Starting Strong

Orelia
PRIMARY SCHOOL

A Parent's Guide to Kindy





nurture | discover | engage

Orelia
PRIMARY SCHOOL



Welcome to our school

Welcome to Orelia Primary School!

This handbook serves as a brief overview of essential information for new families. Please take some time to read these notes carefully and keep them handy for reference throughout the year. We are dedicated to fostering a culture of excellence grounded in our core values:

respect,
resilience, consistency, collaboration, and flexibility. Our commitment to continual improvement aims to create a strong, safe, and supportive school community. Our Purpose is

to provide a consistent and positive impact on each child's life by offering an engaging, supportive, and secure learning environment.
Our staff is devoted to guaranteeing the best for our students. We take pride in the quality of our teachers and education assistants. Our classroom educators emphasize literacy and numeracy, while students also benefit from specialist instruction in physical education, science, Noongar, visual arts, and music.
Our School Vision is: Nurture - Discover - Engage

- Nurture curiosity, Discover through learning, Engage with the community.

Parents and caregivers are warmly invited to be active partners in the learning process at Orelia Primary School. Your opinions matter to us, and we continually seek ways to enhance our school. Please feel free to reach out to your child's classroom teacher with any questions, or contact me or one of our deputy principals:

Mrs. Jo Tester 

Mr. Ash Sims 

We eagerly anticipate sharing in your child's learning journey and welcome your involvement and contributions to help us continue making Orelia Primary exceptional. We hope you enjoy collaborating with us just as much as we will enjoy working with you!

If you have any questions please visit the office and make an appointment to see me, looking forward to a wonderful year,

Ms Joanne Stewart-Magee
Principal
08 6174 1200
Joanne.Stewart-Magee@education.wa.edu.au

💛 Welcome to Kindy!

Starting Kindy is such an exciting step in your child's learning journey! This booklet has been created to help you understand and support your child's early development at home.
Inside, you'll find simple information about fine motor skills, pencil grip, scissor skills, drawing stages, and language development through nursery rhymes. These early skills build the foundation for your child's future success in reading, writing, and learning.
By spending a few minutes each day practising these fun activities, you're helping your child grow in confidence, coordination, and creativity — all while building a strong love of learning.

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Orelia PRIMARY SCHOOL

School Uniform Order 2026

Date:

Name of student:

Your name:

Room number:

Phone:

Email:

Price List

	Price $	Faction	Size 2-16	Adult S-2XL	Quantity	Total
Polo Shirt Size 2-16	25.00					
Polo Shirt Size S – 2XL	26.50					
Leavers Shirt Size 6-16	35.00					
Leaver's shirt Size S-2XL	36.50					
Faction shirt Size 4-16	25.00					
Faction shirt Size S-2XL	26.50					
Reversible school/faction bucket hat	15.50					
Tricot Jackets Size 6-16	43.00					
Tricot Jackets Adult M -2XL	43.00					

**3XL is made to measure, price on application. Approx 12-15 week ETA.

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Communication Milestones

Communication milestones

At 3 years
children can usually...

understanding

- follow more complex two part instructions (e.g., give me the teddy and throw the ball)
- understand simple wh-questions, such as 'what', 'where' and 'who'
- understand the concepts of 'same' and 'different'
- sort items into groups when asked (e.g., toys vs food)
- recognise some basic colours.

Figure out what I want to say, and put it into words for me.



speaking

- say four to five words in a sentence
- use a variety of words for names, actions, locations and descriptions
- ask questions using 'what', 'where' and 'who'
- talk about something in the past, but may use '-ed' a lot (e.g., 'he goed there')
- have a conversation, but may not take turns or stay on topic.





Communication milestones

At 4 years
children can usually...

understanding

- answer most questions about daily tasks
- understand most wh-questions, including those about a story they have recently heard
- understand some numbers
- show an awareness that some words start or finish with the same sounds.

No need to always read the whole book. Talk about pictures that interest me.



speaking

- use words, such as 'and', 'but' and 'because', to make longer sentences
- describe recent events, such as morning routines
- ask lots of questions
- use personal pronouns (e.g., he/she, me/you) and negations (e.g., don't/can't)
- count to five and name a few colours.

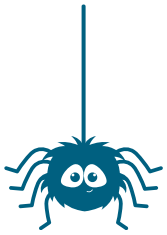
Language Development

Sing nursery rhymes every day! It's a simple way to build your child's language and literacy skills while having fun together.

⭐ Twinkle, Twinkle, Little Star ⭐

Twinkle, twinkle, little star,
How I wonder what you are!
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle, little star,
How I wonder what you are!

