



Parent Information Kindergarten 2023 Webinar 2



Acknowledgement of Country

Webinar 2

School Uniforms

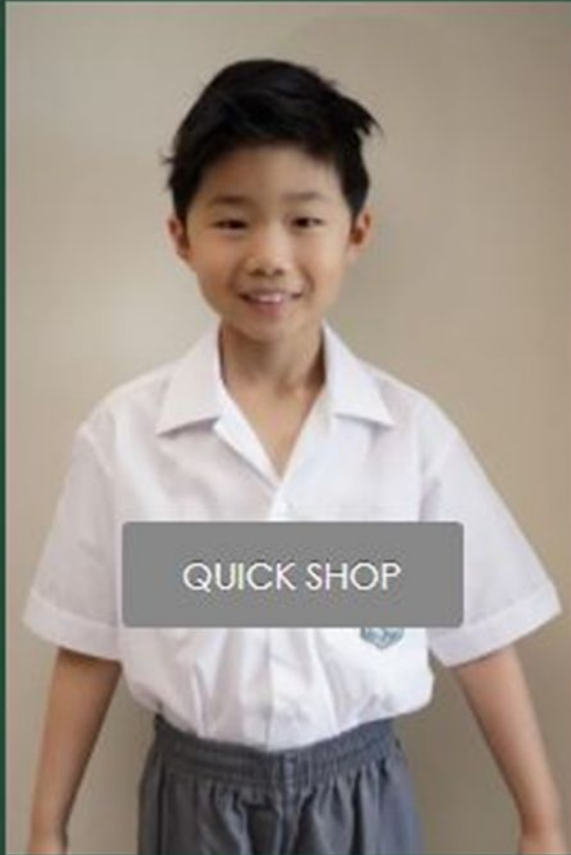
OOSH

Dr Valerie Ling- School Readiness



WELCOME!

[Carlingford West Uniforms](#)



QUICK SHOP

Boys Short Sleeve Shirt with
Logo
\$27.50



Girls Summer Dress
\$49.50



Sports Microfibre Shorts
from **\$14.50**



Sports Short Sleeve Polo Shirt
\$22.00



Carlingford West Public School

Fulfilling potential, achieving excellence

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School uniform

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The wearing of the school uniform by our students has always been strongly supported by our parents. It is expected that all students will wear the full school uniform on all school days.

On this page

- ✓ [Boys summer uniform](#)
- ✓ [Boys winter uniform](#)
- ✓ [Girls summer uniform](#)
- ✓ [Girls winter uniform](#)
- ✓ [Boys and Girls sports uniform](#)
- ✓ [When to wear school uniform](#)

Ordering School Uniforms

SIZE GUIDE

Unisex Uniform Size Guide

Size	4	6	8	10	12	14	16	18
Height(cm)	108	120	130	140	150	160	170	180
Chest(cm)	60	64	68	72	76	80	86	90
Waist(cm)	56	58	60	64	68	72	76	82

Girls Uniform Size Guide

Size	4	6	8	10	12	14	16
Height(cm)	108	120	130	140	150	160	165
Chest(cm)	60	64	68	74	80	86	90
Waist(cm)	56	58	60	62	64	66	70

Boys Shirt Size Guide

Size	4	6	8	10	12	14	16	18
Chest(cm)	60	64	68	72	76	80	86	90

Hat Size Guide

Size	XS	S	M	L	XL
Cm	53	55	57	59	61

- Order online.
- <https://carlingfow-p.schools.nsw.gov.au/about-our-school/school-uniform.html>
- Can look at sizes at Orientation
Sizes are standard.
- Uniform collection will be at Best Start Interviews – first week of Feb.
- Buy black school shoes over January. Can try on at Orientation.

Shoes

Sports Shoes



Black School Shoes



- Your child will need a pair of sports shoes and a pair of black school shoes.
- Dr Shoe will be in attendance at the orientation sessions where you can try the shoes and order them.
- Once you get your child's school shoes, we recommend trying them on and getting your child to wear them around the house while they get used to wearing them so when they start school they don't have sore feet.

Orientation Sessions

Orientation Sessions - Please refer to this card that you received when you enrolled your child. Orientation begins next Tuesday 8th November.



- When you enrolled your child you would have received one of these cards.
- On this card, you were allocated to either Group 1 or Group 2.
- Please ensure you refer to this card and make sure that your child attends at their allocated session.
- Please do not swap times - groups have been allocated and organised due to numbers.
- We look forward to welcoming you and your child next week.

Before and After School Care

→ Before School Care - 7.00AM - 9.00AM

→ After School Care - 3.25PM - 6.00PM



Carlingford West OSHC




Welcome on behalf of our team



Congratulations!



So now...

A young child with light brown hair, wearing a blue and white striped t-shirt and pink shorts, is sitting on a wooden staircase. The child is looking down at a tablet device held in their hands. The staircase has wooden steps and a white railing. The wall behind the child is painted in alternating yellow and light blue horizontal stripes. A large, semi-transparent white circle is overlaid on the left side of the image, containing the title and list.

Covid-19 Impact

Children and young people vulnerable due to:

- Limited exposure to disasters of this scale
- Limited life experience and coping mechanisms
- Family conflict and stress
- Excessive exposure to news and social media
- Reduction in social and physical activities

Covid-19 Unmasked Survey

Changes in routines

Not seeing close family
members or friends

Missing important
events



Resilience Looks Like

- Trust - that the world is safe and there are caring people to help them.
- Belief – that they can do things and manage themselves.
- Feeling - positive about themselves and valued by others.
- Optimism – that things will be alright.
- Regulation - Ability to manage their feelings, thoughts and behaviours.

