

Education, Care and Family Networks in Cockburn
Building a community of trust and shared learning



My Journey To School

Parent / Carer Information: One Year to School Entry



(Insert your child's name)

Journey to School

Your child's journey to school in Cockburn

Starting school is a big step for children. A positive transition to school is important for their journey in continuing to be successful learners.

Knowing what to expect in the school environment helps children and parents to make a smooth transition. Preparing children for this begins well before their first day of school.

The Education, Care and Family Network Cockburn hopes to empower every family with knowledge, confidence and connections to their community that will ensure a successful journey to school.

We wish you and your child every success on this exciting journey!



Your Child's First Years



The 'Me at 1 Passport' is a great resource to help you identify key milestones in childhood development. It also expresses the importance of early brain development and how children learn through connection and play.

To receive a copy please contact CCK via email info@connectingcommunity4kids.com.au

It's never too early to read to your baby! Looking at the pictures, hearing your voice and watching you speak makes your child happy and helps their brain grow.

Join one of Cockburn's three libraries (Coolbellup, Spearwood and Success) to access free books and children's programs such as Pram Jams and Storytime.

www.cockburnlibraries.com.au/whats-on/kids-programs

South West Metropolitan Parenting Service (SWMPS) helps parents with children pre-birth to 18 years. Parents can access parenting support services to assist them in managing the challenges of parenting, building knowledge, skills and confidence, understanding children's development and identifying local community supports and networks.

SWMPS also run workshops across a range of parenting topics. www.facebook.com/southwestmetropolitanparentingservice/
www.meerilinga.org.au/parenting-courses-services

Keep your child's immunisations up to date to protect them from the most serious childhood infections. Immunisation records are compulsory for school entry.

Make an appointment with your GP to discuss your child's immunisations, or visit the Health Department website for more information www.health.gov.au

Introducing your baby to the pool will help them become comfortable around water and help them learn to swim.

To check out programs at the Cockburn ARC call 9411 3344 or visit www.cockburnarc.com.au

Give your child plenty of opportunities to play and interact with other children. Join a local playgroup, an early learning centre, library program or meet other families in the park. For great play ideas or local playgroups visit www.playgroupwa.com.au

Visit www.cockburn.wa.gov.au/events for more information on free playgroups, Froggy's outdoor playgroup and Beeliar Hub.

The Cockburn Toy Library offers varied, high quality toys to aid play and child development in two locations – Atwell and Coolbellup. www.cockburntoylibrary.com



Your Child's Journey the Year Before School



Visit your local Child Health Nurse for the 2 year old check. Get your 'Me at 2' or 'Me at 3' Passport which is a great tool for measuring developmental milestones through play-based activities.

Contact Connecting Community for Kids at info@connecting4kids.com.au to obtain a copy.

Join a pre-school program which provides play-based learning to support families transition to school. Our programs, including Playclub and Pre-Kindy, provide an opportunity for young children to familiarise themselves with the classroom routines, social awareness and independence.

Contact Yangebup Family Centre on 9417 9995 or email info@yangebupfamilycentre.org

Meerilinga offers early learning programs with a focus on learning through play. Their play-based ethos encourages children to wonder, ask questions and explore the world around them. Meerilinga runs Bindi Kindi for 2 to 3 year olds and Pre-Kindy for 3 to 5 year olds.

Contact Meerilinga on 9331 2211 or email cockburn@meerilinga.org.au

When it is time to enrol your child for Kindy, visit your local school to collect your enrolment pack. Enrolments start at the beginning of the school year and are completed by July.

See pages 8 and 9 for more information about Kindy, what age to enrol and the enrolment process.
Find your local school on page 14.

Find out when your local school is holding their Kindy open day late in the year before your child starts school. When you attend, you will receive information about school uniforms, school routines, expectations and school health services.

This is a great opportunity to meet the school principal and your child's teachers.

Some schools offer playgroups or 'come and try' sessions to help your child become familiar with their school.

Schools may offer workshops that provide an opportunity to learn about your child's future in the school and to meet other parents. Ask your local school for details.



When and How to Enrol your Child In School



What to expect when your child starts Kindergarten.



What to expect when your child starts Pre-primary.



A reading book for Aboriginal families

In Western Australia, parents and carers can choose to enrol their children in Kindy. Compulsory schooling starts the following year in Pre-Primary.

Places in Kindy are limited, so we encourage you to enrol in your local school's Kindy program early to support your child's start to school. Remember Kindy is 15 hours per week, usually five days per fortnight.

