



Preparing for the first day at St. Multose National School...

- Talk to your child casually and positively about school during the summer – as a happy place where he/she will make friends.
- Make sure your child has their uniform and schoolbag ready for the first day.
- Make sure all personal belongings (e.g. school bag, jumper, cardigan, lunch boxes etc) are labelled with your child's name. Please ensure your child can:
 - Remain contentedly for a few hours in the home of a relative, friend or neighbour. If your child has had this experience, then separation from you when starting school will not cause great anxiety
 - Button and unbutton, zip and unzip their own coat and hang it up properly
 - Open/Close their mála scoile (school bag), bosca lón (lunch box) and drink bottle independently
 - Open yoghurts, cheese strings etc
 - Peel oranges, bananas etc
 - Eat lunch over their lunchbox and keep it tidy
 - Go to the toilet independently, including flushing
 - Hand wash with soap
 - Dry hands with their own towel and put it into their washbag
 - Use a hand sanitiser
 - Sneeze/cough into their elbows
 - Use tissue to blow nose and dispose of tissue
 - Keep pencil case organised and put away when required
 - Share toys and games and take turns
 - Tidy up and put away playthings when asked to do so

School Uniform

- On top, the children wear a blue polo shirt and a navy sweatshirt with the school's crest. This can be ordered from the school office.
- On bottom, the children wear navy tracksuit bottoms, a navy pinafore dress, a navy skirt, or navy trousers.
- Black or navy runners or shoes.
- Please make sure that you clearly label **ALL** items of clothing.

Induction to Primary School

This initial day is for new families to meet the teachers and see their child's classroom. It will also be an opportunity for you to meet other new families in the school.

The Big Day

When you arrive at the classroom door, be as casual as you can. Your child will meet the teacher. He/she will be shown to a table and chair and given an activity to do. Assure your child that you will be back shortly, say goodbye and leave without delay. Equally please collect your child on time at the end of the day. Children become upset if they feel they have been forgotten. The snack and breaks are important times for school-going children. In our school day we have two breaks. As a Health Promoting School, we ask you to encourage a healthy lunch from the start. We suggest a sandwich/roll with meat, salad or cheese and a drink. We encourage you to send in a small apple, pear, banana, mandarin or some grapes or raisins.

We are really looking forward to working closely with you throughout your child's primary school years.

