



TGS

GET READY FOR PREP

Prep Information Evening 2023

BONUS INTRA MELIOR EXI

Get Ready for Prep 2023

*Whether this is your first child, last child,
or somewhere in between, starting school is a
huge milestone for all members of the family.*

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You may already have these questions:

- Is my child ready? Am I ready?
- Have I done enough with them at home?
- Where did the time go?
- Are they going to cope?
- Will they have friends?
- What should I expect when they start school?

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Meet our Prep 2022 Teachers

NORTH SHORE:

Prep Ward

Mrs Kate Ward (Teacher)

Mrs Pam Maltby (Teacher Aide)

Prep Hutton

Miss Emma Hutton (Teacher)

Mrs Karin Poole (Teacher Aide)



ANNANDALE:

Prep Arthur

Mrs Mady Arthur (Teacher)

Miss Chantal Purss (Teacher Aide)

Prep Morgan

Mrs Hollie Morgan (Teacher)

Mrs Arlene Carty (Teacher Aide)

Prep Ryle

Mrs Skye Ryle (Teacher)

Mrs Jenny Donaldson (Teacher Aide)



Preparing For Prep

There are a number of simple ways that parents can prepare children for Prep by encouraging language development, communication skills and confidence.

Read with your child as much as possible.

Engage your child in conversation and provide them with learning opportunities in simple contexts.

Help your child to build a sense of age-appropriate independence and confidence through encouragement, praise and support in taking small, healthy risks.





Preparing For Prep

Provide opportunities for play, adventure and creativity wherever possible, even in the simplest of ways.

Teach your child simple manners such as hello, goodbye, please and thank you.

Ask your child questions about their day and encourage gratitude, for example – what was the best part of your day?

If possible, arrange some play dates with children that will be attending Prep with your child. This is a great opportunity to meet other families and build your own support network.

Become involved and informed as much as possible.

Our Prep Philosophy

Children's talk is encouraged, valued and supported.

Children can share ideas and learn from each other.

Children actively engage in developmentally appropriate activities.

Teachers consistently model to students the fundamental values of our School ethos.

Children are inspired to develop a love of learning and experience the joy of discovery.

