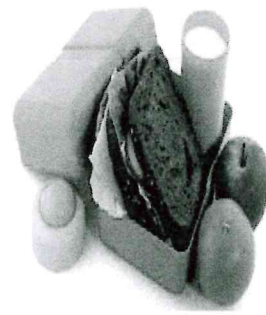
If you have any medical reports on your child, which may have an impact on their ability to learn, please share it with the school.

We wish to care for him/her to the best of our ability.

During the year you will receive information about:

- The Junior Infant vaccination programme
- Sight & hearing tests

As the parent of a child in Scoil San Isadóir, it is important that you are aware that there are child safeguarding measures in place, such as all school staff training, Garda vetting for all school staff and adult volunteers, record keeping including signing in/out procedures, to ensure your child's safety. Please be reassured that the school takes the area of child protection seriously as it is extremely important. The Designated Liaison Person is the school principal.

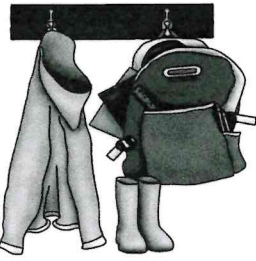


Lunches

Here, in Scoil San Isadóir, we encourage healthy eating habits. To this end, we have banned crisps, popcorn, sweets, chocolate bars, chocolate/iced buns, chocolate/iced biscuits, fizzy drinks and chewing gum.

- Sandwiches
- Fruit
- Yogurt
- Plain buns and biscuits
- Small crackers and cheese

As a Green School children must use a reusable bottle for their drink, no straws and no plastic wrappers on lunches.



Hang Up Stuff

Tell your child about school beforehand, talk about it as a happy place, where there will be a big welcome for him/her.



Getting your child started



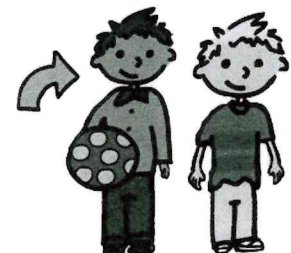
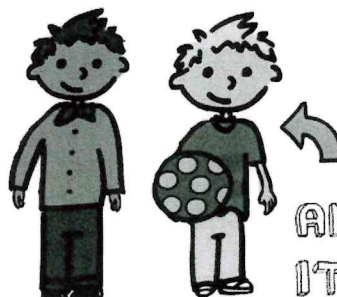
Help your child to become as independent as possible over the Summer

It would help greatly if your child is able to

- * Zip and unzip a coat and hang it up
- * Use the toilet without help and manage trousers buttons. Elastic waist is best
- * Also **encourage personal hygiene** and cleanliness. Your child should know how to flush the toilet and wash hands, without having to be told.
- * Know how to use a tissue and cover their mouth when sneezing and coughing.
- * **Share** toys and games with others and "take turns".
- * Tidy up and put away playthings.
- * Practice staying away from you for a few hours at the time, at the home of a neighbour, grandparents, friends house etc. When children have this experience, separation from parents when they start school will not cause huge anxiety. This is especially important if your child did not attend a preschool setting
- * Wear **Velcro** shoes. Junior Infants cannot manage laces
- * Practice opening and shutting lunchboxes and school bags



SOMETIMES IT IS MY TURN TO GO FIRST



AND SOMETIMES IT IS NOT.

Arriving on the first day

Be sure to arrive on time

When you arrive, be as casual as you can. If you are relaxed, your child will be more relaxed.

Hopefully your child will be absorbed in the new surroundings. Having given assurance to your child that you will be back to collect them, wave goodbye and **make your getaway without delay**

By the following week, you should be able to leave your child at the class door.

After the first month let your child know that you will be leaving him/her at the school gate. A teacher will be in the yard to keep an eye on him/her and when the bell rings they will go into the classroom. This may take a little time, all children are different.



