



Parent / Carers Page



Looking for Parenting Events and Workshops?

Strengthening Families Resourcing Parents is an easy to use [website](#) with a wide range of parenting events and workshops across Sydney which are available for free or a small fee.



For these online courses [click this link](#)

[A-Z Parent Guide](#)

An A-Z of resources most important to parents and carers.

What does that mean? Jargon Busting School Talk

COLA - Covered Outdoor Learning Area

ES1 - Early Stage One ... Kindergarten

KLA's - Key Learning Areas (we called them subjects at school)

* English * Mathematics * Science and Technology

* HSIE (Human Society and its Environment) * Creative Arts

* PDHPE (Personal Development, Health & Physical Educ)

Mufti - Out of uniform day, kids can wear casual clothes

ICT - Information Communication Technology

SCHOOL/STAFF DEVELOPMENT DAYS -

Days when school staff are involved in professional development and children do not attend school.

A good night's sleep (at least 8 hours)
is essential for optimal brain functioning

All I Really Needed to Know about Big School I Learnt from other Parents

- ✓ a larger, healthy afternoon tea and a smaller dinner may be better for tired little tummies
- ✓ sign permission slips the day they come home and put straight back into the school bag
- ✓ put names on EVERYTHING – write them in several places on clothing, not just on the neck tags which can come off
- ✓ have a clip for all notes and newsletters on the fridge or a noticeboard so they can always be easily found
- ✓ a spare uniform from the school clothing pool is very handy, especially on art/craft days or wet, muddy days
- ✓ in summer half fill a drink bottle with water and freeze overnight, in the morning top up with water for a cool drink all day
- ✓ get uniforms and bags ready the night before to save the morning rush
- ✓ if arrangements for travelling home are not the same every day, put a card with a picture of how they will be travelling home that day in their lunch box
- ✓ get your child into the habit of checking their bag *before* they leave school each day and ensure they know where lost property is – once home, encourage them to unpack their own bag each day (squashed leftover food will smell bad by the weekend!)
- ✓ remember they will be at school for 13 years, not just these first weeks of Kindergarten, so relax and enjoy!



What is happening in your school community?



Your child's education is a **partnership between home and school**. Research clearly shows where there is a strong relationship between schools and parents, children become more confident and successful learners.

One way to learn more about your school community is through your schools parent organisations.

P&C - Parents & Citizens Association in Public Schools
You will find information in your school newsletter, on school website and at the following websites.

www.pandc.org.au



[Jasper Road Public School](#)

"Who did you play with today?"

As parents, we may sometimes worry about our children making and having friends. There are social skills that you can encourage so that your child is more confident to approach other children...

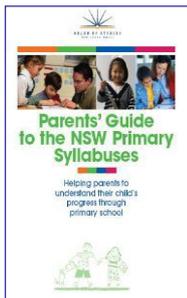
Does your child know how to introduce themselves into a game?
eg "That looks like fun - can I play too?";

Can they show interest in another person?
eg "What is your favourite book/game?";

Do they know how to end a game / conversation?
eg "I really enjoyed that game, thank you – maybe we can play again tomorrow."

It is important to remember that some children are naturally shy, whilst others are more outgoing; some children like to play in a big group and others prefer to play with just one or two friends. As they meet a wider circle of children at school, they may have a new 'best friend' every day and some days they may just like a bit of quiet time by themselves.

Parent / Carers Page



“What will my child be learning at school?”

A Parents' Guide developed by the NSW Education Standards Authority (NESA) to help you follow your child's early learning at school, understand what is happening in the classroom and how to help your child at home. It is available in English.

Helping parents/carers to understand your child's progress through primary school

Download at:

<https://educationstandards.nsw.edu.au/wps/wcm/connect/25cb2fe5-c5f4-4ce8-920c-6b4b108bb30a/parent-guide-to-the-primary-syllabuses.pdf?MOD=AJPERES&CVID=>

NESA develops all curriculums for all schools in NSW.

Education Resources

The **Department of Education (DoE)** has documents for teachers, *parents and caregivers*, translated into over 35 languages.

Arabic	Malaysian
Assyrian	Maltese
Bengali	Persian
Bosnian	Polish
Burmese	Portuguese
Chinese	Punjabi
- Traditional	Russian
Croatian	Samoan
Dari	Serbian
Dinka	Sinhalese
Dutch	Slovenian
Fijian	Somali
Filipino	Spanish
French	Tamil
German	Thai
Greek	Tongan
Hindi	Turkish
Indonesian	Urdu
Italian	Vietnamese
Japanese	
Karen	
Khmer	
Macedonian	

Go to

<https://education.nsw.gov.au/public-schools/going-to-a-public-school/translated-documents>

Are you worried about your child's development?

As a parent of a young child, you may have concerns about your child's development. The *Early Childhood Intervention Australia* has a [website](#) available that explains when your child may need more help, what early intervention is and who to talk to.

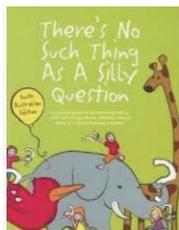


Learning From Home



<https://education.nsw.gov.au/teaching-and-learning/learning-from-home/learning-at-home>

There's No Such Thing



This resource is an extremely practical guide for families living with a child with chronic illness, disability, mental health illness or a life-threatening condition.

It was written for the ACT and Victoria, however much of the information and strategies are relevant and useful for parents of young children in NSW.

You can read this resource here:

<https://w6p3u3w8.stackpathcdn.com/wp-content/uploads/2015/12/No-silly-question.pdf>

Why don't they want to go to school... they were so excited about starting?

Starting school is exciting however, after the excitement and build up to the first day/week, some children can be reluctant to go to school.

There are many reasons, including they may:

- be jealous over a younger sibling who is still at home;
- be anxious over separating from a parent;
- have had something upset them at school/preschool;
- be worried about missing out on something at home;
- be tired – it has been a busy time!

In the chapter ***“High and lows of the first year”*** in her book ***“Starting School”***, Sue Berne writes that it is important to know that this is a ***“phase your child will pass through”*** and by listening carefully to your child and working with your child's teacher – together you will find a solution.

“Starting School” Sue Berne (2003)

Details of websites are provided for your convenience and general information and in no way constitutes endorsement of the content or opinions of those sites, or any associated organization, products or services by the NSW Departments of Education or Family and Community Services NSW. We accept no responsibility for the availability, correctness or currency of the content of these websites and do not warrant that material from these websites will be free from computer viruses, third party interception, modification, or other defects.