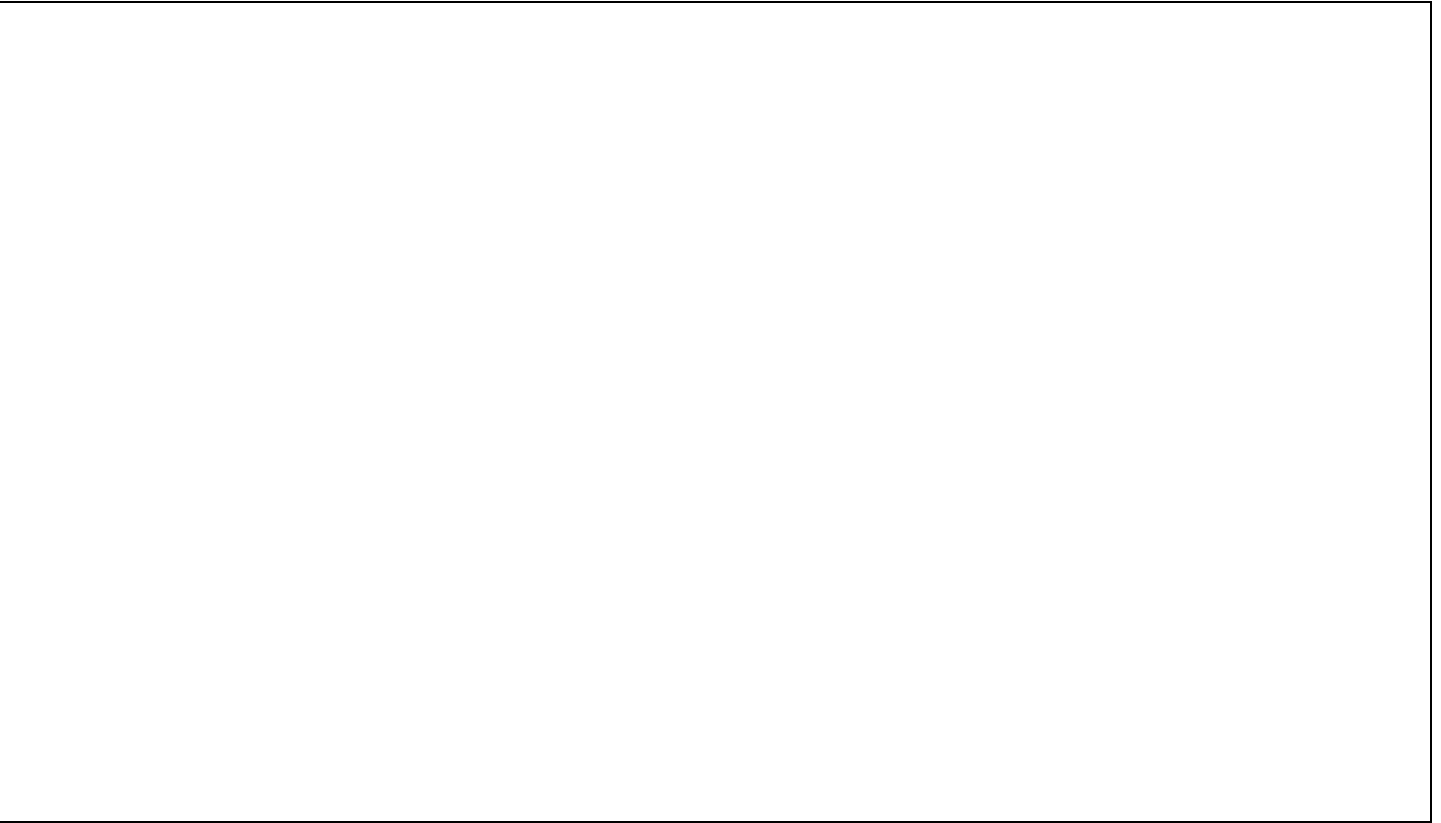


On my first day

A collection of message from kindergarten and year 1 students

Draw a picture or paste a photo of how you felt when you started big school.



On my first day is also available online. Visit the Children's website and share it with others.

<http://www.children.act.gov.au>

Message for children

Starting school is a milestone in everyone's life, and that's why it is important that we celebrate it!

On my first day is intended to be a conversation starter to help you talk about starting school with those you care about and who care about you.

On my first day was written for children by children. You may be young, but your experiences and ideas need to be heard and shared. Hopefully in years to come you too will pass on your wisdom to those younger than you.

