

School Readiness Programme





School Readiness

Getting ready for school is an important milestone in our little ones' life and it requires a strong foundation to help children start this amazing journey of learning.

School readiness is not all about academics. We recognise that children up to seven years old learn best through play, and that more important than skill development is their development of social and emotional wellbeing, which is needed to be an active and positive learner.

"When children play, they are showing what they have learned and what they are trying to understand."

At Wellesley Kids, school readiness doesn't just start with the Pre-school Room, it starts from the moment the children push open the door and learn to say "Good Morning!"

The School Readiness Program is for our pre-schoolers in their final term before starting school to ensure that they are given the maximum opportunities to learn new skills, as well as refine existing abilities. All our learning is based on the Early Years Learning Framework of the New Zealand National Curriculum.

Our holistic School Readiness Program aims at supporting the development of confidence and independence skills that your child will need prior to starting school, helping to build a solid foundation for later learning. The School Readiness Program promotes interests and assists your child in becoming an active learner. The programme and our extensive educational resources provide opportunities for your child to develop to their full potential whilst having fun at the same time.

We focus on:

- Independence skills, the social and emotional self (the child must be able to socialise and cooperate with their peers and adults and be able to identify and communicate their feelings)
- Routines (these give children the emotional stability they need and are essential for good behaviour and attention span)
- Teaching respect for themselves and others
- Academic skills.

During our Learning and Development Meeting, our educator will discuss with you your child's readiness to start school and provide you with support to help them to develop their school readiness skills at home. We work in partnership with your family to assist you and your child with the transition and orientation process.

The Programme

The following information covers the different elements combined in the School Readiness programme.

1- Mind & Body

This area of our programme is all about your child's wellness. We want our children to live an active and healthy life and this program not only includes physical literacy but also yoga, and mindfulness.

We will provide age-appropriate fitness activities such as soccer, yoga, and dance.

At Wellesley Kids your child will always be involved in a physical programme which also develops their gross motor and movement skills.

Physical skills are a part of the Wellesley curriculum that your child will always be involved in. At Wellesley Kids we assist your child in becoming physically aware and healthy learners.

Physical Skills include:

- Fine motor skills
- Gross motor skills
- Self Help skills
- Healthy eating and nutrition

Children Have a Strong Sense of Well Being

- Children become strong in their social and emotional wellbeing.
- Children take increasing responsibility for their own health and physical wellbeing.

Children have a Strong Sense of Identity

- Children feel safe, secure, and supported.
- Children develop their emerging autonomy, interdependence, resilience, and sense of agency.
- Children develop their emerging self-identities.
- Children learn to interact in relation to others with care, empathy, and respect.

2- Scholastics

Literacy

This area of the programme covers all the domains of academic skills including literacy, numeracy, language, colour, and shape recognition.

Literacy is all around your child in their day-to-day living. At Wellesley Kids we harness this and embrace all the forms of literacy and how your child can develop the appropriate skills to become a confident, literate learner.

Literacy skills are an extremely important part of development for your child. At Wellesley Kids we believe that literacy skills include a variety of aspects, not just reading and writing.

Literacy Skills include:

- Using conversations and words to communicate
- Reading (Shared book experiences alongside the educator and peers)
- Writing (becoming familiar with letters and shapes)
- Listening
- Using Digital technologies

Children are Confident and Involved Learners

- Children develop dispositions for learning such as curiosity, cooperation, confidence, creativity, commitment, enthusiasm, persistence, and imagination.
- Children develop a range of skills and processes such as problem solving, enquiry, experimentation, hypothesising, researching, and investigating.
- Children transfer and adapt what they have learned from one context to another.
- Children resource their own learning through connecting with people, place, technologies, and natural and processed materials.

Numeracy

This aspect of our curriculum focuses on your child's understanding of numbers and becoming numerate. At Wellesley Kids we aim to educate your child and help them understand that mathematics is an extremely important part of life. We use activities and games to promote your child's number learning and use interest-based projects to facilitate positive mathematical learning.

Numeracy skills are an extremely important part of development for your child. At Wellesley Kids we believe that Numeracy skills include a variety of aspects, not just counting.

Numeracy Skills include:

- Recognising numbers are used to count
- Using mathematical language
- Identifying mathematics in everyday life

Children are Effective Communicators

- Children begin to understand how symbols and patterns systems work.
- Children begin to sort, categorise, order, and compare collections and events and attributes of objects and materials, in their social and natural worlds.

- Children develop an understanding that symbols are a powerful means of communication, and that ideas, thoughts and concepts can be represented through them.

3- Creative

This part of the program is where your child will be encouraged to share and discover their creative talents. Whether that be drawing, dancing, singing, or acting. It is an important part of our curriculum as children are learning to express themselves and begin to think on their own.

Creative includes, dancing, acting, singing and visual arts (painting etc.). At Wellesley Kids we believe The Arts gives your child another form of communication and a way for them to express themselves. Studies have shown that many children can grasp numeracy and literacy skills better through The Arts. The Arts also offers your child a form of emotional release and is fun. At Wellesley Kids we provide movement exploration as well as planned and spontaneous visual arts experiences.

