

Get Set for **PREP**

Intensive School Readiness Program

Your Parent
HANDBOOK



INTRODUCTION

At Kalparrin, we are committed to supporting your child's learning and development at each stage of his or her life. We acknowledge that all children learn at different rates, in different ways and at different times. Every child will take their own unique path towards their development of the skills that form the foundation for lifelong learning and their successful transition from Kindergarten to Primary School. This 'journey'; however, is not always easy and straightforward. For some families and children, there may be some bumps along the way. Your family; however, is not alone on this journey towards school readiness. Our dedicated team will be there every step of the way.

Kalparrin's Specialist Teachers, in collaboration with our multi-disciplinary team of Speech Pathologists, Occupational Therapists and Psychologists have specifically tailored our intensive full day school readiness program, 'Get Set for Prep', to provide your child with the additional support necessary for their transition into a mainstream school environment.

"Your family is not alone on this journey towards school readiness. Our dedicated team will be there every step of the way".

Our 'Get Set for Prep' School Readiness Program is focused around the Learning Outcomes defined in the Early Years Learning and Development Framework (EYLDF) which describes the principles, practices, and outcomes that support and enhance young children's learning from birth to five years of age, as well as their transition to school. We then take this Framework and merge sound evidence based allied health practices from Speech Pathology, Occupational Therapy and Psychology to create a thoroughly enjoyable learning experience for your child!



WHO WOULD BENEFIT FROM THE 'GET SET FOR PREP' SCHOOL READINESS PROGRAM?

Have you received recommendation that your child would benefit from a second year of 4 year old Kindergarten? Does your child require additional support to transition successfully into a mainstream school setting? Is your child's therapy program lacking intensity? If so, Kalparrin's intensive full-day 'Get Set for Prep' School Readiness Program is for your child!

Our 'Get Set for Prep' School Readiness Program is designed specifically for children who experience difficulty with;

- Emotional and/or sensory regulation;
- Making friends and playing co-operatively with others;
- Social skills;
- Following classroom rules or adhering to a routine;
- Attention, concentration and learning;
- Fine and gross motor tasks;
- Skills related to independence and organisation such as packing bags, managing a lunch box, etc;
- Listening to, interpreting and understanding language and;
- Using language to express their wants and needs, ideas and thoughts and engage in social interactions with others.



WHY CHOOSE KALPARRIN AS YOUR SCHOOL READINESS AND TRANSITION PARTNER?

Providing your child with the best opportunity to reach their full learning and developmental potential is our priority! Our Specialist Education Team strive to create an inclusive and nurturing environment that encourages your child to engage actively in a range of discovery-based learning and therapeutic experiences.

OUR 'GET SET FOR PREP' SCHOOL READINESS PROGRAM INCLUDES;

- Participation in 5 intensive hours of a variety of structured and unstructured activities with a focus on your child's holistic-development in the areas of cognition, communication, language, emotional and sensory regulation, socialisation and play;
- Program delivery at the easily accessible and well-resourced Coniston Street Family Centre in Diamond Creek;
- Immersion in rich integrative-learning experiences with a focus on developing the skills that will enable your child to thrive in a mainstream school environment (such as numeracy, literacy, art, fine motor skills, independence and much more);
- One-to-one or small group-based Speech Pathology and Occupational Therapy input (depending on your child's specific goals and contemporary evidence-based practice guidelines);
- Active engagement with local community settings (such as visits to the Edendale Farm and the Eltham Adventure Playground) to foster meaningful connections with the community and to strengthen your child's sense of belonging and identity;
- High staff-to-child ratios which enables our Specialist Education Team to work closely with your child, ensuring their Program is individualised to their unique learning style and pace;
- Weekly written communications between your family and the Specialist Education Team to communicate what your child did in their session, their progress and activities for home practise;
- Frequent liaison with your child's Kindergarten, Childcare and/or Therapists and;
- Transition support to your child's new school.

Given our extensive list of Program inclusions, it's clear that Kalparrin's 'Get Set for Prep' School Readiness Program is the right choice for your child!

HOW WILL YOUR CHILD BENEFIT FROM THE PROGRAM?