The Big Day



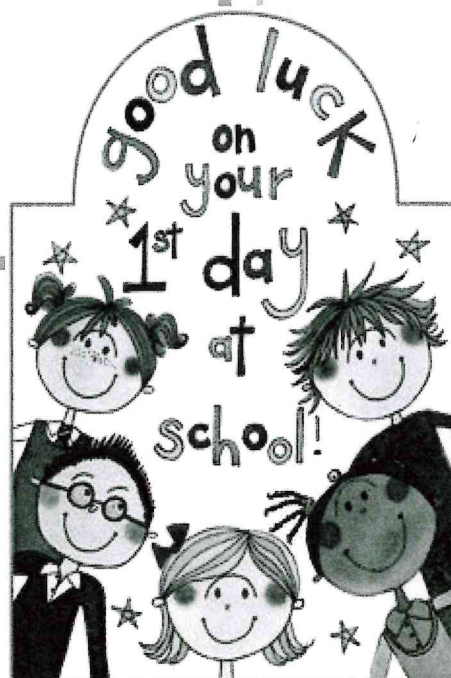
Going home

Be sure to collect your child on time. Children can become very upset if they feel they are forgotten.

If you cannot collect your child on a particular day, tell them who you have organized to collect them that afternoon so that they don't get upset.

Emergencies happen

If at any time the collecting routine is changed unexpectedly, contact the school, a phone call to the school can ease anxiety.





Handling the upset child

Despite the best efforts of both teacher and parents, a small number of children will still become upset. If your child happens to be one of them don't panic.

Patience can work wonders.

Trust the teacher. She is experienced and resourceful and is used to coping with all kinds of starting—off problems

Try not to show you are upset. Sometimes parents are more upset than the child and this can make your child anxious or distressed.

Reassure your child that they will have great fun, make new friends, that you will be back for them, that you love them, that their teacher is lovely and that they will really enjoy it. Smile and look confident. Give them a hug and a kiss and say goodbye.

When you have reassured your child, leave as fast as possible. The teacher can distract and humour them more easily when you are not around.

You can check back with a quick phone call later. Most of the time your child will have calmed in a very short time after you have left.

You must be firm from the start. Even if your child is upset you must insist that they stay. If you give in, you will have the same issue, over and over every day.



As time goes on

- Get your child into the habit of being on time and coming to school every day.
- Children need plenty of rest. Get your child into an early and set bedtime.
- Show an interest in the work your child brings home. Please support your child with any small bit of homework they may get.
- Young children often "forget" or bring home messages incorrectly so **please check your child's homework folder every night for messages**
- Do not compare your child's progress to their peers. Be patient and give plenty of praise for their efforts.
- At the early stages some parents meet the teacher regularly and this is a good thing. However, if there is something in particular that you would like to discuss you can arrange to meet your child's teacher at a time when you both have a little peace and privacy.
- If your phone number or address changes during the year, please give details to the office & class teacher. We need to have an **up to date contact number** for you should we need to contact you.
- The school has a text-a-parent facility for whole school communication.
- Keep an eye in the notice board at the front of the school for information.



Respect and courtesy

Social skills are very important. We encourage good manners at all times, please & thank you, addressing teachers properly, being courteous to fellow students and teachers.

Children's moral and social education is covered right through the school day e.g kindness to others, sharing with them, saying we are sorry.

DO's

Be kind and helpful
Be gentle
Listen
Work hard
Behonest



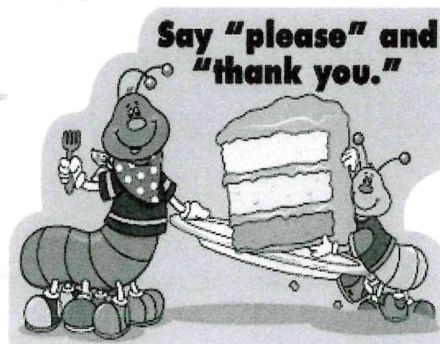
Don'ts

Don't hurt people's feelings
Don't hurt anyone
Don't interrupt
Don't waste time

In our school grounds we have fun by playing fairly and safely, where everyone is included. Bullying, fighting and general roughness is totally discouraged. Every child is entitled to play in a safe environment. A school policy on bullying is in operation. Children are supervised in the playground during breaks.

