

# Prep Orientation Handbook 2026



St Eugene College

*Dare to grow in faith, hope and love*



# WELCOME FROM THE PRINCIPAL

This is an exciting time, a child first starting school, so I would like to let you know of a few things that will assist your child in their transition to school life.

## WHAT DO THE CHILDREN BRING TO PREP?

1. College school bag
2. College hat
3. 1 lunch box and 1 water bottle
4. Spare uniform in school bag, each day
5. Library bag—available from the college uniform shop
6. Home bag—available from the college uniform shop
7. A box of tissues



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## ALL CHILDREN'S BELONGINGS SHOULD BE CLEARLY MARKED

Please bring items 5 to 6 on your child's first school day in January. This will assist with our classroom organisation so we can have a smooth transition on the first day.

**FOOD:** Please provide nutritious food for your child in a litter-less lunchbox, as outlined in this handbook. All litter will be sent home in your child's lunchbox. We encourage good eating habits that will carry the children through their school years. A child cannot function effectively on an inadequate diet, so we do emphasise the need for correct nutrition to assist each child in attaining their potential.

## EATING BREAKS

Munch/Crunch—Fresh fruit or vegetable

1st Break—Should consist of a sandwich/wrap/roll (or equivalent) and extra if required

Drink—Water

2nd Break—should consist of a healthy snack – yoghurt/cheese/museli bars etc

Drink—Water

**TREASURES FROM HOME:** Toys from home can get broken or lost at school and it saves a lot of time and heartache if these are left at home.

We look forward to sharing your child's educational journey through the College.

Yours sincerely

Louise Olley

College Principal

# PREP AT ST EUGENE COLLEGE



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We feel very privileged that you have chosen St Eugene College for your child's education. A P-12 College provides an experience that transitions a child seamlessly from the foundation years of their education right through to the senior years as they decide on their future outside of school. Together, we believe that we will start your child on the right journey for life-long learning.

Prep is a full-time program, with students attending from Monday to Friday, 8:40am – 2.50pm. It is expected that your child attends every day unless there is a legitimate reason to be away, such as illness.

Our Prep curriculum is based on the Australian Curriculum for English, Mathematics, Science, Humanities and Social Sciences (HASS), Health and Physical Education, The Arts and Technologies. The Australian Curriculum is available online <https://www.australiancurriculum.edu.au/f-10-curriculum/> We also follow the Religious Education curriculum as mandated by the Archdiocese of Brisbane. The 5 contexts for learning provide a powerful means for delivering this curriculum. These contexts are: play, routines and transitions, investigations, real life situations and focused learning and teaching.

# ST EUGENE COLLEGE MISSION, VISION AND VALUES

## COLLEGE MISSION

When your child enters Prep, at St Eugene College, they are welcomed into our Prep to Year 12 family as they begin their journey through an engaging environment of deep learning, authentic continuity of curriculum, Christian values, and Oblate charism reaching from early childhood to young adulthood.

## COLLEGE VISION

**Enter to Learn**

**Dare to Grow**

**Leave to Serve**

## COLLEGE VALUES



# COLLEGE VALUES



**St Eugene College**

*Dare to grow in faith, hope and love*

# Preparing Your Child For School

## Preparing Your Child for School

Starting school should be an enjoyable and positive experience, when children have the opportunity to make new friends and learn new things. Beginning school is a big step but there are some things that you can do to help.

## Developing Independence

Help your child become used to:

- Putting on and taking off clothes and shoes (*Velcro is useful if shoelaces are a problem*).
- Opening a lunch box and unwrapping food (*Plastic wrap can be tricky!*)
- Encourage them to put away belongings in a set place, carry own bag etc.
- Eating and drinking without help.
- Caring for and putting away play things.
- Using a handkerchief or tissue.
- Please ensure that your child can use the toilet independently and knows how to wash their hands thoroughly.
- Packing, unpacking and carrying their own bag.
- Let your child know that it's alright to make mistakes.
- When writing your child's name, use a capital letter only at the beginning.
- Teach your child how to cope with frustration, e.g. Acknowledge the child's upset feelings and then guide them to think of how to solve the problem. "What could we do?" Your child may need you to offer solutions at first.