We aim to give your child the skills which are essential for them to thrive in a mainstream school environment. This is why our Program aligns with the Early Years Learning and Development Framework (EYLDF) . The Framework conveys the highest expectations for all children's learning from birth to five years and through the transitions to school. It communicates these expectations through the following five Learning Outcomes;



1. Children have a strong sense of identity;



2. Children are connected with and contribute to their world;



3. Children have a strong sense of wellbeing;



4. Children are confident and involved learners and;



5. Children are effective communicators.

The Framework provides broad direction for Kalparrin's Speech Pathologists and Occupational Therapists to facilitate your child's learning and development. Working in partnership with your family, our Team uses the five Learning Outcomes to create an individualized learning plan that also integrates the goals they are working towards with their Therapist(s). In order to engage children actively in learning, our Specialist Education Team endeavor to identify your child's strengths and interests, choose appropriate teaching strategies and design the learning environment accordingly. To put it simply, our Specialist Education Team develop an 'interest based' program, so that learning is motivating and fun. This means they use topics that your child is interested in or have experienced at home as the basis for learning experiences. Take things like dinosaurs or pizza for example; we can count dinosaurs, read books about them, recognise the letters in dinosaur, write the word dinosaur, think of other words that start with the letter "d". We can do dinosaur puzzles, draw and paint dinosaurs and cut out dinosaur shapes.

"We take the Learning Outcomes defined in the Early Years Learning and Development Framework (EYLDF) and merge sound evidence based allied health practices from Speech Pathology, Occupational Therapy and Psychology to create a thoroughly enjoyable learning experience for your child!"

INFORMATION FOR FAMILIES

ACCESSING THE 'GET SET FOR PREP' PROGRAM

Welcome to the 'Get Set for Prep' School Readiness Program!

We are delighted that your child is a part of our intensive therapy program. Our goal is to provide a welcoming, safe and developmentally appropriate learning environment for your child. This section of the handbook is designed to answer your questions about the Program and outline the Program policies and procedures. We encourage you to ask Kalparrin's Group Therapy Manager or a member of the Specialist Education Team if queries or questions arise over the course of the Program.



ARRIVAL AND DEPARTURE

Children should arrive and be picked up on time. Drop off is at 9.30am and pick up is at 2.30pm. Children must be accompanied to the classroom and picked up after class by a designated adult. Adults must stay with children until they have been checked in by one of the members of the Specialist Education Team.

If an emergency occurs, and you cannot pick up your child, you should contact the Team at Kalparrin on (03) 9435 8311. To ensure your child's safety, your child will be released only to parents or adults specifically designated by you on your child's Enrolment Form. If there is another arrangement for pick up, you must notify us by calling Kalparrin reception.

ATTENDANCE

Regular attendance is very important for your child's learning and preparation for school. If your child must be absent, please call Kalparrin to make us aware of the absence.

CLASS SIZE / ADULT-TO-CHILD RATIOS

The adult-to-child ratio is three members of the Specialist Education Team (including a Therapy Assistant and a Speech Pathologist or Occupational Therapist) and no more than 14 children.

INFORMATION FOR FAMILIES

ACCESSING THE 'GET SET FOR PREP' PROGRAM



LOCATION

The 'Get Set for Prep' School Readiness Program is facilitated at Coniston Street Family Centre.

**28 Coniston Street
Diamond Creek 3089**

Please call Kalparrin Reception for any enquiries related to the program or venue on (03) 9435 8311.

PHOTOGRAPHS AND VIDEOTAPING

Kalparrin staff, representatives of the news media, and others may occasionally photograph and/or videotape children attending the Program. These photos and videotapes may be used in newsletters, social media sites, on Kalparrin's website, activity programs, brochures, newspapers, television and for other appropriate uses.

If you do not want your child photographed or videotaped, please inform one of the members of the Specialist Education Team and indicate this on your child's Enrolment form.

INFORMATION FOR FAMILIES

ACCESSING THE 'GET SET FOR PREP' PROGRAM

WHAT TO BRING EACH WEEK

SCHOOL BAG OR BACKPACK

We ask that your child bring a back pack or school bag to each session to carry home papers, art work and other items. This also encourages your child to develop essential independence and organisation skills for school. Back packs or school bags should be clearly labeled with your child's name. Make sure to check your child's bag for important communications.

