



St John and St Nicolas Schools Federation

Is your child ready to start in Reception in September?



☐ Toileting

I can use the toilet alone, wipe myself and flush the toilet.

I can wash and dry my hands after using the toilet.

☐ Social Skills

I enjoy interacting with other children and adults.

I can share and take turns.

I like new experiences including everyday life such as shopping, cooking and counting objects.

I can follow instructions and follow rules.

☐ Self Care

I can wash my hands with soap and water, especially before and after meals.

I can brush my teeth twice a day.

I can wipe my nose.

I am learning to cough and sneeze into a tissue or into my elbow.

I can ask for help when I don't feel well.

☐ Mealtimes

I like eating a variety of healthy foods.

I can use a knife and fork.

I can open packaging and wrappers myself.

☐ Independence

I am looking forward to starting school.

I am not sad when away from my parent /carer.

I can express my emotions.

I can hold a pencil.

I know my own name both spoken and written down.

☐ Health

Any health issues have been addressed with my GP.

I am up to date with my immunisations/pre school boosters.

I am registered with an optician and a dentist.

I am physically active.

☐ Routines

I have a good bedtime routine which includes a bedtime story.

I have mealtimes just like they do in school.

TICK
OFF AS
YOU
GO!

☐ Getting dressed and undressed

I can put on and take off my uniform by myself, including doing buttons and zips.

I can put on my own coat.

I can put my shoes on.

I understand some parts of my body are private.