

Kindergarten Parent Handbook



Last reviewed : November 2025

CONTACT DETAILS

Safety Bay Primary School
2 Waimea Road
Safety Bay WA 6169

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Principal - Mrs Jodie Schicker
Deputy Principal - Mrs Susan McCulloch
Deputy Principal - Miss Susan Ashworth
Learning Support Coordinator (LSC) - Mr Jarrad McCaskie
Student Support EA - Mrs Victoria Henegan
Manager Corporate Services - Ms Diana Tindale
School Officer - Mrs Kim Elliment
School Officer - Ms Ash Jessop

USEFUL TELEPHONE NUMBERS

Canteen	08 9591 6818
Dental Therapy Centre	08 9527 6767
Education School Security	1800 177 777

OFFICE HOURS

Monday - Friday: 7:30am - 3:30pm





PREPARING YOUR CHILD FOR KINDERGARTEN

As parents/carers you are the most important people in your children's lives. You are their first teachers and are responsible for laying the foundations that give them the best start to school.

STARTING KINDERGARTEN

Kindergarten is an exciting place. It is the first experience your child has of school. The teacher will encourage your child to further develop their wonder and excitement of learning, exploring and imagining. Above all, the teacher wants to encourage in your child, a lifelong interest of learning.

PLAY IS CHILD'S WORK

Play is a powerful and natural way for your child to learn. Through play your child develops physically, socially, emotionally and cognitively.

SUPPORTING POSITIVE BEHAVIOUR AT SCHOOL

Starting Kindergarten is a time when children learn new processes and boundaries in a school context. During this time, they need positive support and reinforcement from the adults around them. Learning about working and playing safely at school, home and in the community takes some time for children. Rewarding positive choices with encouragement and praise is important and will assist your child to settle quickly into expected school behaviours and kindy routines. Open communication with staff and consistent language and expectations between school and home is encouraged.



TOP TEN TIPS FOR A GREAT START TO SCHOOL

Going to school for the first time is a big event for you and your child. There are lots of things you can do to help your child prepare for school. Here are some suggestions.

1. Talking about feelings

- Starting kindergarten is exciting but can also be overwhelming for some children. Shyness and anxiety in new situations are common and learning to be apart from parents can sometimes be difficult.
- Talk positively about going to school, making new friends and about some of the experiences your child will have, such as learning new songs, painting and playing outside.
- Encourage your child to talk about how they are feeling before, on and after the first few days.
- When you arrive at school, spend a short time with your child completing table-top activities and when it is time for you to leave, tell your child you are going and when you will be back. Always arrive for pick up on time.

2. Getting enough sleep

- Your child needs a good night's sleep for their brain to be ready to learn (about 10 to 12 hours).
- It helps to have 'wind down' time to help prepare for sleep. Set up a nice, relaxing bedtime routine, e.g. bath, a drink, cuddle, story, kiss and 'goodnight'.
- The half hour before bed is not a good time for tickles, TV or other excitement.



TOP TEN TIPS FOR A GREAT START TO SCHOOL

3. Book Sharing

- Read lots and lots of books! Have a special time each day to read stories together, sit comfortably so your child can see the book and see your facial expressions, and so you can see theirs.
- Show your child how to open a book, point to the title of the story, the letters, words and pictures so they will know what it means.
- Read nursery rhymes and old favourites again and again.
- Get your child involved in the story and ask open ended questions, for example, "What do you think will happen next?"

4. Learning to make new friends and pretend play

- At school, children learn to make friends, share and take turns.
- Create opportunities for your child to socialise with others outside the family.
- You could have other children over to play or join a playgroup. See www.playgroupwa.com.au for more details.
- Pretend play such as tea parties, going to the shops, and superheroes are a big part of school. Let your child use their imagination. For example, a shoe box can become a toy car or a doll's bed for example.

5. Playgrounds and parks

We are very fortunate that at Safety Bay Primary School we have a park that can provide lots of chances to enjoy the slides and other equipment. By doing physical activity like this:

- Your child's muscles will get stronger, and it prepares them for outdoor play at school. Make sure they are well supervised when playing.
- A part of the brain is used which can help children concentrate, so it is helpful to do some physical activity before a sit-down activity. For example, play at the park before sitting still to read a book.



TOP TEN TIPS FOR A GREAT START TO SCHOOL

6. Speaking and listening

Listening and understanding - this includes following instructions and being aware of what other people are saying. If your child is finding it tricky you can try:

- Waiting - give time for your child to answer or do the task.
- Repeating what was said or breaking it down into smaller parts.
- Using fewer words and explaining the meaning of new words.
- Give them a clue like, "You cut with the"?
- Giving a choice like: "Do we use a cup for eating or drinking?"

Expressing thoughts and ideas: - Commenting, negotiating, asking for things and greeting people are all important skills at school. If your child finds this tricky you can:

- Encourage your child to make comments, e.g. 'Dad is swimming!'
- If they make a mistake, say the word back to them correctly.
- Ask them to show you what they need if they can't say the words.
- Encourage them to 'use their words'.
- Give lots of praise for trying.



RESPECT



RESPONSIBILITY



RESILIENCE



RELATIONSHIPS

REFLECTION



TOP TEN TIPS FOR A GREAT START TO SCHOOL

7. Classroom crafts

Make sure your child has lots of chances to play with the things they will be using in school, like scissors, pencils and paint. This way your child should feel confident to use them at school.