On my first day is a collection of messages and drawings from kindergarten and year one children who wanted to share with you how they felt on their first day of school and what they thought was important for you to know. More than 1,100 children were involved in the design of *On my first day*.

You may feel both excited and worried about starting 'big school'. Hopefully, *On my first day* will help you feel that you are not alone and that we can always learn something from someone who has 'been there'.

Thank you to the children who have contributed drawings and messages to this book and to those of you who will share this book and share your stories with others.

Message for parents

This book contains messages about school from students in their first, or second year of full time school. Through reading the messages contained in this book with your child, you can share some of the new experiences that await them in their first year of school. It also provides a great opportunity for your child to ask questions about school and voice any concerns they may have. Talking to your child about what school is like, and some of the things that may happen, is one useful way to help them transition to school.

There are a number of other ideas that may also help make the transition to school a little easier and help your child start school with confidence:

- Show your child where the school is in relation to your home and talk about how they will get to and from school.
- Take part in any transition programs or visits offered by your school. They provide a fantastic opportunity to familiarise your child with the school (including toilets, drink fountains and the classroom) before they start.
- Meet your child's teacher together and, if possible, gain an idea of how many children will be in their class.
- Show your child where you will pick him/her up from.
- Consider developing a school day routine and let your child practice getting ready for school. This can involve a morning routine of getting dressed in their school uniform and packing their bag. This can also include a set bedtime to ensure your child has enough sleep each night.
- Find out from the school what your child requires such as a bag, hat, library bag and so on.
- It will help if your child knows another child from class before school starts. Try to organise play dates with other children before the first day of school.
- Explain the basic school rules, such as putting up your hand, asking before going to the toilet, listening quietly when necessary, and doing what the teacher asks.
- Have a practice run with their lunchbox and drink bottle to make sure your child can take off the lid (perhaps before buying the box).
- Give your child lots of love and support. Let your child know that you're excited and be enthusiastic about them starting school.

From the Raising Children Network website 'Starting School'; ACT Government 'Starting School – A Guide for Parents'; and Parentlink 'Starting School'.

Need more information?

- Talk to your local school
- Parentlink — <http://www.parentlink.act.gov.au>
- Raising Children's Network — <http://www.raisingchildren.net.au>
- *Starting School – A Guide for Parents* — <http://www.det.act.gov.au>
- *The Australian Early Development Census*

The Australian Early Development Census

The Australian Early Development Census (AEDC) is a national population measure of children's development at the time they start school. The AEDC measures children's physical health and wellbeing, emotional maturity, social competence, language and cognitive skills, and communication skills and general knowledge. Results are used to assist communities and governments to identify opportunities to better support young children and their families to give them the best possible start in life.

The AEDC matched with the insights in this book on what is important to children help to build our understanding of how best to support children as they start school.

www.aedc.gov.au

How it feels to start school

Everyone feels different when they start school.

For some children it's a little scary and they might feel shy, but for others, it's an exciting time. Just remember that everyone is different and how you feel about starting school is okay.



I felt shy because I didn't know anyone. Kira



I felt happy because I like being happy & I liked being at school. Carla



I felt nervous, happy, scared. Ayva



I felt nervous. Charlotte



I felt happy because I made friends. John



I felt sad because I left mum & I was not used to it. Lachlan



I felt happy because we got to choose our own work. Zoe



I felt happy because I really wanted to go to school. Mia



I felt happy & excited. I could meet new friends. It was a short day so I felt happy. Lucy



I felt nervous & shy because it was my first day of school. Sarah



I felt sad because I wanted my mummy. Ebony



I felt puzzled about which class I was in. I also felt happy & good. I also felt scared because I didn't know anyone. Sophia



I had butterflies & felt excited. Harriet



I felt scared because there were a lot of different people I didn't know. Ellie



I felt happy because I was so proud to go to kindergarten. Amelie



I felt happy & a little bit shy



I felt sad because I didn't have any friends. Alek



I felt nervous & happy because I didn't know any friends. Hamish



I felt sleepy, grumpy & a little bit shy because I hadn't been to school before.



I felt shy because I only knew a few people. Carmen



At first I felt nervous but when I got used to it school was fun. Hannah



I felt angry, I don't know why. Ryan



I felt nervous & shy because it was my first day. Maia



I felt excited and nervous.



I felt happy because I was excited. Zoe



I felt disappointed because my friend was in the other class. Yasmine



I felt very excited because I could wear my new uniform.



