



From the sea
...to the stars!



Welcome to Eyemouth Primary School



All About Starting School

2026-27

Ready ★ Respectful ★ Safe



Information for Parents/Carers of new Primary One Pupils

SCHOOL TIMES

Mon - Thurs 8.50 am - 12.00 noon Morning Session
12.00 noon - 12.40 pm Lunch
12.40 pm - 3.10 pm Afternoon Session
Friday 8.50 am - 12.20pm

The beginning of term is Wednesday 19th August 2026

SCHOOL MEALS AND TUCK SHOP

School lunches are free to all Primary 1 children. You will be given a letter with a username and activation code to access this website. The menu for August has not been put on ParentPay yet, but it should be on by the end of July 2026. If you have any difficulties, please contact the school office who will be happy to help. Alternatively, pupils may bring a packed lunch including water to drink. Please do not include cans of fizzy juice or glass bottles in packed lunches.

As a Health Promoting School, pupils in Eyemouth Primary School brush their teeth each day after lunchtime. Information and consent forms will be sent out in the Autumn term.

Water Bottles

Please send your child to school each day with a clearly named water bottle to allow water to drink during the school day. Your child will bring their bottle home at the end of each day. Please wash out the water bottle and refill this at home.

HealthyTuck Shop

Children can bring in money to buy a snack for morning break. It costs 20p for a piece of fruit.

Breakfast Club

Breakfast club is open from 08.00 am until 08.35 am. Booking needs to be done 24 hours in advance to allow for staffing to be allocated.



MEDICINES

School staff are only authorised to administer prescribed medicines. If your child requires to be given a prescribed medicine during the school day, you must complete an authorisation form (available from the school office). Prescribed medicines should be handed over to the office at the beginning of the school day.

Non-prescribed medicines, e.g. Calpol, **cannot** be administered by any member of school staff.

COMMUNICATION

If for some reason we need to contact you during the school day we shall telephone you or use your emergency contact number. Otherwise, information is sent home via e-mail unless you have specifically said you wish paper communications. Please check your e-mail inbox or child's bag **each day**

Parents are asked to download the Eduspot app as this is used to send out groupcall messages to parents/carers. Information will be supplied by Office staff on how to download and access this app.

Our Eyemouth Primary School website provides information about our school and can be found by following this link-[Eyemouth Primary School - Home](#)

If there are any changes in either your details or those of your **emergency contact please inform the school office on (018907) 50692.**



CLOTHES

We encourage children to wear school uniform. A selection of items, sweatshirts/hoodies, cardigans, polo shirts, fleeces, waterproof jackets, and hats, can be ordered online from Border Embroideries, Fantasy Prints (who have a shop in Berwick) or My Clothing websites. **Please clearly name all articles of clothing as this makes things easier if anything goes missing.** Help your child to recognise their own name and take care of their belongings.

Please remember to send your child with a waterproof coat each day and sensible footwear that is easy for children to put on and take off by themselves. We go outside a lot in Primary 1 so a pair of wellington boots that can remain in school would be useful.

It is helpful if children can:

- dress themselves
- use a handkerchief
- use the toilet alone
- Fasten their own shoes- Velcro work best!



GYM CLOTHES

Please provide your child with a gym-bag for their own plain t-shirt, dark shorts and slip-on gym shoes, which should be **clearly marked with their name.** **No earrings or other jewellery to be worn on gym days.** **No football strips are allowed in school.**

Outdoor clothes will be requested during cooler weather.





POSITIVE RELATIONSHIPS

Eyemouth Primary School operates a policy of 'Positive Relationships'. This means that children are praised for good behaviour. It would be helpful if you could talk to your child about these school rules and answer any questions they might ask. Our values are being Ready, Respectful and Safe.

Examples of 'Positive Behaviour':

- Using please and thank you appropriately
- Doing what they are asked first time
- Never leaving the playground unaccompanied by a member of staff or parent/carer
- Keeping hands and feet to themselves
- Helping to tidy up
- Caring for others
- Taking turns and sharing when asked

Sharing information

Periodically we hold information evenings for parents as well as Stay, Play and Learn sessions. These are of great value to you as they help you to see what your child is doing at school.

If you have any concerns regarding your child, please do not hesitate to contact the school.

FIRST DAY AT SCHOOL

Please bring your child to school on time. We enter via the gate at the back of the school next to the ELC Hub. Leave on a cheerful note.