LUNCHBOX

Please pack a snack, lunch and drink bottle for your child each session. Mealtimes provide an optimal opportunity for the development of independence, communication and fine motor skills. Given this, we recommend packing your child's lunch inside of a lunchbox or container to support their skill development. As per the regulations of Coniston Street Family Centre, peanut butter, Nutella and other **nut based products are not permitted in the centre.**

TOILETING

Your child does not need to be completely independent using the toilet; toilet training is part of our Program. If your child's toileting skills are not yet established or your child wears nappies or pullups, you must provide his or her own supply of nappies/pull ups and wipes. Even if your child is able to independently use the toilet, we recommend you bring additional pairs of underwear and bottoms (pants, shorts, skirts, etc.) in the case of a toileting accident.

HAT AND SUNSCREEN

There will be many opportunities for outdoor play and we want to ensure your child's safety in the sun. We recommend your child bring a wide-brimmed or legionaire hat as these provide the greatest protection from sun exposure. Your child's hat should be clearly labeled with their name.

CLOTHING

Your child should wear comfortable, washable play clothes and shoes. Art smocks are provided by the Program and worn for messy activities. Toileting accidents are often prevented when children can easily unbutton or pull down his or her pants. Clothing that is easily managed by your child encourages the development of self-help and independence skills. We do; however, recommend bringing a change of clothes in your child's bag to each session.



INFORMATION FOR FAMILIES

ACCESSING THE 'GET SET FOR PREP' PROGRAM

HEALTH

ALLERGIES AND ANAPHYLAXIS

If your child has allergies or is anaphylactic, especially to foods, you are required to provide Kalparrin with an Action Plan for Anaphylaxis and/or Allergies. Should a plan be reviewed or reissued when your child is reassessed by their doctor, the updated Action Plan must be provided.

STAYING HEALTHY

To help prevent the spread of germs, our Specialist Education Team encourage children to cough or sneeze into a sleeve or shoulder rather than their hands. Your child will be expected to wash their hands often during the day, after coughing or sneezing, wiping their nose, using the bathroom and before and after eating a snack.

Sickness: Keep your child home if they have any of these symptoms within the last 24 hours:

- Fever
- Persistent cough
- Rash
- Runny nose
- Upset stomach, vomiting or diarrhea
- Cold symptoms and your child seems unusually tired or lethargic

ILLNESS OR ACCIDENT PARENT NOTIFICATION

If your child becomes ill at the Program, you or another authorized person will be called to take the child home. Until then, the child will be isolated from the other children within sight and sound of the Specialist Education Team. Your child will be kept as comfortable as possible.

In the event of an accident, the following procedures will be followed:

- If immediate emergency treatment is indicated, emergency services will be called (000).
- If less serious, our team will administer the necessary first aid, and contact you.

SEPARATION

Your child may feel uncomfortable or distressed when required to separate from you. As this is a School Readiness Program, we endeavor to support you and your child during this process. A strategy to support separation could include talking with your child about all of the fun things they can do at the Program (using the provided social story). It also helps to talk about what you are planning to do while your child is at the Program. "While you are at school, I am going to shop for groceries. When I come to pick you up I'll give you a big hug and you can tell me all about your day at school".

If your child is crying when entering the classroom, a member of the Specialist Education Team will help with the separation. Having your child bring a favourite stuffed toy, family photo or special object in his or her backpack can help with this new transition.

KEY CONTACT INFORMATION

KALPARRIN RECEPTION

1 Kalparrin Avenue (PO Box 93)
Greensborough VIC 3088
PH: (03) 9435 8311

CONISTON STREET FAMILY CENTRE

28 Coniston Street
Diamond Creek 3089
PH: Please call Kalparrin on (03) 9435 8311

GROUP THERAPY MANAGER

STACEY GRIEVE
PH: (03) 9435 8311
E: staceygrieve@kalparrin.com.au

SPEECH PATHOLOGIST

CLAIRE GARLEPP
PH: (03) 9435 8311
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OCCUPATIONAL THERAPIST

FRANCES ENNOR
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