

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 school I will need to:



(tick the things for you)

☐

Do my physio

☐

Get dressed

☐

Take my tablets

☐

Brush my teeth and hair

☐

Eat my breakfast

☐

Pack my bag

*These are the things I need to pack in my
school bag*



(tick the things for you)

☐

Lunchbox

☐

Water bottle

☐

Salt

☐

Enzymes

☐

Spare clothes

☐

☐

Apple puree

☐

Hat

☐

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?



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 their lunch box and taking enzymes, if needed.

This is how I will take my enzymes.



(tick the things for you)

☐

I swallow capsules

☐

They will be in my lunchbox

☐

*I take mine with apple
puree*

☐

*The teacher will give them
to me*

☐

I don't take enzymes

☐



This is me drinking water and taking salt, especially when it's hot and I'm playing outside.



(tick the things for you)

☐

I swallow salt tablets

☐

I have salt solution

☐

I have salt in a drink

☐

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:

☒ I arrive at school

☒ After going to the toilet

☒ Before eating

☒ After messy play

☒ After playing outside

☐

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



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Cystic Fibrosis WA 2025