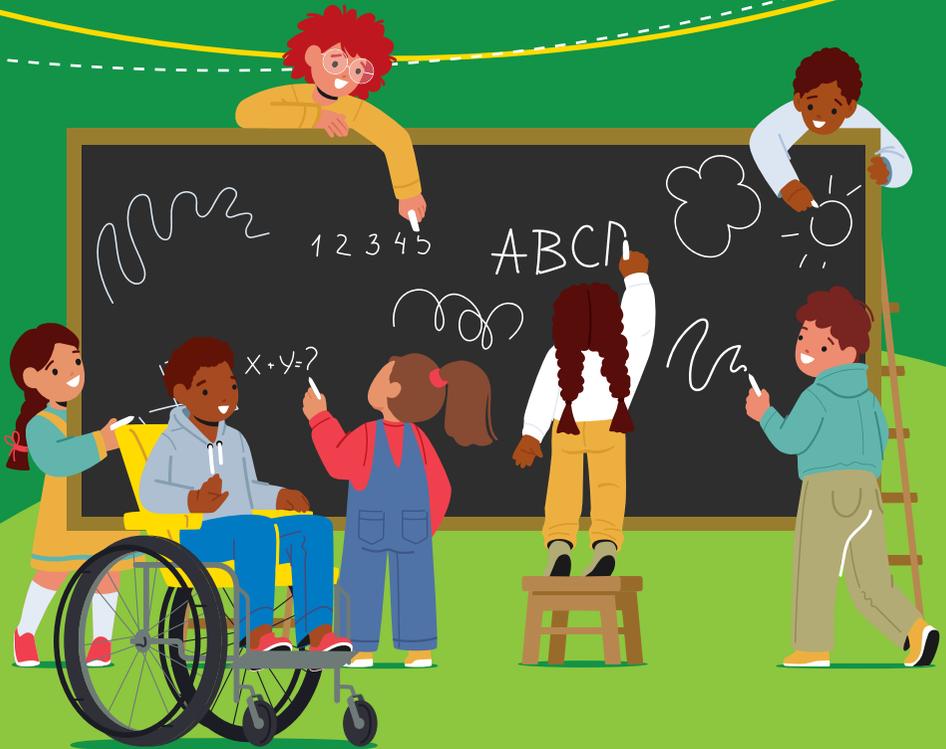


My Journey to School



“Be School Ready” information for Rockingham parents and carers of children aged one year to school entry.



My Name is:

The City of Rockingham acknowledges the Traditional Owners and Custodians of this land, the Binjareb and Whadjuk Nyoongar peoples and their continuing connection to the land, waters and community. We pay our respects to all members of Aboriginal communities and their cultures; and to Elders past and present.

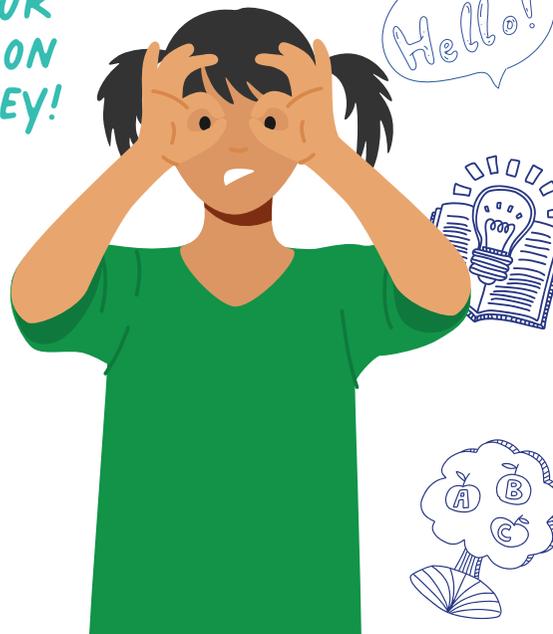
Your child's journey to school in Rockingham

Starting school is a big milestone for children and their families. 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 your children begins well before their first day of school.

The Rockingham Early Years Group hopes to empower every family with knowledge, confidence, and connections to their community that will ensure a successful journey into school.

WE WISH YOU AND YOUR CHILD EVERY SUCCESS ON THIS EXCITING JOURNEY!



Your child's first years

(from birth to 3 years)

Immunisations

Keeping your child's immunisations up to date, will help to protect them from the most serious childhood infections.

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



Reading to your baby

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

To enhance your child's reading journey, attend a library program at one of the four City of Rockingham Libraries:

- Rockingham Library
- Warnbro Community Library
- Safety Bay Library
- Mary Davies Library and Community Centre

For more information visit rockingham.wa.gov.au.