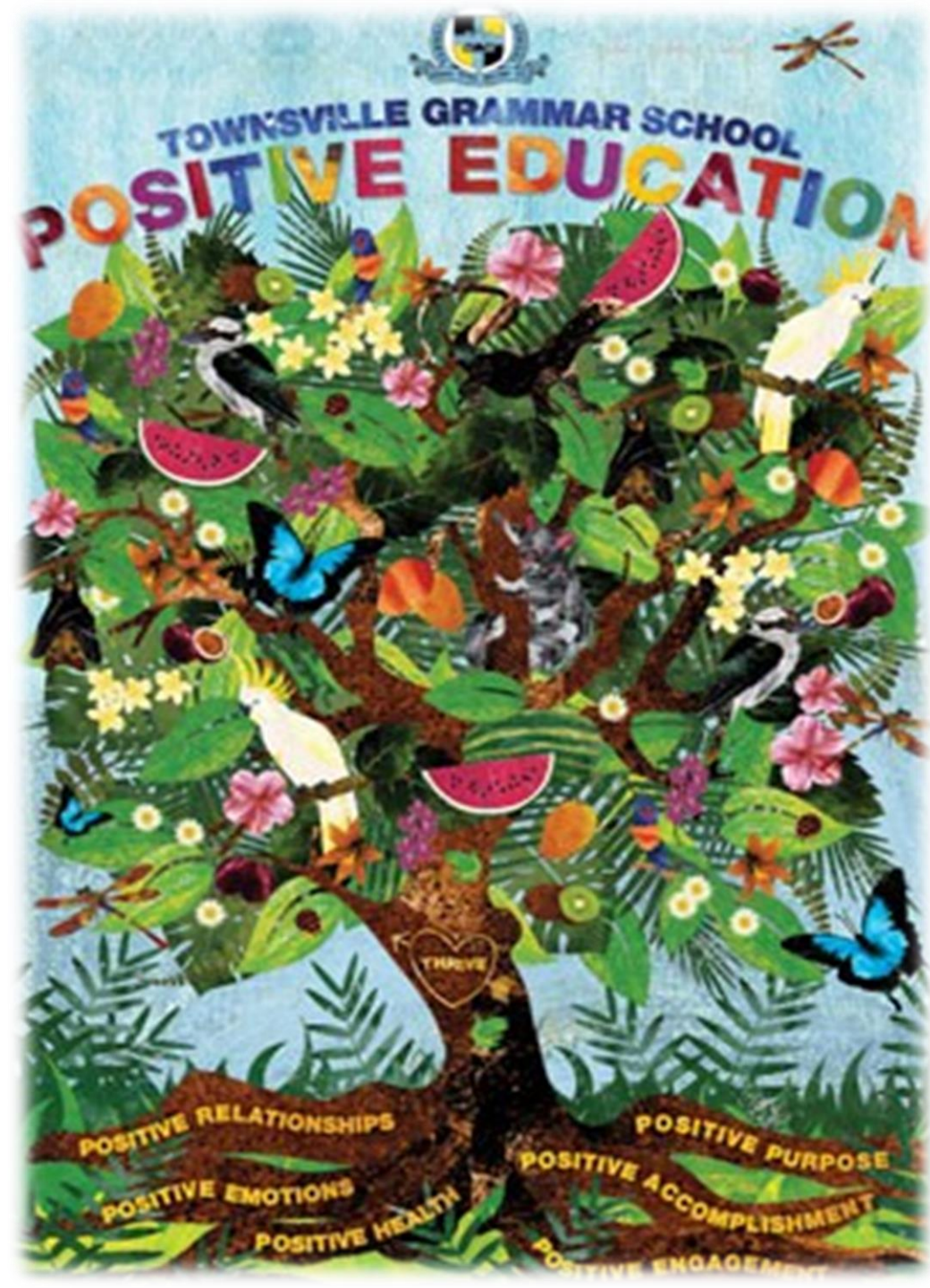


Positive Education

Positive Education is a whole school initiative that promotes positive relationships, emotions, health, engagement, accomplishment and purpose.

It focuses on providing students with the skills they need to manage and cope with everyday opportunities and challenges.

Each week students will discuss and complete activities that relate to a focus character strength.



A Day in Prep

Session One 8:45 – 10:30am

First Break

Session Two 10:55 – 1:00pm

Second Break

Session Three 1:50 – 3:00pm

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Our Prep Curriculum

Our Townsville Grammar School Prep Program follows the Australian Curriculum guidelines and is aligned with children's interests, which are continually extended and integrated through play, through their personal strengths and stages of development.

The Prep Year is considered the formal start of a child's learning journey and we know that our students come together at the beginning of the school year with mixed experiences, abilities and natural talents.

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Our Prep Curriculum

Personal and Social Learning – independence, friendships, turn taking.

English – consists of Speaking and Listening (developing children's oral language and receptive language), Reading, Spelling, Writing.

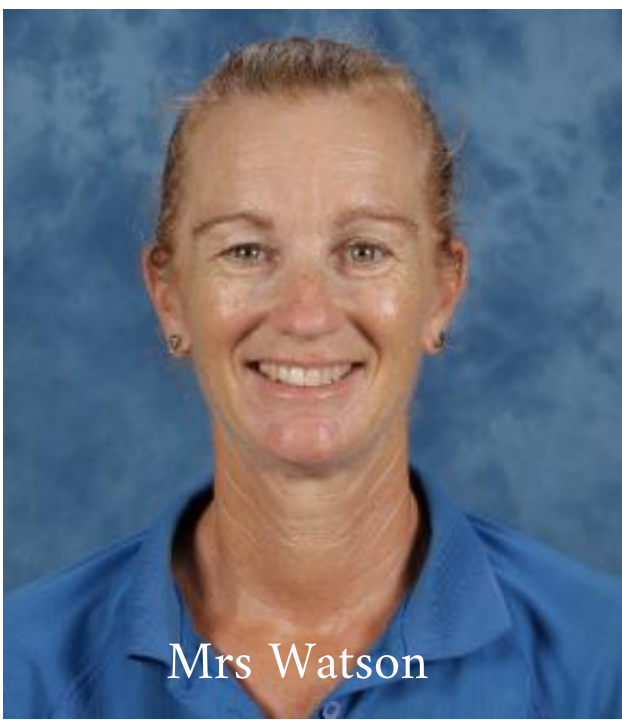
Mathematics – Number, Measurement and Probability.

HASS, Science, Health, Information and Communication Technology, Arts.

Specialist Lessons

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Mrs Watson



Mr Gray



Mrs Symonds



Mrs Livingstone



Mrs Fielder



Mrs Hodgson

Meet our Specialist Teachers

Mrs Watson– Sport

Mr Gray – Sport

Mrs Symonds – Sport and French

Mrs Livingstone – Music

Mrs Fielder – Performing Arts

Mrs Hodgson – Teacher Librarian

What to expect when Prep starts...

- Don't be concerned if your child is extremely tired. The first few weeks or even months can be exhausting. The cognitive load is very different to what they have experienced before, even if they have been in full time day care.
- Try not to plan too many after school activities, the extra curricular clubs can wait whilst your child settles into their new routines.



