

# ESSENTIAL INFORMATION

## **HELPFUL CHECKLIST FOR YOUR SCHOOL-GOING CHILD**

### Can your child:

- Recognise their own name?
- share and take turns?
- work with others without being distracted?
- hold a book and turn the pages by him/herself?
- remember simple instructions?
- retell a simple story?
- complete a simple jigsaw?
- recognise his/her own belongings?
- be confident enough to go to the toilet alone?
- eat lunch unaided?
- put on his/her coat and button it up?

### Things you can do

- Talk to your child, listen to them and answer questions.
- Encourage colouring and scribbling on bits of paper and colouring books.
- Discuss books and pictures to increase your child's vocabulary.
- Read stories regularly.
- Try to limit television/computer games to just a part of your child's free time.

You can see why the parent is the first and most important teacher. The most precious thing you can give your child is your time. Be careful not to go too fast, a parent's approach should be kept light and casual. Remember, "mol an óige agus tiocfaidh sí".

### FIRST DAY

Parents can find that they have mixed emotions as the great day approaches. It can be helpful to share your feelings with friends who have had similar experiences.

### The following tips may help

- Prepare as much as possible the night before. Leave out the uniform, find the shoes and pack the lunch.
- Keep the atmosphere at home calm and positive.
- Accompany your child to school, arrive in good time but not too early -this can make your child more anxious as you wait.
- If your child has been prepared for school they will usually fall in with it without difficulty. The reception class teacher is skilled at identifying the reluctant or fearful child and will handle any difficulties. Remember this is a common situation for them and allow their expertise and experience to guide you.
- Let your child observe your confidence in the teacher, they will take their cue from you.
- Take leave of your child as quickly as possible. Resist the temptation to stay. Remind them of collection arrangements. If you are concerned you can check later with a phone call. Inevitably, the child will settle in as soon as the parents have left the classroom!
- Make sure the collection arrangements are strictly adhered to.

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### **Punctuality**

- Please ensure your child is in school on time and prompt collection at 2pm to minimise unnecessary anxiety for your child

### **SCHOOL LIFE**

- Money; Should you be paying for school tours or other contributions please put all monies in an envelope with child's name, class and purpose of payment. If you do not receive a receipt please check with the office.
- Booklist are available on the school website. All school supplies will be available online at and High Street Books, Wilton.
- When buying a schoolbag, ensure it is large enough to hold lunch, books and pencil cases. Remember some of the workbooks are quite large.
- Please label all your child's belongings especially jumpers, coats, hats, bags and tracksuits.
- Please write your child's name clearly on the cover of your child's books, (in lower case letters i.e. not capitals and not on the inside). Small children can't read joined writing!
- Notes; please check your child's folders/ schoolbag each day for notes and homework.

### **Homework**

**All homework will be found in a plastic zipped folder in your child's schoolbag**

While it is important that you help your child with homework, NEVER DO IT FOR THEM.

- In Junior Infants homework is estimated to take about 15 minutes.
- All homework will be found in a plastic zipped folder in your child's school bag.
- Homework consists of: 1) learning the letter sounds, 2) some written/pictorial work, 3) shared reading, 4) words in a word box and/or class reader.

- Homework may involve finding items e.g. photographs, pictures from a magazine. Please help your child find them.
- When complete, homework should be signed by parent/guardian.
- (See School Homework Policy) for further details.

### **Birthday Party Invitations**

It is school policy that birthday party invitations are not given out in school to avoid any child being excluded. However, in Junior and Senior Infants the teacher will give out the invitations on your behalf provided every child in the class is included i.e. All the girls if it's a girl's party and all the boys if it's a boy's party or the whole class if you so wish!

### **Food**

Children need a good breakfast to start each day and plenty of time to eat it. Hunger can make children sleepy. This makes it hard for them to enjoy school.

Goggins Hill School is part of the Health Promoting Schools Programme and as such healthy lunches are expected.

- Sandwiches and fruit are suitable.
- Please remember to peel oranges. Please avoid yoghurt and yoghurt-type drinks until 1<sup>st</sup> class.
- "Fizzy" drinks are not allowed. Water and Milk only
- Please limit "sweets, biscuits" etc. to Friday (Treat Day). Only one treat on Friday. Make sure it's a small treat appropriate for a child. Fruit juices and milk or water are encouraged. A fridge is available in school for children's drinks.
- No glass bottles or cans are allowed.
- (See Healthy Eating Policy) for more information.
- Please ensure that children can open their own lunchbox and drink containers. This may take some practice! Please write names on lunch boxes and drink containers.

### **Uniforms**

The school uniform is to be worn every day except P.E. day in which case tracksuit is worn. The uniform is as follows;

<u>Girls</u>	<u>Boys</u>
Navy pinafore/Grey Pants	Grey trousers
Navy cardigan	Navy jumper
Sky-blue blouse/shirt	Sky-blue shirt
Navy socks/tights	Navy socks
Dark shoes <u>not</u> runners, Velcro closing only (No laces allowed until 1 <sup>st</sup> class).	Dark shoes <u>not</u> runners, Velcro closing only (No laces allowed until 1 <sup>st</sup> class).

