



**Throsby
School**

Welcome to the first week of school!

Wednesday 31st January – Friday 2 February 2024

Welcome to Throsby School

We can't wait to welcome you! The first day for year 1 - year 6 is Wednesday 31 January 2024. School starts at 9.00am and finishes at 3.00pm. On arrival please enter through the gate next to the Bettong Avenue carpark. There you will be welcomed by staff. Please come and settle your child into school. Pick up will be on the grassed area in the playground.

The essential things for school:

- A full drink bottle of water
- A waste free lunch box for fresh fruit/vegetable break, healthy snacks & a healthy lunch for breaks
- A SunSmart hat
- Please ensure all your child's belongings are clearly labelled.

Some tips for a new school year!

Establish a positive routine

Every family is different but a routine is vital.

- Breakfast and getting to school on time are important
- Sharing the day's experience over the evening meal
- Downtime, screen-free time, sport and exercise and bedtime.

Help children organise themselves

Being in the right place, at the right time, with the right books or gear, can be quite a challenge during the first few weeks. All children are capable in age-appropriate ways of beginning to learn how to manage their own school needs. Assisting in packing of the school bag the night before and helping to make their own lunch are all within the capacity of quite young children.

Nutrition and Sleep

Children need a nutritious breakfast and lots of healthy food for break times. Brain work uses a lot of energy. Regular routines for sleep uninterrupted by digital devices is critical.

Practice the trip to school

If you are changing routines and/or children are going to school and home independently this is a great idea.