- Speak to your child's teacher about any concerns you might have. However, please remember that your child needs a chance to settle first and adapt to their new environment before you try to step in.
- Continue to talk about School in a positive manner, even if your child is taking some time to settle.

Our Prep Uniform

Uniform

TGS gold sports polo shirt and TGS black shorts

TGS house polo shirt

Grey slouch hat with School logo

Footwear

Sports shoes worn with visible white socks

Bags

Backpack/Trolley bag with School logo

Drawstring black bag with School logo

Library bag

Extras

Grey bomber jacket with School logo

Black tracksuit pants (during colder months)

TGS black swim wear (required in Term 4)

BONUS INTRA MELIOR EXI



Student Support



Defence School Mentor

Our School is dedicated to supporting Australian Defence Force families who make a magnificent contribution to our country. In turn, we recognise the important needs of students with Defence parents.

We acknowledge that additional care may be required during times of deployment, exercise and throughout the year.

School Counsellor

Works across both campuses. Debbie Whitehead has a vast array of experience working with students.

BONUS INTRA MELIOR EXI



Peer Support

Supported by a positive older role model.

Develop new friendships across the Campus.

Empowers students to support each other and contribute positively to our School and community.

Caters for student wellbeing and helps to develop a supportive learning environment.



Junior School Counsellor

Background:

- Townsville Grammar for the past 18+ years.
- Classroom Teacher, Learning Support Teacher, Junior School Counsellor.
- Work across both Junior School Campuses.
- Parent and Grandparent.



Debbie Whitehead

Counselling Role

- To support students who require additional guidance to manage and deal with emotional conflict and personal issues (e.g. anxiety, friendship difficulties, bullying, family separation, grief and loss).
- To support teachers to help students in their class who are experiencing social/emotional/behavioural difficulties.
- To support parents by providing guidance, access to appropriate resources and/or referrals to external support services.



The Burning Question...

Is my child ready to start Prep?



Some Basic Competencies

SOCIAL SKILLS

Basic manners.
Interacts with
others.
Able to wait, share,
ask for help.

LANGUAGE SKILLS

Able to communicate
needs to others.
Can understand and
follow simple
instructions.

INDEPENDENCE

Toilets self.
Can manage own
belongings (water
bottle, lunchbox,
hat).

School readiness is NOT about being able to read, write or count to 100 prior to starting Prep. These skills form part of the curriculum, so they are not a priority before starting formal education.

Social/emotional maturity is a much better predictor of school readiness than academic skills.



School Readiness

- All children are different and we expect that they will start Prep with a range of experiences, abilities and natural talents.
- For young children, the term 'emotional regulation' refers to their ability to notice how they are feeling and to monitor and adjust how they express those feelings.
- **Learning to self-regulate is a key milestone in child development.**



Emotional Regulation

- Young children are still learning the skills of emotional regulation.
- Children communicate through their behaviour and occasional 'meltdowns' or 'shutdowns' are to be expected.
- Parents always see the worst of it.
- Our Prep programmes include a focus on the teaching of self-regulation skills—helping children to notice, monitor and recognise different feelings and use appropriate calming strategies when feeling overwhelmed.
- The teaching of these skills forms part of children's everyday learning in Prep.
- **We understand that children aged 4–5 sometimes require additional support to manage big feelings.**

Separation Anxiety

- Some initial reluctance to separate from parents is to be expected.
- It is a very common part of childhood development.
- For most children, this initial anxiety passes when they become more familiar and comfortable with their Prep environment.



Is My Child Ready?

Be guided by feedback from
your child's educator at
Daycare/Pre-Prep.



How Can Parents Help?

- **Emotion-coaching:** Encourage your child to verbalise how they are feeling; help them to label their emotions and express them using words.
- **Model emotional regulation:** Show your child what you do when you are angry, annoyed or frustrated.
- **Co-regulation:** Help your child to achieve calm.
- Encourage your child to ask for help when needed.
- Provide opportunities for your child to socialise with people outside the immediate family.
- Allow your child to experience uncomfortable emotions (e.g. when losing games).