Using scissors – in school, children will be encouraged to cut along a line so start practising holding scissors and snipping paper (with supervision). It is important to have good technique when cutting. The main points are:

- Thumb in top hole of scissors and thumb on top when holding paper.
- Turn the paper and move your hands when you turn the corner.



Pencil grasp – Holding a pencil or crayon properly means:

- Holding pencil near the end (using a sticker or dot to show where the fingers go).
- Using one or two fingers, NOT holding with a fist.

Drawing – at school children do lots of drawing. Some great ideas to practice are:

- Draw simple shapes like lines and circles – this is the first step before learning how to write their name. Try drawing in sand or with chalk.
- Show your child how to do it first and then they can copy you.
- Teach your child how to write their name in correct format, capital letter at the beginning of the name followed by lowercase letters.
- At Safety Bay Primary School in Kindy we use New South Wales Beginner font.



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TOP TEN TIPS FOR A GREAT START TO SCHOOL

8. Getting dressed

It is helpful for school children to be able to dress and undress themselves. You can help by:

- Helping your child to choose clothes that they can manage on their own.
- Practise getting dressed - you complete the first part of each piece of clothing and then let the child complete the rest, gradually letting the child do more until they can do it all by themselves.
- Practise with dress-up play or with dolls.
- Give your child shoes that they can manage themselves, this will promote independence.

9. Healthy eating

Healthy lunches and snacks help with concentration and learning. You can try:

- A practice picnic, checking your child can open containers and manage their food and encouraging your child to be involved, e.g. packing their own lunchbox.
- Include plenty of vegetables, fresh fruit, cheese, yoghurt, lean meat, wholemeal bread and a bottle of water. Remember to start the day with a healthy breakfast.

10. Going to the toilet

To help your child manage the toilet at school give them opportunities to undo, pull their clothes up and down, wipe their bottom, flush the toilet and wash their hands without your help.



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WHEN CAN CHILDREN START KINDERGARTEN?

Children can start Kindergarten if they turn four years of age on or before 30 June that year.

HOW OFTEN DO CHILDREN ATTEND KINDERGARTEN?

Children attend Kindergarten for 15 hours per week. At Safety Bay Primary School this is five full days per fortnight. We have three classes.

One Kindy group attends on Mondays, Tuesdays, 8:40am – 3:00pm and Wednesdays (odd weeks) 8:40am – 2:30pm. The other group attends Wednesdays (even weeks) 8:40am – 2:30pm, Thursdays and Fridays 8:40am – 3:00pm.

WHAT DOES MY CHILD WEAR?

We encourage all children to wear the Safety Bay Primary School uniform and school bucket hat throughout the year to build a sense of belonging. Uniforms can be purchased from Uniform Concepts' shop located in Port Kennedy. Head to our website for more information.

WHAT DOES MY CHILD BRING?

At Safety Bay Primary School we follow the Department of Education's healthy food and drink policy

- Crunch and Sip – fruit and vegetables only (morning snack) in a separate container
- Lunch – sandwiches, salad, wraps etc. Children may order lunch from the canteen online before school Monday – Friday
- Afternoon tea could include fruit, vegetable sticks, cheese, crackers and nutritious snacks
- Please bring a drink bottle with water everyday
- Stationery as per the student personal items list



WHAT HAPPENS AT KINDERGARTEN?

Safety Bay Kindergarten provides a safe, simulating and supportive environment where your child can grow socially, emotionally, physically and intellectually.

We aim to capture children's natural love of learning while developing literacy and numeracy skills essential for future learning.

Children learn through playing and being actively involved in experiences planned by the teachers. Children are encouraged to explore, discover, improvise, create, question, discuss and construct.

Learning is hands on and takes place through touching, seeing, hearing, exploring and experimenting. Some of the activities children may participate in include:

- Designing and creating
- Dressing up
- Dancing
- Doing puzzles
- Making collages
- Listening to and playing music
- Painting
- Drawing
- Cooking
- Reading books and storytelling
- Playing with clay, play dough, blocks, sand and water
- Learning about symbols such as letters, numbers and shapes





HOW CAN I HELP?

Volunteer as a parent helper.

Work in partnership with your child's teacher.

Encourage your child to behave in a positive way by following the Safety Bay school wide positive behaviours.

Ensure your child is dropped off and picked up on time.

Pay your voluntary contribution of \$50.00. This money is used for consumables such as paper, glue, paint and cooking ingredients.

Let your teacher know if there are any circumstances that may affect your child's time at Kindy. For example, custody or access issues, medical problems, allergies or special needs.

Read Compass notices for latest news and notify of absence.

WHAT OTHER SERVICES ARE AVAILABLE AT SBPS?

- Dental Clinic
- School Nurse
- School Educational Psychologist
- Drop off and pick up services through some local day care centres
- OSH Club Onsite Before and After School Care

BEFORE AND AFTER SCHOOL CARE

Safety Bay Primary School have an onsite before and after school care which is currently provided by OSHClub. They can be contacted on 0419 695 783 or email safetybay@oshclub.com.au



**Our mission at Safety Bay Primary School -
Everyone Achieves, Everyone Belongs and
Everyone Thrives.**

**The early childhood teachers look forward to
sharing with you this new phase in your child's life,
and we welcome all children and families to our
school community.**

**When your child starts school, it can be
quite overwhelming for you too.
It is important to try and relax and enjoy this time
with your child. If you feel calm and show you are
comfortable about your child
starting school, they will feel happier too.**

RESPECT RESPONSIBILITY RESILIENCE RELATIONSHIPS REFLECTION