



The Early Years at The Whiteoak Academies



School Readiness Session

Planting Dreams. Nurturing Hearts. Growing Minds.

Starting School at The Whiteoak Academies

School readiness

Play

*Communication
and Listening*

PSED

Independence

Physical

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What do we mean by school readiness?

- School readiness isn't about reading or writing before they start school.
It's about helping children to:
- Feel confident and secure
- Become independent in everyday tasks
- Communicate their needs, ideas and feelings
- Develop resilience and a positive attitude to learning

Helping your child be 'physically ready'

Physical

- To help your child feel confident and settled at school, we expect all children to be **toilet trained and out of nappies** when they start Reception.
- Encourage your child to recognise when they need the toilet
- Support them to wipe, flush and wash their hands
- Practise these skills so they can do them as independently as possible
- The summer holidays are a great time to build these skills. If you feel your child may need additional support, please do speak to us in advance.

Dressing independently

Physical

- Helping your child to dress themselves builds confidence and supports a smooth start to school.
- Practise putting on school uniform, including shoes and socks
- Encourage your child to put on and fasten their own coat
- Support them to practise zips, buttons and poppers
- Encourage them to keep trying, even when it feels tricky

Eating

Physical

- Encourage your child to sit at the table to eat
- Support them to sit up properly
- Practise using a knife and fork independently
- Encourage them to cut their own food safely
- Remind them about not sharing food with friends

Ready to Learn

Communication
and Listening

Communication

- Listen to stories, talk and follow instructions – story time at the library is great for developing listening skills

Curiosity

- Explore the world and ask questions

Mark Making

- Use a range of tools and materials
- Begin writing their name (capital letter first – encourage lower case)

Counting

- Enjoy number rhymes and counting games

Social & Emotional

PSED

- Encouraging your child to share and take turns through games and play (and helping them understand it's okay to win and lose)
- Supporting them to build resilience by having a go and trying again when things feel tricky – we all make mistakes!
- Helping your child feel confident to separate from you for short periods of time
- Establishing clear daily routines (e.g. getting ready, bedtime, school day structure)

Learning Through Play

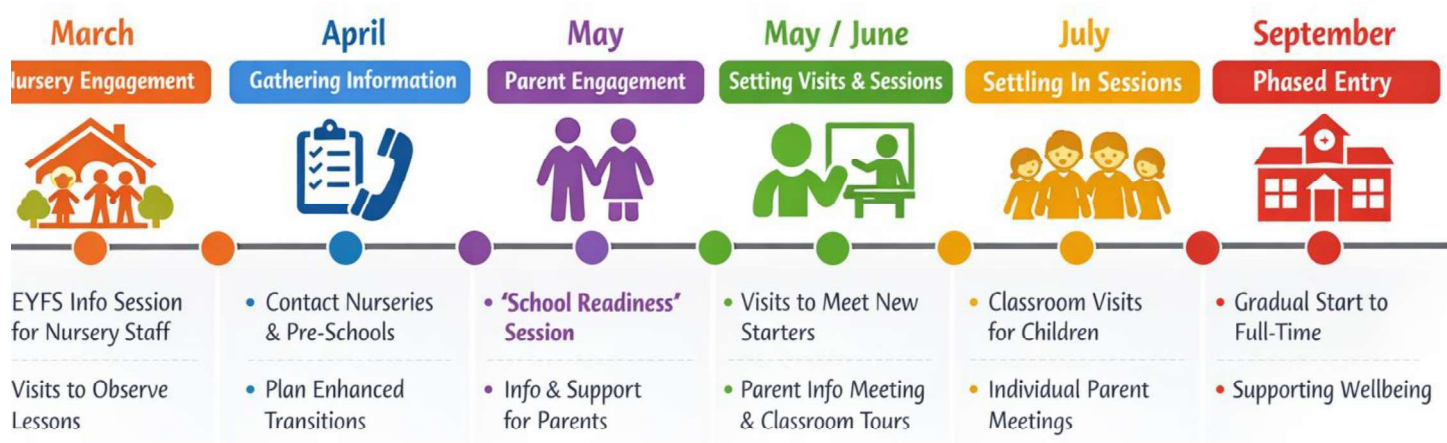
Play

- Play is one of the most important ways children learn.
- Encourage a range of play experiences (role play, building, outdoor play)
- Join in and talk with your child to support language development
- Allow time for imaginative and creative play
- Support your child to solve problems and try new ideas through play
- Encourage independence by letting your child lead their play

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Starting School at The Whiteoak Academies

Starting School at Whiteoak – Transition Timeline



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Starting School at The Whiteoak Academies

Timetable for September

If your child was born between 1st September and 31st March they will be in Group **A**.

If your child was born between 1st April and 31st August they will be in Group **B**.

Monday 7 th September 2026	Tuesday 8 th September 2026	Wednesday 9 th September 2026	Thursday 10 th September 2026	Friday 11 th September 2026
Morning session 8.50am – 11.45am GROUP A	Morning session 8.50am – 11.45am GROUP A	Morning session 8.50am – 1.00pm (please provide a packed lunch) GROUP B	Morning session 8.50am – 1.00pm (please provide a packed lunch) GROUP A	All children in school 8.45am to 1.00pm (school dinners)
		Lunch Group B	Lunch Group A	Lunch Group A and B
Afternoon session 1.15pm - 3.00pm GROUP B	Afternoon session 1.15pm - 3.00pm GROUP B	Afternoon session 1.15pm - 3.00pm GROUP A	Afternoon session 1.15pm - 3.00pm GROUP B	No children in school

Monday 14th September - All children in school full time – 8.45am – 3.20pm

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Starting School at The Whiteoak Academies

What Happens Next?

- Look out for an email with your child's house details on*
- We will be hosting a 'Welcome to Reception & Meet the Teacher Information Evening' at the end of June*

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Starting School at The Whiteoak Academies

Build a Network!

We know that starting school is a big step for families too — building connections can really help.

- Arrange **play dates** so children can build friendships before starting school
- Join in with opportunities like **WOWSA** to connect with other families
- Come along to our school events
- Stay for a coffee at the end — a great chance to chat and get to know other parents

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