Helping your child get

"SCHOOL READY"

with Tooled Up Education

The Hall

STARTER PACK FOR **JUNIOR SCHOOL**

TOOLED UP®

BECAUSE EVIDENCE MATTERS

WELCOME PARENTS AND CARERS

Mr Carl Rycroft

Headmaster

Dear Parents, you will be familiar with the saying, 'it takes a village to raise a child'. We firmly believe this and, as a school, we are committed to working with our parents and carers in genuine partnership. We collaborate with the organisation, Tooled Up Education, to ensure you have access to the highest quality advice and resources, which can support you on your parenting journey. This digital platform contains important research insights and resources, as well as access to online talks and conferences that can help you feel empowered and better able to support your child optimally.

As your child moves into this exciting, new educational stage, we are thrilled to share some '**Tooled Up Tips**' with you that can help boost children's resilience and get them ready for the school start!

Five Fingers of Support: My Helping Hand

It's important for children to identify people in their support network who they feel happy asking for help, so that they know who to turn to if they are feeling down, need cheering up or are going through a crisis. This simple activity for young children nudges them to choose five allies who are always there to support them.

> Edward loved filling out his Five Fingers of Support resource ahead of starting prep and it even started a bigger conversation at home about all the people in our lives that love and care for us!
>
> **EDWARD'S MUM**

FAQS

Are there any books you'd recommend for helping my child feel prepared about starting school?

Yes, check out our **book list** for some great suggestions.

What are the most important things I can do to help my child feel school ready?

One of the most impactful things to do at home is regularly read to your child. **Watch our video** to find out more.

Did you know that a good night's sleep is one of the best investments in your child's mental health, wellbeing and learning?

Learn more about the value of sleep and what you can do to tackle common sleep problems in children of this age **here**.

Do you know which eating habit is most associated with improvements in learning?

It's breakfast! If you'd like to learn more, **read** our top tips from a paediatric dietitian.

To **set up a new account**, go to:

members.tooledupeducation.com/sign-up

Enter your first name, surname, email address and the school PIN to set up your account and join the Tooled Up Community!

SCHOOL PIN

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