

# TOP TIPS FOR SURVIVING YOUR CHILD'S PRIMARY SCHOOL YEARS

1. Before your child starts school, try to get them to be as independent as possible e.g. toileting, putting on their own coat and shoes etc. and, as they get older, laces, zips etc.
2. Label everything! I find that a 'sharpie' pen is invaluable for this for clothes, shoes, pumps, bags, water bottles, lunch boxes etc. St. Bede have over-flowing boxes of un-named lost property.
3. Don't believe everything that your child says about what is happening at school. Children can forget or exaggerate. Ask your child's class teacher ... they are super helpful and always willing to sort out any issues.
4. Don't get drawn into competitions with other parents about where your child is at academically. All children develop at different rates. However, do make 'mummy' friends as it is helpful to know your child's friend's mummies and daddys.
5. Have a bottle of head lice lotion in your cupboard at home as, inevitably, your child will catch them ... all children do! Having lotion at home saves that early morning/late night dash to the chemist. Also keep school updated with contact numbers in case they need to get in touch with you at any time.
6. Send children to school with tissues, it saves messy sleeves!
7. Get involved at school. We have a lovely 'Friends of St. Bede Group (PTA) and they always welcome new members. Ask at the school reception, they are excellent at pointing you in the right direction. Volunteering is another way to give back and help at your child's school, they welcome everyone!
8. Check the school twitter feeds and website regularly. They have up to date happenings, letters home, term dates etc. as well as lots of other useful information.
9. During the first term at school your child will be more tired than usual, so don't plan too many after school activities. Bring a snack for on your way home as they will tell you they are starving after a busy day. Check book bags for letters etc. and cross-reference with the website, as children do forget or mis-place letters.
10. Lastly, enjoy your child's primary years as all too soon they will be starting secondary school and those magical early years will be gone. Nursery to Year 6 goes so fast!

Justine Riley  
Parent