Don't linger at the school gate after dropping your child off as this can be unsettling.



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COLLECTING YOUR CHILD FROM SCHOOL

Collect your child on time and don't worry if they are not keen to share the events of their first day at school with you!

Please inform the school who will **normally** be collecting your child. If for any reason you need to change these arrangements, please inform the school in advance.

Please note children in Primary 1, 2 and 3 must be collected by a responsible adult, not an older sibling.

Enjoy your child's time at school. It is a valuable period in their life and will probably pass all too quickly. Take advantage of the social opportunities your child's school days have to offer by meeting with other parents and becoming involved in a range of school activities. We welcome help from parents with school/class visits and supporting some learning activities. If you are able to help, let the class teacher know.





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The next section of the booklet is designed to give suggestions to parents/carers about how children can be supported at home on their learning journey.

What is a transition?

Transitions are the moves children make from home to nursery, from nursery to P1, from stage to stage and through Curriculum for Excellence levels.

Transitions are part of everyone's life. When transitions work well, they help children to develop confidence and acquire skills to manage future changes in their lives.

Almost all children look forward to moving on in learning and in life. For some children transitions can be tricky and support from parents and staff at school can help the transitions go more smoothly.

We hope this booklet will help reassure you and give some ideas for home. A lot of these activities would be ones we would do in nursery and be encouraging families with at home. You know your own child best and what they are ready for, but we are happy to help if you have any questions.

Parents often ask what they can do to help their child at home especially when the child will soon be starting school. There are lots of fun activities that you and your child can enjoy together.





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What children and parents need to know...

- The teachers can't wait to meet you and be part of your first year at school.
- The 'academics' aren't the priority when you first start school.
As long as you feel happy and safe, you'll be ready to learn in Primary 1.
- In Primary 1, you'll spend a great deal of time playing -just like in Nursery. This is the way you learn best and your P1 teachers are play experts!
- All children learn at different rates, and you are ready to come to Primary 1.
- If you were still at Nursery right now, you'd still be learning through play so enjoy playing at home and you will continue to learn.
- Use some of the ideas in this document to help prepare but don't worry and remember... you're ready!





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My Independence

Can I dress myself independently?

Practise with me each day. This will support me to independently change for PE as well as put my coat and shoes on at break and lunch times when in Primary 1.

Some things to practise that are particularly tricky:

- Taking jumpers on and off
- Buttons! Undoing and redoing buttons is a great skill for P1 (and it helps my fine motor skills which are crucial for writing!)
- Doing a zip
- Putting tights on



Can I go to the toilet and wash my hands on my own?

Encourage me to go to the toilet myself and wash my hands afterwards. Don't panic about accidents. Make me aware that I can ask an adult for help if this happens.

Practise packing and unpacking my school bag with me!





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Preparing for lunchtime

Tray

We carry our plates on a tray like this, but an adult will be there to help me with this.



Cutlery

Can I use cutlery to feed myself independently?

Practise with me and make sure I'm using real size adult cutlery! Give me food that I need to try and cut myself, and let me have a go!



If possible, encourage me to eat at the table with others.



Emotions

Talk to me about School

What did you like best?

What are your favourite memories of Primary School?

Focus on the excitement of starting Primary 1 with me. Don't show me any worries or anxieties you may have - it'll only make me nervous!

Set some goals with me so that I'm excited for the challenges that lies ahead!

Feelings

- Can I tell you how I'm feeling?
- Can I talk about what to do if I feel sad, angry or frightened? Talk to me, reassure me and give me strategies for coping e.g. 10 deep breaths, stop and count to ten.
- Can I identify how characters feel in stories? This will help me recognise the thoughts and feelings of others.

School Uniform

Let me Try on my School Uniform. It'll make it less daunting when I start Primary 1 after the summer and will help my feel ready to be a 'Big School' child.

Journey to school

Practise the Journey to School. If possible, practise my journey to school with me throughout the summer. It'll make it a familiar route when I start Primary 1.

Asking for help

Reassure me- adults at school are there to help. All I have to do is ask!





The significance of my name

Recognising and reading my name is really helpful when entering Primary 1.

It helps me to find my coat peg, tray, work, gym clothes and much more!

