



**Throsby
School**

Welcome to the first week of school!

Tuesday 30 January – Friday 2 February 2024

Welcome to Throsby School

We can't wait to welcome you! Preschool 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 preschool. Pick up will be within the preschool playground.

The essential things for school:

- A full drink bottle of water
- A waste free lunch box for fruit/vegetable break, a snack & fruit/vegetable and healthy lunch for breaks
- A complete set of spare clothes to accommodate changes in weather and accidents of any kind.
- A SunSmart hat
- A towel in a pillowcase and a labelled snuggle toy for rest time
- Sunscreen and hand sanitiser are provided. If your child has an allergy to certain brands, please talk to the teacher and provide your own sunscreen or hand sanitiser, please bring this labelled

Please ensure all your child's belongings are clearly labelled.

Some tips for preparing your child for their first day:

- Talk about the goodbye routine and practise it before the day, including who will be there to pick them up at the end of the day.
- Involve your child in selecting items for their lunchbox and packing it the evening before school.
- Practise opening and closing their lunch box and drink bottles if they are tricky.
- Involve your child in labelling and packing items such as their towel so they know have familiarity with which items are theirs.
- Acknowledge to your child that it's natural to be nervous about new things, even for grownups.
- Remind your child that they will be safe at preschool and their teachers are so excited to see them!
- Once you know your child is safely with a staff member, make your goodbye loving, quick and confident. Ensure your child knows you are saying goodbye.

These resources available on the ACT Education Directorate's website may help families with preparations:

https://www.education.act.gov.au/public-school-life/starting_school.