

# *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

This is me all dressed for school

*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?*



*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?*



# Things I can do to get ready for school



Can you practice the following things before you start school?



Practice eating from my lunchbox



Practice asking for help



Practice swallowing pills



Practice washing my hands with soap





[www.cfwa.org.au](http://www.cfwa.org.au)  
[education@cfwa.org.au](mailto:education@cfwa.org.au)