Tom

**If I'm not confident
recognising my name yet,
then you could try the
following:**

- Make a sign for my bedroom door.
- Make family place settings for meal times (and change them around each time so that I'm challenged to find my name!).
- Put a label beside the place where I hang my coat or place my shoes.
- Label any tubs or clothes I might wear to school. I'll see my name every time I use or wear them!

**Make labels with a capital at the
beginning and rest of the letters
lowercase.**

Writing my name is not as crucial a skill. My teachers will support me with that in school.

If I do want to learn then make sure you model it to me correctly with a capital letter at the start and with the rest lowercase.

Only help me with this if I show an interest, if I don't then don't force me and don't worry! Many children start school without being able to write their own name.



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My concentration and focus

When in Primary 1, I'll need to concentrate and focus for short periods of time. Here are some things you can do to help me develop my concentration skills further in a fun way!

Reading Story Books

The most perfect activity! I spend quality, quiet time with a loved one and I focus for a length of time. Ask me questions about the story we've read together to support my recall of information!

Memory Games

Playing pairs with cards. Playing shopping list. Anything that requires me to remember information also requires my full concentration!

Board Games

Encourages concentration and focus as well as turn taking and waiting. I also know how it feels when things don't always go my way! Games with a dice also support my numeracy skills! Encourage me to stick to the end of a game!

Jigsaws

Try to encourage me to see this activity through to the end! This helps me concentrate and I can feel pride in my achievement!



Lego

Building with Lego takes time and patience!



Craft

Craft projects take time, effort and concentration. It helps me understand that most end results require a process!



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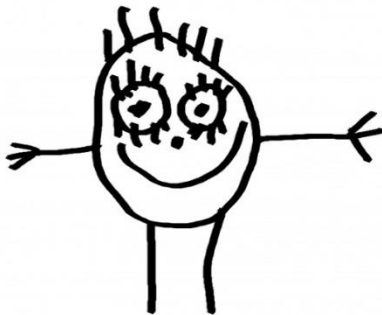


Writing and mark making

Mark making is crucial for early writing development. Anything that allows me to make a mark will support me for Primary 1. Skills for writing are taught in many different ways and focus on strengthening the small muscles inside my hand as well as encouraging a pincer grip.

Drawing

If I'm interested in drawing then let me experiment. Ask me about my drawings and let me use my imagination to share my thoughts, ideas and stories.



Pincer Grip

Practising my pincer grip encourages me to begin to identify my dominant hand and form my pencil hold.

Activities to encourage my pincer grip include:

- Threading beads, pasta, Cheerios etc.
- Using a stick to draw in mud and sand
- Playing with Lego and other building materials



Let me experiment with mark making, drawing and writing in:

- Shaving foam
- Sand
- Glitter
- Flour
- And other substance you have at home!)

Scissors and cutting strengthens my hand muscles!





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Count anything and everything!

From my teddies
to the stairs to the
peas on my plate!
Numbers are
everywhere!

Numeracy



Play number games with me including dominoes, matching games, dice games and more!

Go on Number Hunts

- Find numbers all around you.
- Look out for door numbers during your daily walk
- Look at birthday cards, calendars, clocks, car registration plates and anywhere else you can spot numbers!



Baking

Encourage me to measure, count and read numbers when baking something delicious!



Sing number songs and recite rhymes with me e.g. Ten Green Bottles, 5 Little Ducks, Once I Caught a Fish Alive and many more!

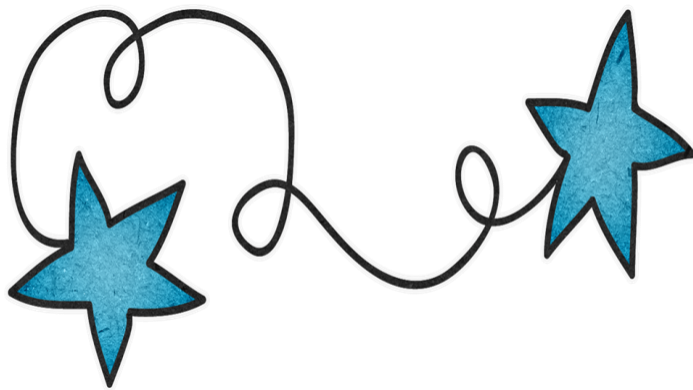


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We can't wait to welcome your child to
Eyemouth Primary School.

From the sea to the stars, be the
best you can be!



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