



I'm Starting School This Year

My Name is:



I'm starting school soon!

I am going to _____ primary.

I will be in year _____

My teacher's name is _____

Here's a picture of me



Before I go to so	shool I will need to:
(tick the th	hings for you)
Do my physio	Get dressed
Take my tablets Eat my breakfast	Brush my teeth and hair Pack my bag

	things I need to school bag ck the things for you)	to pack in my
Lunchbox Enzymes Apple puree	Water bottle Spare clothes Hat	Salt
What will	your school bag	look like?

At school I will meet new friends, play in the playground and learn all sorts of things.

Can you draw what you're excited to do at school?



cystic fibrosis education program

At lunch time, I will sit and eat from my lunchbox with my new friends.

Can you draw your favourite foods to take to school?



It's helpful to have a picnic at home to allow your child to practice eating from from their lunch box and taking enzymes, if needed.

This is how I will take my enzymes.



(tick the things for you)

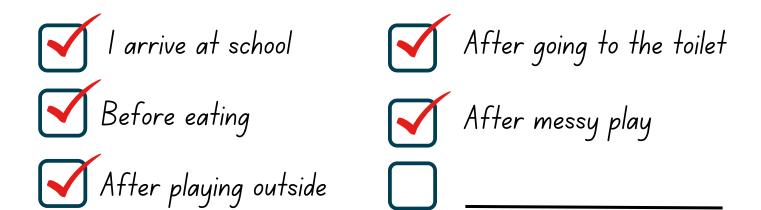
The teacher will give them to me

3	water and taking salt, t and I'm playing outside. things for you)
I swallow salt tablets I have salt in a drink	I have salt solution I won't need salt at school

It's important to wash your hands regularly to get rid of germs.



I should wash my hands when:



Can you draw a germ?

Parent Information

CFWA can provide further assistance and resources including:

	CF student action plan
	School management plan
	Educator & classroom education
	CFSmart- eLearning and other resources for educators
	My ABCF at School book and resources

Access these resources and more by scanning the QR code below.



CONTACT

Michelle Buck Education Team Lead 08 6224 4100 michelle.buck@cfwa.org.au

My ABCF at School Resource Pack





Request a My ABCF at School resource pack for your child's school. It includes:

My ABCF at School book
Note for teacher to send home to parents
Teacher information sheet
Student bookmark







www.cfwa.org.au

Cystic Fibrosis WA 2025