The Department of Education have a variety of brochures available on their website such as 'Hello Kindy', 'Hello Pre-Primary' and 'Say Hello to School' (a reading book for Aboriginal families). These brochures provide information for parents on what to expect when your child starts Kindy or Pre-Primary.

Visit www.education.wa.edu.au

Who needs to enrol?

Please use this table as a guide as to when your child starts school. More information about enrolment, and a school age calculator are available on the Department of Education website:

www.education.wa.edu.au/enrolling-in-school

Child's Date of Birth	Year Child Will Start Kindy	Year Child <u>Must</u> Start Pre-Primary
1 July 2017 - 30 June 2018	2022	2023
1 July 2018 - 30 June 2019	2023	2024
1 July 2019 - 30 June 2020	2024	2025
1 July 2020 - 30 June 2021	2025	2026
1 July 2021 - 30 June 2022	2026	2027
1 July - 2022 - 30 June 2023	2027	2028

How to enrol

Your school is happy to help, please ask them for assistance.

Pick up your enrolment pack from your local school. Submit your application as soon as possible, along with copies of:

- ➔ Your child's **Birth Certificate**. Copies are available from the Registry of Births, Deaths and Marriages on 1300 305 021.
- ➔ Your child's **Immunisation History Statement** that is no older than 2 months. Get a copy using your MyGov account or by calling the Australian Immunisations Register General Enquiries Line on 1800 653 809.
- ➔ Proof of your current address, such as recent bills or bank statements.
- ➔ Any **Family Court documents** for proof of name or custody arrangements, where relevant.

Your child will have the best journey to and through school when enrolled at the school in your local catchment area. For more information on catchment areas, please see the Map of Education Facilities in Cockburn on page 14.

Did you know that being away from school for one day each fortnight equals missing one and a half years of school.

All children of compulsory school age must be enrolled in school or a government approved alternative, such as home schooling or alternative education programs.



Preparing for School is the Key to Happiness!

Your support and guidance helps your child settle into school and be proud of the things they learn each day.

There are a range of booklets available at healthywa.wa.gov.au to help support you and your child as they transition to school. You can also ask your Child Health Nurse for a copy of them. They include:

- Child development (across 0-5 years)
- Ten top tips for a great start to school
- School health services
- Food for kids

Are you wondering whether your child is prepared or ready for school? Have you got any concerns or questions regarding your child's development?

Contact your Child Health Nurse for an appointment on 1300 749 869.



Common questions you may have before your child starts school

My child has separation anxiety, should I wait until next year?

The earlier you ease your child into school the easier they find full-time school. Children usually settle quickly once parents leave, but schools will call you if they remain unsettled. A lovely way of helping with anxiety is to draw a heart on your hand, and one on your child's hand. If they feel anxious throughout the day, or are missing you, they can touch it and know you are near. Alternatively you could place a cut out heart in their pocket or lunchbox.

Why is attending Kindy so important?

Kindy is the first learning experience your child has of school – of the wonder and excitement of learning, discovery and exploration. While Kindy is not compulsory in Western Australia, attendance is highly recommended as your child builds on important social and emotional skills that help them throughout their school life. They also develop early maths, speaking, listening, reading and writing skills.

Is my child ready for Kindy?

Every child is ready. Parents teachers and education assistants work in partnership to settle your child into school. We know it's a big step for children and do everything we can to support you and your child have a successful start to school. Some schools and local family centres run 'getting ready for kindy sessions' that you can join.

What if my child needs help using the toilet while at Kindy?

Schools are equipped with child friendly bathroom facilities and experienced staff who can support your child to use the toilet independently. Discuss this with your child's teacher and pack a spare set of clothes in their bag.

What do I need to pack?

Usually schools will request that children bring a change of clothes in case of accidents/messy play, a hat, crunch and sip (one piece of fruit or vegetables cut up), a water bottle and a healthy nutritious lunch in an easy to open lunch box. Get your child to practice carrying their backpack before the first day of school. You can download a Healthy Food Guide from the Department of Education website - www.education.wa.edu.au/healthy-living

Will they have a sleep?

If children need a rest they can go into a quiet area and have a lie down. The afternoons at school are more relaxed and play-based which allows children to rest or play depending on their needs.

What if my child has a diagnosis or is waiting for a diagnosis?