Time is given in the "Time Out" area for instances of poor or dangerous behaviour on the yard.

It is important to ask your child whom he/she played with at school to ensure he/she isn't alone, also encourage mixing rather than be dependent on one friend.





Getting ready for Learning

Children are natural learners. They are curious about everything. They want to know more about everything — about themselves, others, the world around them. They learn fast, but only when they are ready and their interest is aroused.

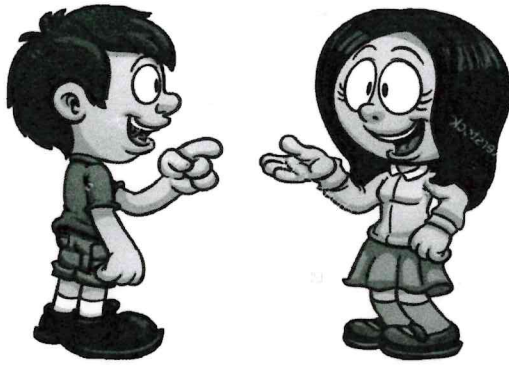
Because they are so young we must guard against putting pressure on them to learn material for which they are not ready. Demanding too much too soon can switch a child off completely. At the same time we must cultivate readiness so that they can get moving as soon as possible

Children learn in different ways and at different speeds

Our first year in school therefore, is mainly about settling in, relating to others, making friends, feeling happy and getting used to the routine of school.

On the Learning side the emphasis is on getting children ready for learning by—

- ❖ Learning through play—is the most enjoyable and effective way (Aistear)
- ❖ Developing their oral language and expression
- ❖ Sharpening their senses, especially seeing, hearing and touching
- ❖ Developing physical coordination, including hands and fingers
- ❖ Extending their concentration and getting them to listen well
- ❖ Cooperating with teachers and other children
- ❖ Performing tasks by themselves
- ❖ Working with others and sharing with them
- ❖ Postpone the use of electronic devices until your child is much older.



Help your child
to learn at
home

Language

Children communicate their thoughts, feelings and needs, curiosity and desires through speech. If they cannot express these feelings and ideas in words they will tend to remain silent or get very cross and frustrated. They can pull away from class learning, which if not addressed can lead to negative feelings about school and education.

Children need to hear the words to understand them.

They need to understand the word to use it.

You can Help

- * **Speak with your child at every opportunity.** At home, at the shops, on the street, park. Describe everything you see.
- * **Make time to listen** when they want to tell you something that is important to them.
- * Answer genuine questions with patience and in an age appropriate way.
- * **"MONKEY SEE, MONKEY DO"**. Speak respectfully, quietly and kindly to your child and they will copy you and learn to speak in the same way.
- * Say nursery rhymes and sing songs together. If a child learns to rhyme words they can hear the sounds in words, which will help them to read
- * **Give your child lots of time to use their imagination.** Dress up, pretend play, dolls, cars, blocks, doctors, nurses, farmer, policeman etc. A lego block can be a phone, remote control, bar of chocolate etc.

Help your child explore feelings and ideas through play.

Play with them.



If your child finds it difficult to name their feelings, you might use a homemade feelings book they could point to.

You can draw your own faces or cut pictures from a magazine.

How Do You Feel Today?



Help your child
to learn at
home

Feelings & Emotions words

When a child is upset, it is difficult for the parent and the child. It is a lot more difficult if a child does not have the words to let people know how they feel. Your child can get very upset, angry & frustrated, or may go the other way and refuse to speak. Most tantrums are caused by some frustration a child is feeling.

It is very important that your child can name how they feel.

You can help your child by naming their feelings when you see an opportunity.

*"Are you feeling **angry** because your sister won't share?"*

*"I can see that sleeping in the dark makes you **feel afraid, nervous** etc"*

Try to teach your child an emotional vocabulary. It helps them to control their feelings, make friends, keep friends and be happy.

Help your child to understand their feelings.