Incy Wincy Spider



Incy Wincy Spider climbed up the water spout.
Down came the rain and washed poor Incy out.
Out came the sunshine and dried up all the rain,
And Incy Wincy Spider climbed up the spout again.



Old MacDonald Had a Farm

Old MacDonald had a farm, E-I-E-I-O,
And on that farm he had a cow, E-I-E-I-O,
With a moo moo here, and a moo moo there,
Here a moo, there a moo, everywhere a moo moo,
Old MacDonald had a farm, E-I-E-I-O!

Five Little Ducks

Five little ducks went out one day,
Over the hill and far away.
Mother duck said, “Quack, quack, quack, quack,”
But only four little ducks came back.
(Repeat and count down...)
No little ducks went out one day,
Over the hill and far away.
Mother duck said, “Quack, quack, quack, quack,”
And all five little ducks came back!

The Wheels on the Bus



The wheels on the bus go round and round,
Round and round, round and round.
The wheels on the bus go round and round,
All through the town.

(Add more verses – wipers, doors, babies, etc.)



Row, Row, Row Your Boat

Row, row, row your boat,
Gently down the stream.
Merrily, merrily, merrily, merrily,
Life is but a dream.

Development of Scissor Skills

Learning to use scissors helps your child build hand strength, coordination, and fine motor control — all important for writing, drawing, and everyday independence.

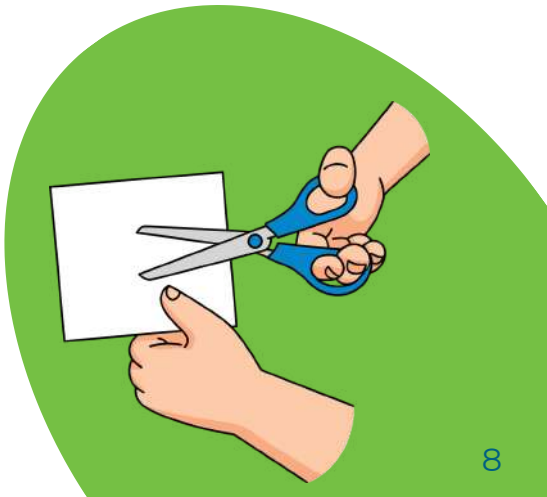
Early Foundations (Ages 2–3)
What you might see:
• Uses both hands to open and close scissors.
• Enjoys tearing paper, squeezing playdough, or using tongs.
• Developing hand and finger strength.
Try this at home:
• Tear scrap paper or old magazines.
• Squeeze sponges in water play.
• Use tongs to pick up pom poms or cotton balls.

Beginning Scissor Use (Around 3 Years)
What you might see:
• Holds scissors with one hand (thumb up).
• Opens and closes blades with effort.
• Can make short snips along the edge of paper.
Try this at home:
• Snip playdough 'snakes' or drinking straws.
• Use thick paper or card for easier control.

Developing Control (Around 4 Years)
What you might see:
• Cuts across a sheet of paper.
• Begins to turn the paper with the other hand.
• Gaining confidence and coordination.
Try this at home:
• Draw a straight line and encourage your child to cut along it.
• Cut 'fringes' on strips of paper.

Improving Accuracy (Around 4½–5 Years)
What you might see:
• Cuts along curved lines and simple shapes.
• Controls both hands together while cutting.
• Developing smoother cutting movements.
Try this at home:
• Cut around basic shapes like circles or squares.
• Cut out magazine pictures or stickers.

Mastery Stage (5–6 Years)
What you might see:
• Cuts out more complex shapes neatly.
• Follows detailed outlines and small curves.
• Confident, smooth cutting movements.
Try this at home:
• Make paper crafts, collages, or paper dolls.
• Encourage independent cutting in art projects.



Stages in Learning to Draw

Children typically progress through several stages as they develop their drawing skills. These stages often overlap, making it challenging to categorize a child's artwork into a specific stage when observing it.

Stages in Learning to Draw



Stage 1 – The child's hand moves backwards and forwards to produce a scribble.



S**tage 2** – The child becomes able to lift the pencil from the paper and move it in different directions.



Stage 3 – He begins to scribble in circles.



Stage 4 – He becomes able to draw round and round in circles.



S**tage 5** – He now starts to draw people and uses a circle to represent a face. Marks are put inside for eyes, nose, mouth.



Stage 6 – Lines are incorporated around the circles.



Stage 7 – The lines are arranged in bunches to represent hair, arms, legs.



Stage 8 - The arms come straight out at the sides of the face. The legs come from a smaller circle which is drawn below for the body.



Stage 9 – The body becomes much more important
and the legs have feet.