Preparing them for next steps

Play with others

Ask for help

Independence skills (toilet, feeding, dressing)

Everyday communication

Separating confidently

Reuniting joyfully

Preparing for school

- Positive stories
- Familiarisation (uniform, route, building, stationery, lunchboxes)
- Reading together
- Interacting with other adults
- Practicing social and independence skills
- Routines and rhythms of the school day
- Eat and sleep well
- Enjoy the process



Preparing ourselves for school

Practicing

Practicing separation

Managing

Managing our own feelings

Meeting

Meeting our own needs

Believing

Believing in your child, and your parenting



Managing Big Emotions



Help them label their emotions:

You look ... is something on your mind?
If that happened to me, I would feel....
It sounds like you are feeling.....



Acknowledge and validate this as natural



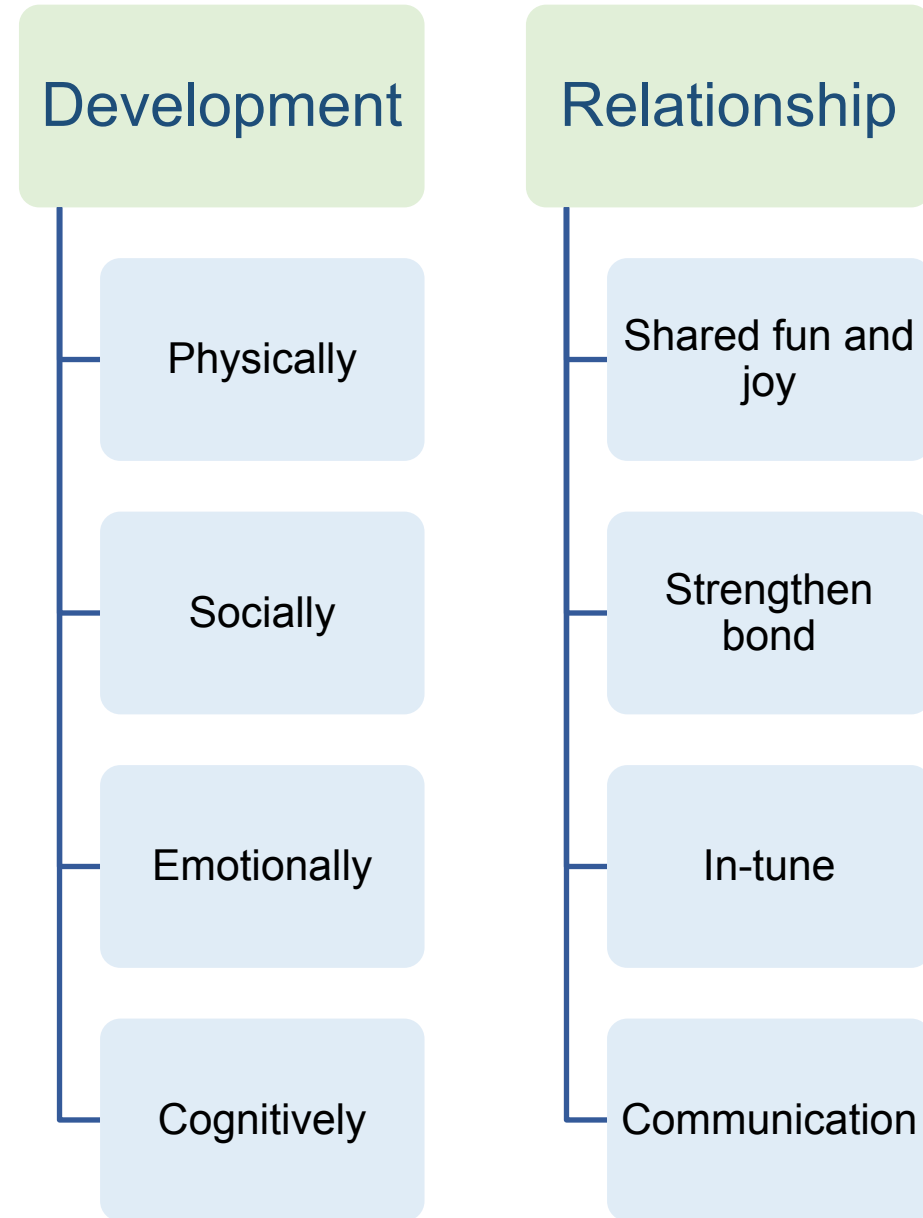
Identify times of resilience and bravery in the past



Turn from “what if” to “even if” thinking

Special Time

Special time with your child through play, games, activities and everyday life provides an opportunity for development and a chance for you to fully engage with your child.



Signs that your child may need some help coping

Emotional

- Easily upset
- Worried or nervous
- Annoyed quickly

Behaviour

- Withdrawing
- Hesitant to do what they enjoy
- Talk about the problem a lot

Physical

- Eating more or less
- Trouble sleeping
- Saying they are physically sick

- Persistent and they are not going away, even when the challenge is over

- Getting in the way of daily life

- Speak to your GP and health professional



You are the
RIGHT parent(s)

You are the
BEST parent(s)

Small Things

Embrace
Seasons

Thank you

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Fill up YOUR
Tank