



First Day of School for Foundation

Friday, January 29th, 2021

Dear Parents and Carers,

The first day of school will set the tone for your child's year. Our aim is to make you and your child feel at ease and confident about school life. Below is a timetable explaining the structure of the school day, as well as a list of what to bring.

School drop off and pick up times are very busy. Similar to our Transition routines, we advise you to park at One Community Church and walk the remaining distance using the crossing if driving to and from school.

The Foundation children will be tired at the end of the day and every day for a period of time, any small unexpected problem can upset them. They will require some down time with quiet play at home after highly stimulant days of schooling. The amount of learning they do in terms of developing routines and academic skills is phenomenal. So don't be surprised if they are mentally and physically tired and do not have the capacity to talk about their day initially. You probably won't get much information from them, it might sound like they only played on the playground. Trust us, they do more than that! We will keep you informed of what they are learning about through Compass messages and the school newsletter.

We understand your child will begin their first day with mixed emotions and that is normal. We hope they go home with a big smile on their face feeling proud and a grown up school kid.

Kind Regards,

Louise Tribolet, Zoya Pavloff and Terena Harrison
(Foundation Teachers)

School Timetable

We encourage you to discuss the school timetable with your child, so that they know what to expect over the day. This helps with their wellbeing to decrease their feelings of anxiousness.

8:45 – 9:00 am: School Starts

- Walk your child to their classroom during this time. We will have staff to meet you from the waiting zone you experienced in Transition to assist you in where to go. The waiting zone map is provided.



- We will show you how to assist your child in putting their school bag away and getting their hats and drink bottles ready for easy access.
- Let us as teachers know if you have special arrangements after school, such as, attending after school care with Their Care.
- During 8:45 am and 9:00am inside the classrooms, we always start off with a relaxed start to the day in Foundation. Children have table top activities that encourage developmental play and a chance to socialise with others. Initially, this also helps engross them in a fun activity to decrease anxious feelings and makes it easier to separate from you as parents and carers. The developmental play activities help them say goodbye to you easier because they think, 'school isn't so hard, I can handle this!'
- At 9:00am, say a quick goodbye to your child and we will direct you to the Multipurpose Room for 'Welcome to Foundation', which is a parent morning tea.

9:00am to 10:40am

Students will begin lessons that will start to involve stories, songs, drawing and craft responses and getting to know you activities. At 9:50am they will have a fruit and toilet break. Of course if a student asks us to go to the toilet at other times we will let them go with a partner. There are boys and girls toilets inside the Junior School building near our classrooms.

10:40am to 11:10am

Students eat their snack and play in the Foundation playground, supervised by teachers on Yard Duty.

11:10am to 12:50pm

Students continue lessons with their teacher.

12:50pm

Students eat lunch supervised by their classroom teacher.

1:00pm – 1:50pm

Students go outside for lunch play in the Foundation Playground supervised by Yard Duty teachers.

1:50pm – 3:30pm

Students continue lessons with their teacher.

3:30pm

With bags on their backs, students are dismissed individually to their parents or carers from their Foundation classrooms. At the end of the day, please wait for your child outside the building. We will dismiss each child when we see you there as the parent or carer responsible for their pick up. Any children attending after school care will wait with us until a staff member from Their Care picks them up from our classroom at 3:30pm.

What to Bring on the First Day of School

We encourage you to help pack your child's bag so that they know what they are responsible for. For the first day, your child will need the following:

- Hat – clearly named with a permanent marker so that your child can read it
- Lunchbox – named and containing fruit, snacks and lunch (Please try to prepare 'Nude Food')
- Drink bottle with water – named so your child can read it
- A spare pair of undies and socks (to stay in the front pocket of their bag just in case!)

The following week beginning Monday, February 1st, 2021, children could bring the following please:

- Art-smock
- Library bag
- A large box of tissues for the classroom

Thank you for your support in preparing your child for school with essential items. We are looking forward to a fantastic 2021 with all of the little Foundy students!