Creative Skills include:

- Exploring expressive, artistic, and creative abilities
- Learning through art, music, and movement

Children are Effective Communicators

- Children interact verbally and non-verbally with others for a range of purposes.
- Children engage with a range of texts and gain meaning from these texts.
- Children express ideas and make meaning using a range of media.
- Children use information and communication technologies to access information, investigate ideas and represent their thinking.

4- Self-Identity

Self-identity is all about your child becoming acquainted with themselves as an individual, learning how to express themselves and share their feelings and emotions. It is important that your child feels welcome and has a strong sense of belonging to Wellesley, to their friends and educators.

It is a way for your child to be in touch with the environment and to explore nature and what it has to offer. We encourage your child to have a positive impact on their environment by making environmentally friendly choices and changes.

Self-identity or awareness is a part of the curriculum that your child will always be involved in. At Wellesley Kids we assist your child towards becoming independent and an autonomous learner.

Self-Identity Skills include:

- Having care, empathy, and respect
- Becoming autonomous and independent
- Being confident and communicative
- Understanding oneself and having a sense of security

Children Have a Strong Sense of Identity.

- Children feel safe, secure, and supported.
- Children learn to interact in relation to others with care, empathy, and respect.
- Children develop their emerging autonomy, inter-dependence, resilience, and sense of agency.

- Children develop knowledgeable and confident self-identities.
- Children learn to interact in relation to others with care, empathy, and respect.

5- Community & Culture

Understanding the world is an important part of development for your child. At Wellesley Kids we believe that having knowledge of the world and how their actions impact their environment will assist them to be caring and nurturing towards their environment and aware of others.

Our event calendar throughout the year celebrates, acknowledges, and encourages a range of mixed cultural events.

Community & Culture Skills include:

- Having and showing respect for the environment
- Having respect for diversity
- Feeling a part of a cultural group and community

Children relate to and contribute to their world.

- Children develop a sense of belonging to groups and communities and an understanding of the reciprocal rights and responsibilities necessary for active community participation.
- Children respond to diversity with respect.
- Children become aware of fairness.
- Children become socially responsible and show respect for the environment.

6- Exploration

Your child's exploration is a powerful source of learning!

We encourage your child to be inquisitive, exploratory of the world around them and use their inherent sense of wonder to make their learning fun, enjoyable and relatable.

We use exploration for your child as an inquiry-based learning and teaching approach.

Studies have shown that children will learn best when they can connect with the learning. If a child shows interest, curiosity, inquisitiveness on a topic they are eager to learn, this provides our educators with a basis for exploratory learning.

7- Thinking Skills

The jobs your children will be applying for in 20 years' time may not exist today.

This makes teaching our children a challenge; however, we can teach and encourage them to be great thinkers and learners, truly giving them the best start to their future.

The Thinking Skills component offers a structured approach to your child's cognitive and intellectual development.

We use intentional teaching times to hold meaningful learning experiences, and we use purposeful materials such as puzzles, Lego, concentration and memory exercises.



Transitioning to ‘Big School’

Going to Wellesley “Big School” is a milestone for your child and yourself. It is the beginning of their formal education, and it is important that your child is aware of the positives of going to “Big School”. Below are some tips that we at Wellesley Kids can offer. However, do not hesitate to call or speak to staff as we are always willing to assist where we can.

Our educators of young children have sat together to put together some useful tips on the transition into primary school.

Before your child attends primary school:

- Encourage your child to self-help, dress, clean and feed themselves.
- Speak with your child about “big school” and how grown up they are.
- When talking about “big school” speak positively so your child will adapt to your attitude.
- When dropping off, driving, or walking past the school make it known and exciting that that is where your child will be going soon.
- Ensure you and your child know our school; this helps them settle and become familiar.
- If possible, make friendships with other children of the same age, so your child recognises a familiar face on their first day.

Going to school is an exciting time for your child’s life. Together with Wellesley Kids you can make the transition from preschool to Wellesley “big school” easy and exciting.

Practical tips for lunch times:

Lunchbox Ideas

- Freeze a water bottle then put it into the lunchbox, this will keep all the food fresh and cool.
- Label all of your child's belongings.
- Pack food your child is used to and enjoys.
- Pack morning tea and lunch separately to avoid confusion.
- Pre-cut fruit and veggies if needed, especially grapes.
- Do not over pack the lunch box, your child might feel pressured into eating all of it.
- Remember to pack a spoon if you put yoghurt in.

Nutritious Foods to pack

- Small pieces or cut up fruit, rice crackers etc.
- Sandwiches cut in half.
- Small yoghurts.
- Vegetable sticks.
- Cheese sticks.
- Muesli bars.
- Wholemeal muffins.
- Unsalted Popcorn.

Please avoid

- Chips.
- Nuts.
- Lollies.
- Chocolate.
- Cake.
- Chocolate biscuit.
- High sugar content foods.

