



Swiss Gardens Primary School

Starting School Checklist

Please bring this checklist on your child's first day in September.

Tick off as you go ✓

Independence

- Can sustain attention on an activity for 5 minutes.
- Has a dominant hand.
- Can make marks with pens/pencils/crayons.
- Recognises own belongings.
- Recognises own name both spoken and written down.



Self Care

- Wipes their nose with a tissue independently.
- Learning to cough and sneeze into a tissue or elbow.
- Asks for help when they don't feel well..



Mealtimes

- Likes to eat a variety of food.
- Sits down for mealtimes and uses cutlery to feed themselves.
- Opens packaging, Tupperware and wrappers by themselves.



Sleep

- Has a regular bedtime routine.



Getting dressed and undressed

- Puts on and takes off uniform independently.
- Attempts zips independently.
- Puts shoes on.
- Puts own coat on.
- Understands some parts of the body are private.
- Has a go at changing by themselves after an accident.



Toileting

- Uses the toilet alone, wipes clean and flushes the toilet.
- Washes hands with soap and dries hands on their own after using the toilet.
- Tells an adult if they have had an accident.



Social Skills

- Enjoys interacting with other children and adults.
- Shares and take turns.
- Enjoys new experiences.
- Follows instructions and rules at home and at nursery/childminder.
- Happily finishes an activity they've been doing.
- Accepts changes to routine, e.g. if they get upset, they know how to ask for help.
- Expresses feelings using words such as angry, sad, happy, frustrated.
- Can make themselves understood by friends and adults.



Health

- Has no health concerns.
- Has no hearing or eyesight concerns.
- Brushes their own teeth.
- Enjoys being active.