Stage 10 – Clothes are added. The drawings also have trees, houses, animals, cars and other objects in the child's world.

When Drawing is Completed

Children typically enjoy having their artwork praised and often like to display it on the wall for all to admire. However, there are times when, after finishing a drawing, they may scribble or paint over it, rendering it invisible. This action seems to bring them a sense of joy akin to the delight they experience from toppling a stack of bricks or demolishing a sandcastle.



✏️ The Importance of a Correct Pencil Grip

Learning the correct pencil grip early helps children develop comfort, control, and confidence when writing and drawing. A good grip allows the hand and fingers to move freely and reduces fatigue, making writing easier and more enjoyable.

🌟 Why It Matters

- Encourages smooth, controlled movements needed for writing letters and numbers.
- Helps prevent hand tiredness or pain during longer writing tasks.
- Supports neat handwriting and good letter formation.
- Builds fine motor strength and coordination for all hand-based tasks.
- Avoids habits that are hard to change later (like wrapping the thumb or using too much pressure).

🖐️ What a Correct Grip Looks Like

- Called the dynamic tripod grip — pencil held between the thumb and index finger, resting on the middle finger.
- Hand and wrist are relaxed.
- Pencil points toward the shoulder of the writing hand.
- The non-writing hand steadies the paper.

💡 Ways to Encourage a Good Grip

- Use short crayons or pencils (forces fingers into the right position).
- Strengthen fingers with fine motor play – playdough, tweezers, pegs, and Lego.
- Practise with fun tracing, colouring, and drawing activities.
- Remind gently — avoid correcting too often or making it stressful.



Left



Right

Coloured Playdough

Playdough Recipe

Ingredients:

- 2 cups all-purpose flour
- 1 cup salt
- 2 tablespoons cream of tartar
- 2 cups lukewarm water
- 2 tablespoons vegetable oil
- Food colouring, optional



Method:

1. Mix flour, salt and cream of tartar in a large pot.
2. Add water, oil, and food colouring if making a single colour; stir to combine.
3. Cook over medium heat, stirring until dough thickens and forms a ball.
4. Remove from heat, cool slightly, then knead until smooth. For multiple colours, divide dough and knead in food colouring in separate bags.
5. Store playdough in an airtight bag or container to keep it soft.

Playdough Creation Ideas for Kids

- Animals: Make snakes, caterpillars, turtles, or dinosaurs by rolling and shaping playdough pieces.
- Food: Pretend pizzas, cupcakes, fruit, or spaghetti using different colours and pressing tools.
- Nature: Flowers, trees, leaves, and insects, sometimes using real sticks or leaves to add detail.
- Letters and Numbers: Roll playdough into long “snakes” to form alphabet letters or numbers for playful early literacy.
- Faces: Use different colours to create playful people or monster faces with eyes, noses, lips, and hair.
- Patterns and Textures: Press buttons, shells, pasta, or toy stamps into dough to create interesting patterns and art.
- Mini Worlds: Build a scene like a zoo, farm, garden, or park with tiny figures, animals, or natural treasures.

Packing a Healthy Lunchbox

A healthy lunch helps children stay active, learn better, and enjoy their day at school. Aim to include a variety of foods from all five core food groups—vegetables, fruit, grains, protein foods, and dairy or alternatives.

What to Pack

- Main item: Sandwich, wrap, roll, pasta, soup, frittata, or sushi.
- Fruit or veggie snack: Fresh fruit, veggie sticks, salad, or canned fruit in natural juice.
- Second snack: Yoghurt, wholegrain crackers with cheese, fruit muffin, popcorn, egg, or canned tuna.
- Drink: Water is best; plain UHT milk is also a good choice.

Tips for Success

- Involve children in choosing and preparing their lunch.
- Choose mostly wholegrain or high-fibre foods.
- Include plenty of vegetables and vary fillings to keep things interesting.
- Encourage water throughout the day.
- Keep foods low in added sugar, salt, and saturated fat.

Lunchbox Ideas

Mix and match these options to build a balanced lunchbox:

- Fruit in season
- Boiled egg or lean meat
- Salad or veggie sticks with yoghurt dip
- Wholemeal sandwich, pita, or roll with healthy fillings
- Reduced fat yoghurt or mini cheese stick
- Water or plain UHT milk

Lunchbox Example

- Main: Wholegrain sandwich or wrap with chicken and salad vegetables.
- Fruit: A small apple or a tub of fruit salad.
- Vegetables: Carrot and cucumber sticks with hummus dip.
- Snack: Reduced-fat yoghurt or a boiled egg.
- Drink: Bottle of plain water.