The importance of play

Children's play is important work. It is the natural way little people 'wire up their brains' and learn.

An easy way to encourage your child to play is to join a local Playgroup. Playgroup provides an opportunity for your child to play in group settings, interact with other children, and learn about sharing.

To visit local playgroups or for some fun play ideas visit playgroupwa.com.au.



Culture

Acknowledging and celebrating cultural diversity is important in the early years of childhood.

It can inspire children to not only accept differences but to respect and celebrate them.



Teaching your child about their culture is just as important as teaching your child about other cultures.

For example, is looking someone in the eye acceptable in your culture?

What about other cultures?

What can your child expect to experience when they are at school?

Visit your local Child Health Nurse for the 2 year old check. Ensuring your child's hearing and sight are checked. For more information about what to expect at the 2 year old check, visit

cahs.health.wa.gov.au/Child-Health.

Your child's health



The year before school

Parenting workshops

Workshops for parents on transition to school, separation anxiety, toileting, encouraging child independence, nutrition and more are offered at your local Child and Parent Centres (CPC) and the City of Rockingham. Both in person and online.

Visit rockingham.wa.gov.au or contact CPC East Waikiki on **(08) 9367 0967** for more information.



Enrolment days

Enrolments for Kindergarten start at the beginning of the school year and are completed by July each year.

Visit your local school to collect your enrolment pack when it is time to enrol your child for Kindergarten.

Water safety

Being around water is part of life in Rockingham whether it be at the beach or backyard pools.

As babies can drown in just 5cm of water, it is important to never leave young children unattended near water.

Safely introducing your baby to water at an early age will help them become more comfortable around water.

For more information on the infant swim program at the Rockingham Aqua Jetty visit rockingham.wa.gov.au.



Your child's journey

(age 3 years)

Kindergarten open days are a wonderful opportunity to visit the class room, meet your child's teacher, school principal, and receive information on school uniforms and attendance days for Term 1.

**Open days
and transition
programs**

In Terms 3 and 4 some schools offer a transition to school program for parents and children. Programs can vary from school to school. Ask about this program when you are enrolling your child.

Contact CPC East Waikiki for information on Transition to school programs on **(08) 9367 0967**.

Cultural awareness

Does your child know the foundations of your cultural language?

For example;

From the Noongar Boodja language:

Moort Family **Yongka** Kangaroo

Maambart Father **Manjar** Meeting place

Ngaangk Mother **Djilyara** Bee

Birdiya Elder **Yoks** Woman sitting

Koorlanka Children sitting **Kedala** Day

Balka Grass tree **Kedalak** Night

When to enrol?

When and how to enrol your child in school?

In Western Australia, parents and carers can choose to enrol their children in Kindergarten. Compulsory schooling starts the following year in Pre-Primary at the age of 5.

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

The Department of Education has a variety of brochures available on their website such as 'Hello Kindergarten', 'Hello Pre-Primary' and 'Say Hello to School'. These brochures provide information for parents on what to expect when your child starts Kindergarten or Pre-Primary. Scan the QR code for more information.

education.wa.edu.au/resources-for-families



When your child starts school, use the table below as a guide.

A school age calculator is available on the Department of Education website: [education.wa.edu.au/enrolling-in-school](https://www.education.wa.edu.au/enrolling-in-school).

Childs Date of Birth	Year Child Will Start Kindy	Year Child Must Start Pre Primary
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
1 July 2023 – 30 June 2024	2028	2029
1 July 2024 – 30 June 2025	2029	2030
1 July 2025 – 30 June 2026	2030	2031

How to enrol?

DON'T FORGET TO:

Pick up your enrolment pack from your local school. Once completed, 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 not older than 2 months. You can obtain a copy through MyGov or the Australian Immunisations Register General Enquires Line on **1800 653 809**.
- ✓ Proof of your current address, such as a recent bill or a bank statement.
- ✓ Any Family Court Documents for proof of name or custody arrangements, where relevant.
- ✓ A transition to school statement from your child's care facility (if attended).



Completing your enrolment

When completing your enrolment forms, please ensure that you share any information regarding English as a second language or dialect with the school as this will support the development of both languages.

If you need assistance with completing your child's enrolment form, please contact your local school as they are always happy to help.

Did you know that being away from school for one day each fortnight equals missing one and a half years of school? Once enrolled in Pre-Primary, attendance is compulsory and children must attend every day.