Meet with the school as soon as possible to discuss your child's needs and how the school will support your child in Kindy. Make sure you bring all relevant documents, such as medical reports to the meeting, so the school has a record and can implement strategies that are required. Feel free to bring a support person along with you.

Ten Top Tips for a Great Start to School

1. Talk about feelings

Talk positively to your child about starting school and doing exciting new things like painting, playing outside and making friends. Encourage your child to talk about how they are feeling about starting school.

2. Take turns speaking and listening

Walk around your neighbourhood. Talk about buildings, gardens, trees, the change of seasons and the colour of cars. This is great for encouraging language development and listening skills. Give lots of praise for trying.

3. Practice toileting skills

Be calm and relaxed and encourage your child's attempts at toileting. Go at your child's pace. Expect mistakes and setbacks. Use picture books to talk about toileting.

4. Practice getting dressed independently

Practice dressing, help them start off and then let them complete the rest, gradually letting them do more by themselves. Don't forget to practise putting on shoes and socks. Get children to put clothes on their dolls and teddy bears.

5. Make friends and pretend play

Role play with your child being at school, pretend you are the teacher. Join local parenting groups and playgroups. Have friends over for a dress up party. Develop the fun of playing. Join activities at the local library. Make puppets and do a puppet show. Read a story and act it out with toys.

6. Enjoy books together

When you read with your child you are building a lifetime love of books, sharing the fun of reading stories and connecting with your child.

Get your child involved by asking questions such as "What do you think will happen next?"

7. Get 10-12 hours sleep

Ensure good sleep routines by not having technology in the bedroom. Set up a relaxing, regular bedtime routine with one-on-one time before bed reading a story, or cuddling together, giving your child the connection and safety they need to relax and sleep.

8. Try drawing, painting and crafts together

Make sure your child gets lots of practise using scissors, pencils, crayons and paint so they will feel more confident using them at school. Try drawing simple shapes like lines and circles and get your child to copy you. You can even try drawing in sand or with pavement chalk.

9. Eat a wide range of healthy foods

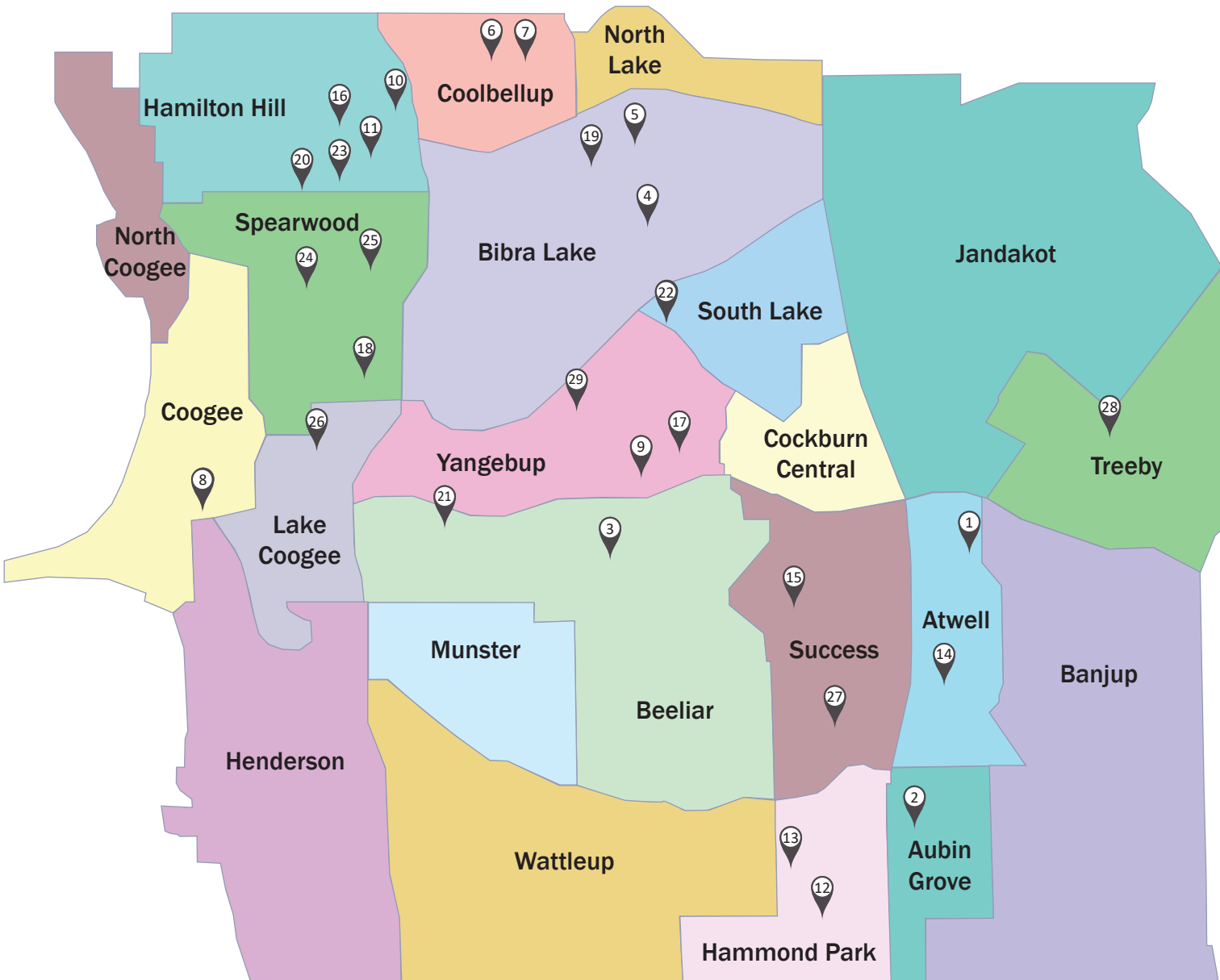
Involve your child in choosing and packing their own lunch. Practice eating from a lunchbox, try opening the lid and getting the food out independently. Bento boxes are great as you can include a wide variety of snacks for them to nibble on. Make sure you include lots of fruit and vegetables and start the day with a healthy breakfast.