I felt happy because I saw my
preschool friend. Lilly

I felt shy, sad & happy because there
were too many boys & girls. Alice

Some things about school



Listen to the teacher, and sit at the desk to do work. Patriah (5) and picture
by Lara (6)



At school you can read a book. Ned (5)

The teachers make you feel
safe



Teachers make you feel safe. Adelle (6)



If you need help you put your hand up. Sam (5)



At school we draw pictures. Vivien (6) Help other people. Jesse (5)



You learn to write. Taylor (5) & picture by Seth (6)



You need to make friends and be kind and be patient. Kate (5) & picture by Connor (5)

The best rule of all is smile. Natalie, Jorja & Francesca (6)



Be brave because school is fun. Domi (5) & picture by Mikaela

Be nice. Be respectful. Alonso (6)



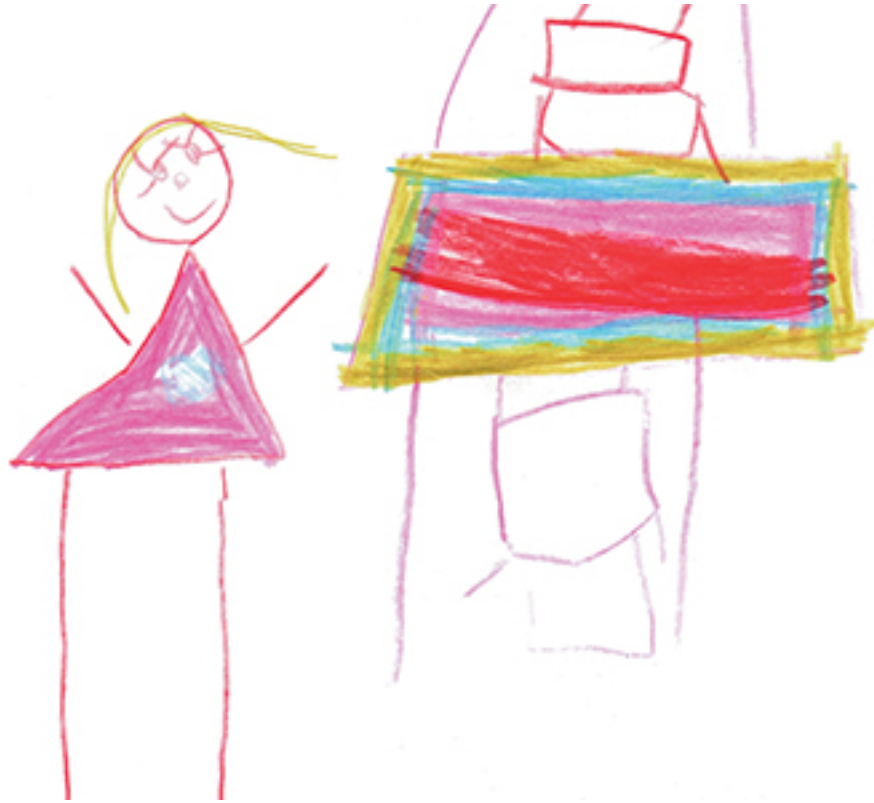
School can be fun, you can make new friends. Have a look at your new school before you start. Be brave. Samantha (5) & picture by Emma (6)



Be nice to people at school. Ashleigh & Milo
Play nicely. Lewis (5)



School is fun. Emily
Listen to the teacher. Darle (5)



You have to sit in your chair. Claire (5)



Bring a lunch box. Gabrielle
You need to know how to pack your bag. Cam (5)



You can have fun in the playground. Cho Cho (5) & picture by Jayla



Sports is the best thing about school. Joshua (6)

What I like about school



I like playing in the sand pit.
Arnav



I like to play with my friends.
Maddie



I like cooking. Mim



I like having lunch. Rhianna



I like playing outside on the
bikes. Callum



I like being good. Oliver



I like to play lego. Jack D



I like jumping. Isobel



I like doing drawing. Rena



I like being with all my best friends. Finlay



I like having so much fun. Riley



I like music & singing. Will PP



I like painting pictures. Ginger



I like reading books. Pranav



I like playing sport outside. Ryan



I like playing soccer with my friends & in the sand pit & cubby houses. Matisse



I like P.E. Nicholas



I like getting to new activities everyday. Lukas



I like looking at books at library time. Ingrid



I like playing with puzzles. Elyse



I like doing everything. Jeffrey



I like school. It is my favourite. Mitchell

<http://www.children.act.gov.au>