



**Etablissement
primaire de Rolle
Cœur de la Côte**

Av. Général-Guisan 23c
1180 Rolle

Welcome to our School !



Dear Parent(s),

Your child has grown and will soon be starting school. They will find themselves in a group of about twenty children with one or two teachers.

This is an important step and we would like to make a few suggestions in order that your child is prepared to do some tasks on their own and feel comfortable in a group.

Socialising

Your child will have every opportunity to fit into their new school if you have prepared them to leave the family environment.

For that, you can **encourage them to join another group of children** to play and share moments without you.

Please take time to explain that they will go to school, that they will be able to make new friends and discover new activities. They will have to learn to respect new rules, wait for their turn, share the attention of an adult, listen to the opinions of others, etc...



Autonomy

In order to help them to be independent in class, please prepare your child :

- **to dress themselves on their own** : put on and take off their shoes and slippers, put on and hang up their coat and put their bag on their back.

It would be helpful if you could dress your child with practical and comfortable clothes.



- **to go to the toilet alone** : wipe themselves, flush the toilet, wash their hands. The teacher cannot leave the rest of the class to attend to one child in the toilets.
- **to blow their nose.**
- **to know how to play** : being able to win as well as lose, taking care of school material (games, books, ...), tidying up.
- **to be responsible** : help to set the table, help to prepare a meal, run errands and so on. Children like to make themselves useful.



Wellbeing

Your child will have every opportunity to thrive and their learning will be made easier if they don't spend too much time in front of screens (TV, computer, tablet).

- Suggest **outdoor activities**, sports activities like riding a bike or a scooter, walks, going to the swimming pool or playground, ...
- A **balanced diet** and a **good night's sleep** will enable a better quality of learning : to concentrate, to think, to memorise, to develop motor skills and to be in a good mood.



Source images :
<https://fr.123rf.com/photo>

Pre-school learning

Creating the desire to learn can be prepared in different ways.

- drawing, crafts, modelling clay : develops creativity and holding a pencil for a better handwriting.
- playing board games and making puzzles : develops thinking.
- providing reading opportunities, telling stories, listening to music : opens up to the world and develops vocabulary.
- manipulating objects, lego, blocks, construction sets, small cars, etc : develops imagination and motor skills.
- dressing up, playing with puppets, dolls, tea party, food shopping.



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We encourage you to develop all this with your child so that the beginning of school, but also your child's whole school career, will be made much easier. Thank you for your cooperation !

If you have any questions, please feel free to contact us. We look forward to welcoming your child in our school.

Pascale Jashari
Deputy Head 1-4P

Javier Rosa
Head

Contact details of the school office :

Opening times : from 7:30 am to 12 pm and from 1:15 pm to 4:30 pm – closed Wednesday and Friday afternoon

Avenue Général-Guisan 23c, 1180 Rolle / 021.557.83 03 / Website : www.ep-rolle.ch