10. Have fun at playgrounds and parks

Meet friends at a park or playground and enjoy the outdoors, have a picnic and take a nature walk. City of Cockburn and Yangebup Family Centre run lots of outdoor nature play events. Outdoor play promotes social skills, positive mental health and supports school readiness.



Educational Facilities Available in Cockburn



Every child from Pre-Primary to Year 12 is guaranteed a place at their local public school.

To see which school catchment area your address falls in, enter your address at:

www.det.wa.edu.au/schoolsonline/home.do

Cockburn Primary Schools - (Visit www.cockburn.wa.gov.au for full contact details)

1	Atwell Primary School	16	Kerry Street Community School
2	Aubin Grove Primary School	17	Mater Christi Catholic Primary School
3	Beeliar Primary School	18	Newton Primary School
4	Bibra Lake Primary School	19	Perth Waldorf School
5	Blue Gum Montessori School	20	Phoenix Primary School
6	Coolbellup Community School	21	South Coogee Primary School
7	Coolbellup Learning Centre	22	South Lake Primary School
8	Coogee Primary School	23	Southwell Primary School
9	Divine Mercy College Inc	24	Spearwood Alternative School
10	East Hamilton Hill Primary School	25	Spearwood Primary School
11	Fremantle Christian College	26	St Jerome's Primary School
12	Hammond Park Catholic Primary School	27	Success Primary School
13	Hammond Park Primary School	28	Treeby Primary School
14	Harmony Primary School	29	Yangebup Primary School
15	Jandakot Primary School		

● Indicates Government School

Services Available

Cockburn Parenting Services	t: 08 9411 3855 e: cockburn.wa.gov.au/parenting	Parenting support, information and courses for families with children pre-birth to 18 years.
City of Cockburn Children's Development Officer	t: 08 9411 3444 w: cockburn.wa.gov.au/childrenservices	Provide information about local services for families with children pre-birth to 12 years.
Ngala Parenting Line (8am - 8pm / 7 days)	t: 08 9368 9368 (metro) w: ngala.com.au	Discuss any parenting concerns from 0 to 18 years.
Playgroup WA	t: 08 9228 8088 w: playgroupwa.com.au	Community playgroups, play ideas and resources.
Raising Children Network	w: raisingchildren.net.au	Information about parenting, raising children and families.
Starting Blocks	w: startingblocks.gov.au	Supports parents with the first step into early education, finding local childcare services, child development milestones and general information and tips for parents.
Wanslea Early Childhood Services (ECEI Team)	t: 1300 969 645 w: wanslea.asn.au	Wanslea is the National Disability Insurance Agency (NDIA) partner that delivers Early Childhood Early Intervention supports for children aged 0-6.

My Journey to School



My Journey to School was designed by CCK in collaboration with our partners below.