Teach your child that it is ok to have our feelings but that we need to deal with them in appropriate ways.

Play "Make a Face"

Tell your child you are going to make a face and they must guess what you are feeling.

For example, If you make a happy or sad face and your child guesses it, say that's right. **Explain a time you may feel like that.**

"Going to the park makes me feel happy"

"I feel sad when it rains & I can't go to the park" etc.

Read books to your child that shows characters experiencing different feelings. e.g. sad, angry, happy, afraid, lonely, confused. Stop at a page showing a character's expression and ask your child

What do you think he is feeling?

Why is he feeling this way?

Have you ever felt that way?

What should he do?

Tantrums Don't Help Me Fix a Problem



Expressing feelings

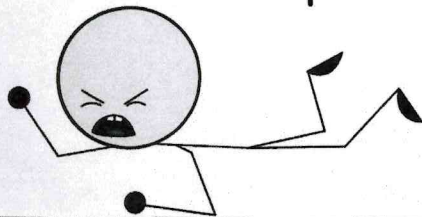
Sometimes children express their feelings in an inappropriate way. They might cry when frustrated or throw toys or scream when angry. Try to teach your child different ways to express themselves appropriately and learn calming techniques.

- Ask for help
- Use your words **"Say it, don't do it"**
Say "I am mad"
(instead of throwing toys)
- Tell an adult what's wrong
- Take a big breath, count to five.
- Ask for a hug
- Try again
- Walk away

Feelings words

Happy
Sad
Mad
Curious
Proud
Frustrated
Bored
Angry
Calm
Lonely
Afraid
Worried
Loving
Stubborn
Uncomfortable
Important
Friendly
Kind
Patient
Generous

When I'm Upset



I can read



I can listen
to music.



I can rest
on a pillow.



I can do a
puzzle.



I can draw
a picture.

Safe
Shy
Annoyed
Nervous
Confident



Help your child
to learn at
home

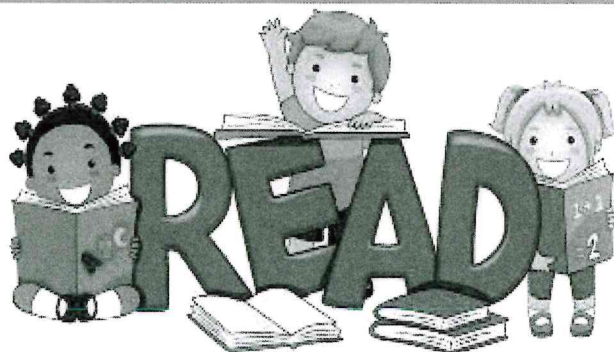
Getting ready to read.

Learning to read is a gradual process. Lots of work must be done before a child is introduced to their first reader. We deliberately do not rush children into reading. Reading is something to be enjoyed. It should never feel pressured for a child.

Surround them with words.

- * Have colourful books in the home.
- * Teach your child to respect and care for books.
- * Read different types of stories. Fairytale, adventure stories, funny stories, silly stories, nurse rhymes.
- * Look at the pictures with your child. You can tell a wonderful story from pictures.
- * Point at the words as you read them. Your child will learn that we read from left to right
- * Teach your child how to turn a page.
- * Ask predictive questions. What do you think happens next? etc
- * **Take your child to the library.** Read stories together. Share a love of books and words. Your child will have a favourite story and they will want you to read it over and over. That's great. Gradually get them to tell you the story
- * When your child has a large bank of words, they will be ready to read.
- * Useful websites: www.helpingkidlearn.ie

www.curriculumonline.ie



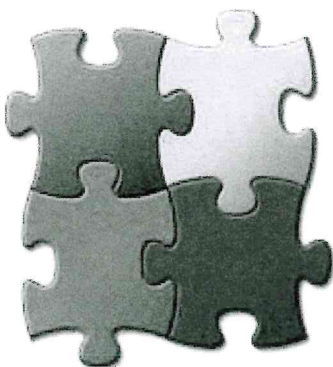


Help your
child to learn
at home

Getting ready for writing

- * Making letters on paper is not easy for a small child. They must learn to hold the pencil properly and make regular shapes. Their finger muscles are only gradually developing at this stage. They must develop the ability to get the hand and eye working together. You can help train their muscles. Get them to manipulate toys like:
 - Avoid using capitals where not appropriate especially in your child's name.
 - Jigsaws, lego, beads to thread etc
 - Plasticene (Marla) to make their own shapes
 - A colouring book and thick crayons
 - Sheets of paper to cut up with safety scissors