The entire uniform is available from "Laura's", Dosco Industrial Estate, Douglas Road and in

### **shoes with Velcro fastenings (instead of laces) for children coming into Junior Infants.**

Tracksuits can be ordered through the school supplier. Runners can be worn with tracksuits. You will be notified when your child is required to wear his/her tracksuit.

### **General School Rules**

- Children should at all times show respect to each other, to their parents, to all members of the school staff and to all visitors to our school.
- All absenteeism from school must be documented and a note of explanation is required when a child is absent, including dates missed reason for absence, signed and dated by parent. This is to comply with N.E.W.B guidelines. Absences of twenty days or more must be reported to N.E.W.B. by the school. A letter will also be sent home.
- No child will be allowed home early from school, unless collected by a parent or person with written authorisation from parents. In cases where children must leave early, they should be signed out of school in the office before leaving class.
- Pupils on the yard are expected to obey the staff on duty at all times and to line up quietly at the end of the break.
- Bad language, rough play, fighting, hitting, kicking, pushing, spitting, name-calling, mocking and any attempt to bully, aggravate or antagonise individual children or groups of children is forbidden. If children are being bullied, parents and teacher must be told so that the matter can be dealt with effectively.
- Children using the school buses are expected to adhere to the school rules and Bus Eireann Safety Rules.
- Mobile Phones are not allowed in the school.
- Homework assigned by the class teacher must be completed by pupil and signed by a parent or guardian.

Starting school is a big change for children. They are used to being at home with their brothers and sisters. Soon they will have to spend the day with many other children. The first year is all about settling in and making friends. There are a lot of things you can do to make this a happy experience for them.

### **Coming to school**

School begins at 9.20, so please be on time. It would help if you got everything ready the night before, as small children don't like to be rushed. The school day is long and tiring for them and they would need to be asleep before 8 o'clock each night.

For the first two weeks in September Junior Infants will finish school at 12.30. After that, school will finish at 2.00pm for Junior and Senior Infants, 3pm for all other classes. Please make sure that your child is collected on time. Children get anxious quickly if kept waiting.

### **Dropping off and Collecting**

Junior Infants can be dropped to the door of the classroom for the first week of September. After that they can line up in the school yard (on wet mornings they are supervised in the school hall. Parents/minders can collect children from the classroom at home-time which is 2p.m.

If someone other than a child's own parent is collecting it is imperative that this be made know to the class teacher in writing at the beginning of the year. Should any change in collection procedure occur during the year please notify the teacher immediately, in writing if at all possible.

If you need to collect your child before the normal school finishing time (e.g. an appointment), please notify the teacher in advance stating who will be collecting your child. It is school policy for parents/ minders to sign out your child when he/she is collected early. This can be done in the office. All of the above procedures are to ensure your child's safety.

### **Hygiene**

Your child will now be one of a large number in the class. Therefore, it is important that a good standard of hygiene is maintained.

- Proper toilet courtesy, i.e. closing the door, adjusting clothes, flush after use and hand-washing are important skills.
- Parents are asked to check hair regularly **for headlice** with a fine comb. Long hair should be tied back at all times!
- A plastic paint shirt with long sleeves is on the booklist and is important in protecting uniform from big messes! (Please write your child's name on it)
- A clean tidy uniform encourages self esteem.

### **Activities within the School**

Hurling, Camogie, Football, Soccer, Speech and Drama, Gymnastics, Irish Dancing, Modern dance and Swimming (6<sup>th</sup> class) are taught during the school day by people with particular expertise in these areas.

### **Health Promoting School**

Goggins Hill National School is part of the HSE "Health Promoting Schools" initiative which aims to highlight and promote healthy living/lifestyle. This involves projects, competitions and policy formation.

### **Competitions**

Children from Goggins Hill N.S. participate in interschool competitions such as: Scór na Bpáistí, Sciath na Scol (hurling, football, camogie and ladies football) Mini 7's for boys and girls, Credit Union Quiz, Cork City Sports, Cór Fhéile na Scol, Soccer (boys and girls) and various other Chess, Art and Writing competitions.

### **Student Council**

The Student Council consists of 8 pupils; 2 representatives from 3<sup>rd</sup> – 6<sup>th</sup> classes.

The student's council organise in school activities including lunch-time clubs such as a chess club, craft club, gardening club and book club. They also help run fun once off events such as "colours days" and school sports day.

### **Green Schools Programme**

The Green Schools committee consists of 9 pupils with representatives from 3<sup>rd</sup> – 6<sup>th</sup> class. They aim to promote environmental education by carrying out campaigns to meet the standards of the programme. We hope to secure our first green school flag in the very near future.

### **Garden Committee**

We have an active garden committee who are working with the garden club in developing a new school garden. The plans are available to view on the school website.

Parents Association

We have a large active Parents Association who meets once every 6 weeks. They are involved in policy formation, organise fun events for children and fundraise for better facilities for the children.

### **Choir**

To date the children have been involved in the school choir for various events including Carol Singing, competing in the Cór Fhéile etc. They are regularly invited to participate at official events.

### **Extra-Curricular Activities (After School Activities)**

Private Speech and Drama, and Music lessons are available after school.