Welcome Message
Charmaine Yates – AIEO

Kaya families,

My name is Charmaine Yates, and I'm proud to be the Aboriginal and Islander Education Officer (AIEO) here at Orelia Primary School.

I'm passionate about supporting our next generation and helping children reach their full potential. My role is to walk alongside families and students, offering support, guidance, and connection to culture and community. Whether it's a concern about school or just someone to yarn with — I'm here for you.

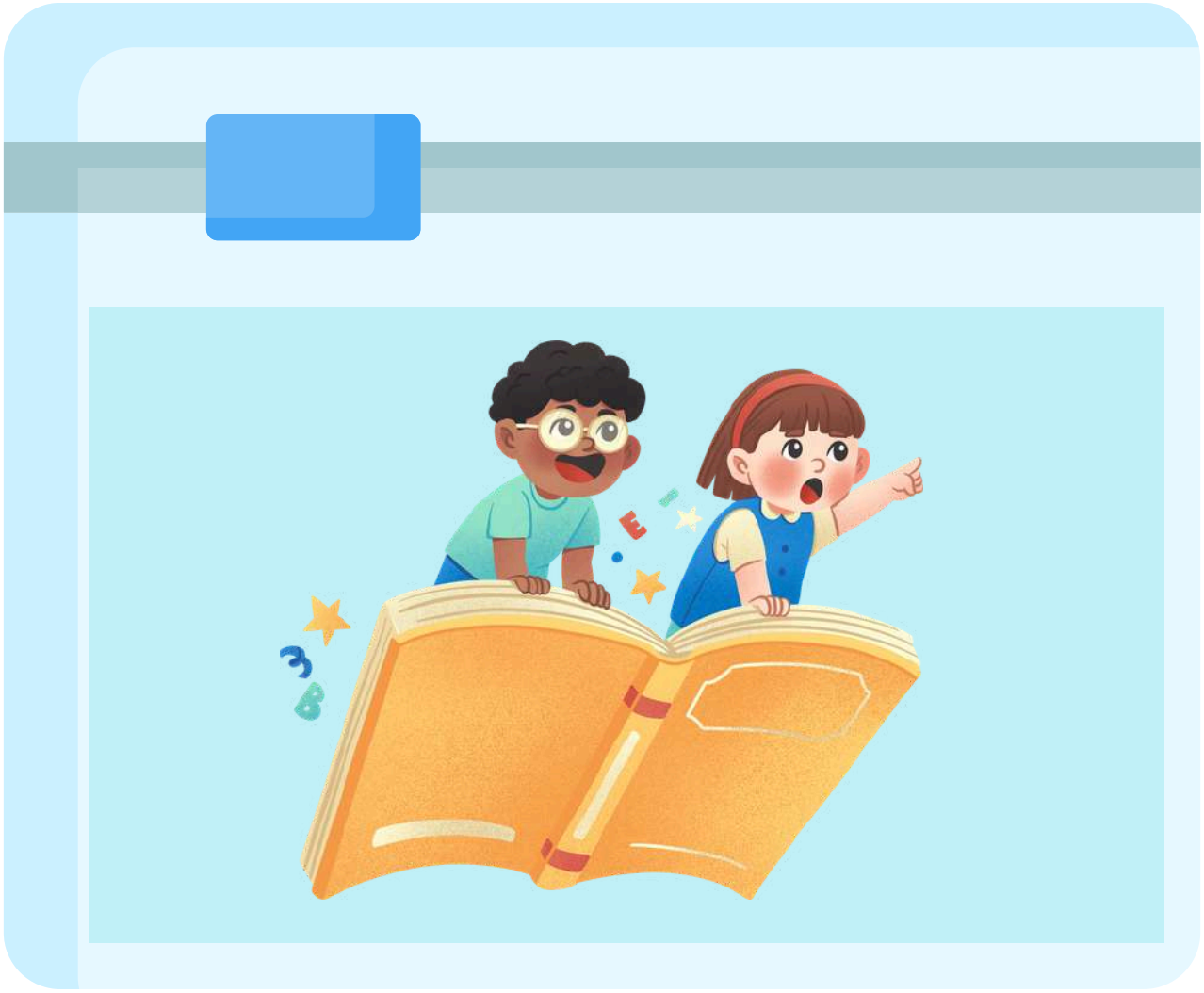
Together, we can build strong pathways for our children, grounded in respect, culture, and care.

Warm regards,

Charmaine Yates
AIEO

YOUR HOME READER BAG

We hope you enjoy your Kindy information pack, and just so you know, the handy bag it comes in can be reused as your child's home reader bag when they start school - one less thing to worry about as they continue their learning journey!



Notes.....

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