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



Common questions you may have before your child starts school.

1. Why is attending Kindergarten important?

Kindergarten is the first learning experience your child has of school, of the wonder and excitement of learning, discovery and exploration. While Kindergarten 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.

2. Is my child ready for Kindergarten?

Parents, teachers and education assistants work in partnership to settle your child into school. We know it's a big step for child to first attend school, and your local school will do everything they can to support you and your child to ensure a successful start to school. Some schools and local family centres run, 'Getting ready for Kindergarten sessions' that you can join. Contact your local school for more information.



3. What if my child needs help using the toilet while at Kindergarten?

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.

4. What do I 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 education.wa.edu.au/healthy-living



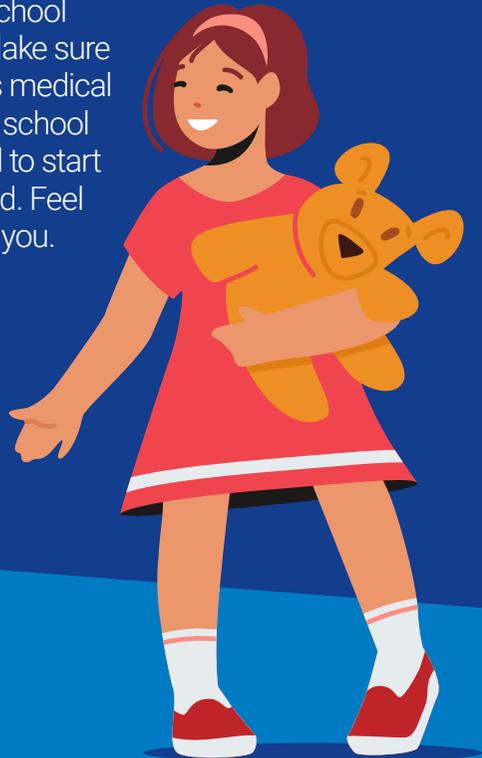
Common questions you may have before your child starts school.

5. 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.

6. Diagnosis or waiting for diagnosis?

Meet with the school as soon as possible to discuss your child's needs and how the school can support your child in Kindergarten. Make sure you bring all relevant documents, such as medical reports to the meeting. This will allow the school to have a record of your child's needs and to start developing strategies that may be required. Feel free to bring a support person along with you.

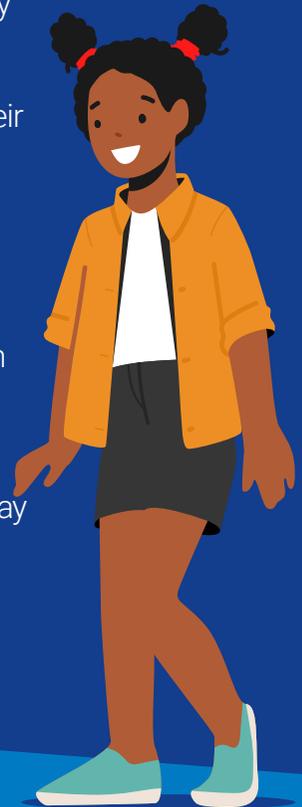


7. Separation Anxiety?

The earlier you ease your child into school the easier they will find full-time school. Children will 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.

8. I'm a bit worried about my child's speech and language skills. Who can I ask for advice?

Speak to your child's teacher, child health nurse or health care provider. You are able to access Speech Therapy services through the public system by attending your local Child Development Service or finding a private Speech Therapy service. The Chronic Disease Management Medicare Rebate may be able to help with private service costs.



Scan the QR code to refer your child to a free speech service



Top tips

1. Practice toileting skills

Be calm and relaxed and encourage your child's attempts at toileting. Expect mistakes and setbacks. Use picture books to talk about toileting, these books can be found at City of Rockingham Libraries.

2. 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.



3. 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.

4. 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. Make sure you include lots of fruit and vegetables and start the day with a healthy breakfast.

5. Get 10-12 hours of 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, giving your child the connection and safety they need to relax and sleep.

Top tips

6. Try drawing, painting and crafts together

Make sure your child gets lots of practice 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. Do this on paper, in sand or with pavement chalk.

7. 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 practice putting on shoes and socks. To assist with skill development, get your child to put clothes on their dolls and teddy bears.

8. 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. Read a story and act it out with toys.

9. 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. To find out what's happening at City of Rockingham libraries visit rockingham.wa.gov.au.

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. Outdoor play promotes social skills and a positive mental health.