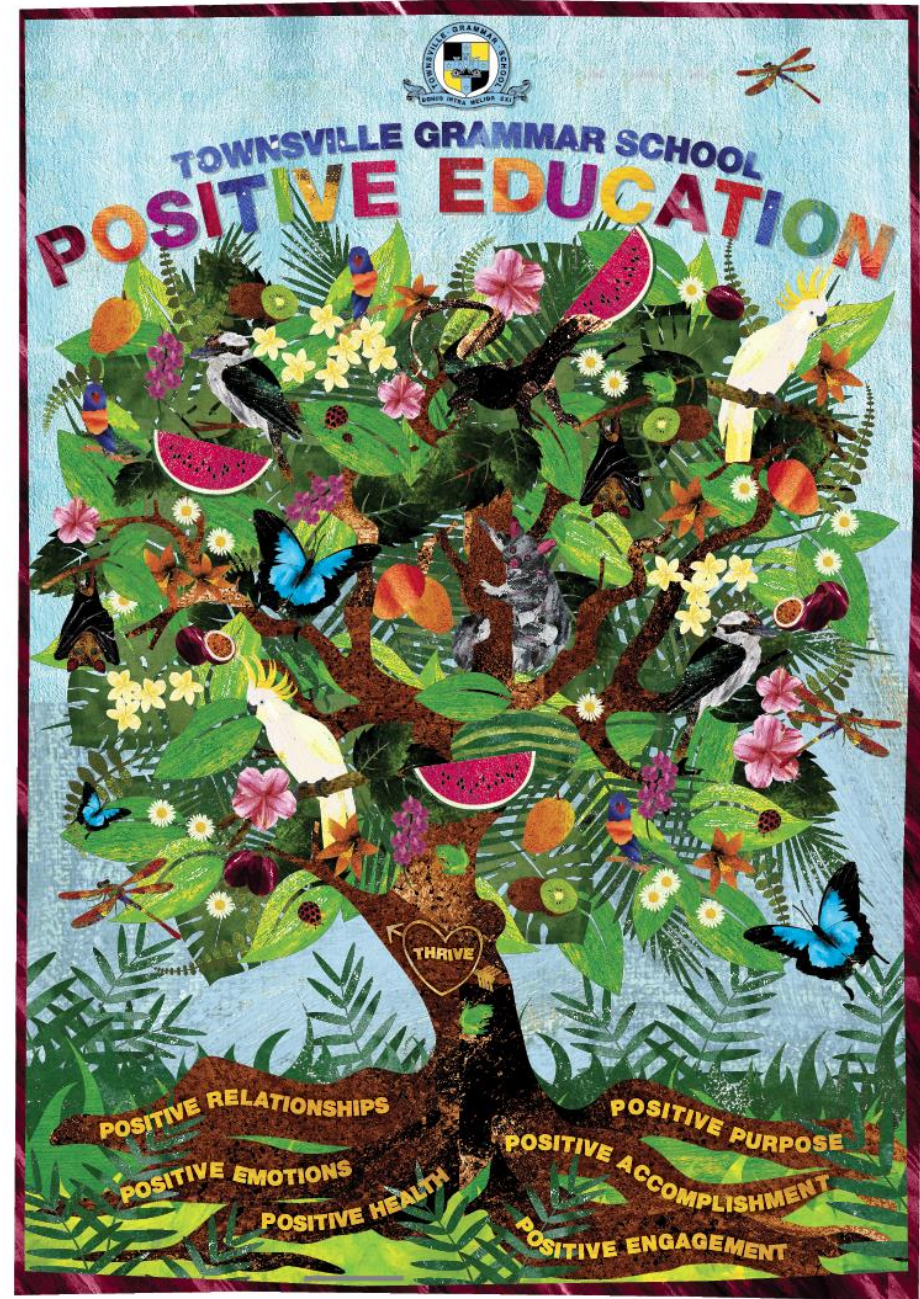
Student Wellbeing

- Children thrive when they know that they are in a safe, caring environment where their needs for safety, support and a sense of belonging are met.
- **Your child matters to us.**
- Our staff are committed to working together to ensure the best possible outcomes for your child: academic, cultural, social, sporting and personal.
- **A Team Approach:** Classroom teachers, specialist teachers, teacher aides, learning support staff, school counsellor, Head of Junior School, support staff, **parents.**



Positive Education

- The framework that supports our Pre-Prep to Year 12 Pastoral Care and Wellbeing Program.
- A pro-active rather than reactive approach to children's mental health and well-being.
- An optimistic outlook that encourages students to focus on what is going well in their lives.
- Focusing on personal strengths and how these help us to manage challenges and develop the resilience to handle set-backs and disappointments.
- Using the principles of positive psychology to encourage and support children to THRIVE.



The Myths

- Elitist.
- Must be academic.
- Primary education is less important than secondary education.



The Reality

- The importance of foundational learning.
- A Townsville Grammar Education is an investment in your child's future.






Parent to Parent– Sarah Bonell

What tips would you provide for a first time Prep parent?

What challenges did you find as a Prep parent? How did you overcome? How were you supported?

Why did you choose TGS?

A photograph of four children in school uniforms, looking through their hands held up to their eyes like binoculars. The children are smiling and appear to be outdoors. The text is overlaid on the image in a white, cursive font.

*Thank you for attending.
We look forward to partnering
with you in the
educational journey of your child.*

Questions?