If your child is naturally using their left hand, Do not stop them, do not try to change it. This is natural for them.





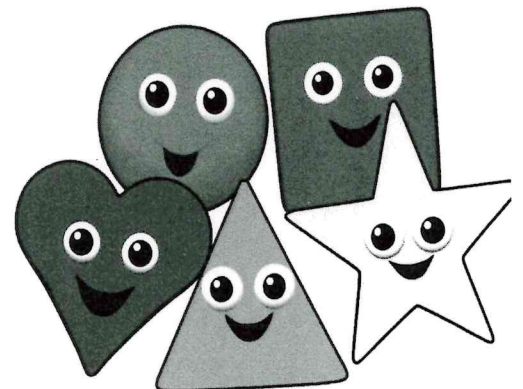
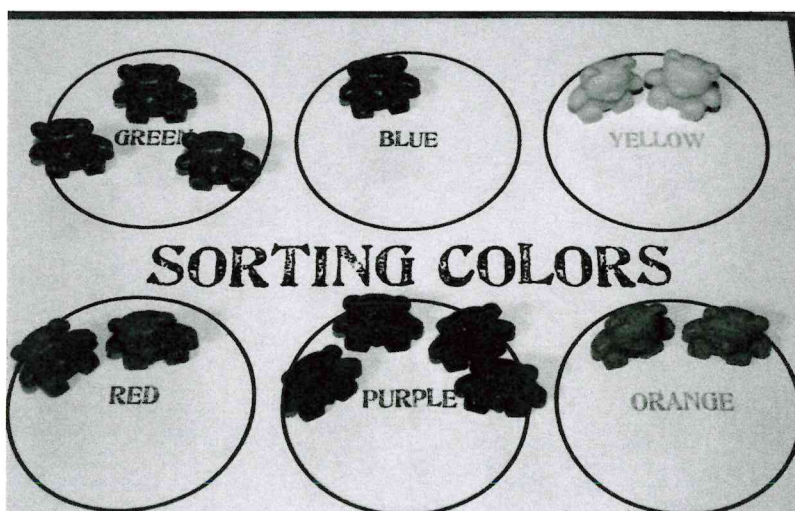
Help your child
to learn at
home

Understanding Maths

Maths for a small child has nothing to do with "Sums" or figures or tables or adding and subtracting. This will come much later. Maths is part of the language children use in understanding and talking about certain things in their daily experience e.g.

- They associate certain numbers with particular things—two hands, four wheels, five fingers etc.
- Counting—one, two, three, four, five
- Colours—black, white, red, green, blue etc.
- Prepositions (telling positions) before/after, above/below, under/over, Inside/outside etc
- Matching/sorting—objects of the same colour/size/texture/shape
- Shapes—Circle, square, triangle, rectangle etc.

Understanding of these concepts come quickly to some children, for others it can take a long time. Be Patient



When parents and teachers work together, children are the winners.

If

If a child lives with criticism he learns to
condemn.

If a child lives with hostility he learns to
fight.

If a child lives with ridicule he learns to
be shy.

If a child lives with shame he learns to feel
guilty.

If a child lives with tolerance he learns to be
patient.

If a child lives with encouragement he learns
confidence.

If a child lives with praise he learns to
appreciate.

If a child lives with fairness he learns
justice.

If a child lives with security he learns to
have faith.

If a child lives with approval he learns to be
himself.

If a child lives with acceptance, friendship
and care he learns to find love in the world.

School Motto: "Praise the young and they will thrive."