11. Skill Practice

The City of Rockingham libraries offer lots of free programs that give children the opportunity to practice skills they will need for school. Not only do the libraries have books, DVDs, puzzles and reading activities but they have lots of hands on STEAM and craft programs too!



Educational facilities available in Rockingham

Rockingham Government Primary Schools

1	Baldivis Primary School	17	Port Kennedy Primary School
2	Baldivis Gardens Primary School	18	Rivergums Primary School
3	Bungaree Primary School	19	Rockingham Beach Primary School
4	Charthouse Primary School	20	Rockingham John Calvin School
5	Comet Bay Primary School	21	Rockingham Lakes Primary School
6	Cooloongup Primary School	22	Rockingham Montessori School
7	East Waikiki Primary School	23	Safety Bay Primary School
8	Endeavour Primary School	24	Secret Harbour Primary School
9	Golden Bay Primary School	25	Settlers Primary School
10	Hillman Primary School	26	Sheoak Primary School
11	Koorana Primary School	27	Singleton Primary School
12	Living Waters Lutheran College	28	South Coast Baptist College
13	Makybe Rise Primary School	29	Star of the Sea Catholic Primary School
14	Mother Teresa Catholic College	30	Tuart Rise Primary School
16	Pine View Primary School	31	Waikiki Primary School
32	Warnbro Primary School	33	Rockingham Montessori Primary School

Rockingham Education Support Schools

8	Endeavour Education Support School	34	Malibu School
11	Koorana Education Support School	19	Rockingham Beach Education Support
15	Peel Language Development School		

Rockingham Schools



The importance of early literacy

Paint Rockingham REaD is part of a national early literacy campaign that encourages the whole community to read, talk, rhyme and sing with children from birth so they will be ready to learn at school.

Our brains do most of their critical development in the first three years of life. Reading with children not only helps them learn to read and write, it also boosts their social skills, brain development, and understanding of the world around them.

Keep an eye out around Rockingham for Widi, the Paint Rockingham REaD penguin, and her red book swap boxes in local schools and businesses. Use these swap boxes to discover new stories and share your child's preloved books with the whole community.



Use these comprehension questions to develop your child's early literacy.

Level 1: Identification Questions

- Point to the... (e.g. car)
- What is this?
- Who is this?
- What did you see?
- What did you hear?

Level 2: Analysis Questions

- What shape/colour/size is this?
- How are these different?
- Who/what/where?
- What do you do with this?
- What is happening?

Level 3: Context Questions

- What will happen next?
- What would you say?
- What is a... (e.g. Dog, a house?)
- How are these the same?
- Find/tell me something that...
(e.g. can run but is not a horse)
- Tell me how you...
(e.g. Play a game)

Level 4: Problem Solving Questions

- What will happen if...?
- Where will...?
- Why will/would...?
- What could you/he/she do?
- Why...?
- Why did that happen?

Play is a child's 'work'. It promotes learning, language, social interaction and emotional development. Play is one of the most important ways that your child learns about the world and children learn best when they are actively involved in activities.

How can I support my child with developmental delays or disabilities?

If you have any concerns about your child's developments, help is readily available. This could be from Child Development Service (CDS), other mainstream services or the National Disability Insurance Scheme (NDIS).

Early intervention provides support to children with disability or developmental delay. Your child doesn't need a diagnosis to get help from the NDIS Early Childhood Approach (ECA) Program.

If you have a child younger than 7, and are concerned about their development, talking to a professional who knows your child best, is a good place to start. This could be your child's health care professional, early childhood educator or child health nurse.

Concerns about your child's development may include how they:

- Play and move around
- Socialise with other children
- Do things to take care of themselves
- Communicate what they want.

When compared with other children their age and if your child's health or education professional agrees there are developmental concerns, please contact Wanslea. Wanslea are early childhood partners with the NDIS in WA and they will be happy to help connect you to the right supports.

You can contact Wanslea Early Childhood Approach team on:

Tel: 1300 969 645

Email: ndis@wanslea.org.au

Website: wanslea.org.au

For more information on support services in the Rockingham community, scan the QR code or visit the City of Rockingham website.

rockingham.wa.gov.au





Children with additional needs deserve the opportunity to engage in positive early childhood education and care experiences alongside their peers.

In partnership with the WA Inclusion Agency, Wanslea is able to offer resources and funding to ensure that early childhood education and care services are equipped to provide quality care to all children.

Scan the QR code below to find out more.

Scan the QR code to find out more about Wanslea early childhood education and care services