## Prepare your child for separation:

- If your child is not used to being away from the family, try to organise for them to spend time at a friends' or relatives' house without you.
- Take your child to visit the school before the first day. Show them where the toilets and bubblers are, and how to use them. If this isn't possible, perhaps drive past the school to show them where they will be attending.

**Please ensure that your child can use the toilet independently and knows how to wash their hands thoroughly.**



## Developing Social Competence

Help your child to develop the necessary communication skills. Try to ensure that your child can:

- Ask for help when needed.
- Use appropriate greetings.
- Respond when spoken to.
- Follow simple instructions (*Ask your child to help you around the house. Give one direction to begin with. Gradually build to two, then three.*)
- Separate comfortably from parent/carer.
- Naturally show an interest in other kids.
- Show concern for others.
- Use words rather than physical aggression to solve problems.
- Recognise and express their feelings and needs.
- Move on to new activities easily
- Accept guidance and directions from adults.

Help your child to develop the necessary social skills. Try to ensure that your child can:

- Share and take turns.
- Play cooperatively with others.
- Wait quietly for brief periods (*Playing card or board games require all these skills. Beware of influencing the outcomes of the game though. Being able to cope with not winning is also an important skill.*)



## Developing Physical Skills

Provide opportunities for your child to use the large muscles of their body. This assists with the stamina and co-ordination required throughout the school day. Help your child to develop the necessary skills for:

- Running
- Jumping
- Hopping
- Climbing

Try to ensure that your child has lots of opportunities to:

- Draw and write.
- Paint with fingers and brushes.
- Play with dough (*Make biscuits or bread. Great fun and you get to eat it as well!!*)
- Cut with scissors, tear and scrunch paper.
- Build with blocks and other construction toys.
- Pick up and place small objects (*Decorate biscuits or sprinkle sesame seeds on bread.*)
- Open their school bag independently and obtain personal items from their bag.
- Open their lunch box independently.
- Undress/dress for toileting independence and wash their hands after going to the toilet.
- Grip scissors correctly.
- Sit with your child and play with playdough, draw, try stencils, play simple turn taking games like I spy, 'Simon Says', 'I went shopping and I bought...'



## Developing Gross Motor Skills

- Getting out the saucepans.
- Taking things out of the fridge.
- Hanging out small things such as socks and tea towels.
- Helping dry the cutlery.
- Helping to set the table – this is important as it involves counting, sorting and correct placement.
- Drying self after a bath or shower.
- Hanging up towels.
- Dressing self and putting on socks.
- Spreading own bread.
- Rolling out pastry or play dough.
- Making own bed.
- Stacking plastic containers.
- Putting toys away.
- Rolling, bouncing and kicking balls.
- Water and sand play using different sized and shaped containers.
- Using cracks in the footpath to jump/skip over.

## Ideas to Help Fine Motor Skills

- Squeezing pegs e.g. Make cages for zoo animals by squeezing pegs around the outside of a shallow tin and stand the animals inside.
- Squeezing, rolling or pinching Play Dough.
- Buttoning and unbuttoning large buttons e.g. in dressing up.
- Colouring in between the lines.
- Tracing around shapes, hands, feet etc.
- Drawing through mazes.
- Cutting magazine pictures with scissors.
- Dot to dot puzzles.
- Finger painting using all fingers.
- “*Painting*” shapes or people using water on a concrete floor using a wide paint brush.
- Drawing in wet sand using a stick/ finger.
- Texture rubbing – place a piece of paper over any rough surface and rub over the paper with a crayon and see the texture appear.
- Threading – e.g. Making pasta jewellery.
- Doing jigsaw puzzles.
- Screwing and unscrewing lids.
- Using glue to paste pictures.



# THE START OF PREP

## Before the first day:

- Practise getting up, eating breakfast and getting dressed for school.
- Ensure an early bedtime routine, as once they start school plenty of rest will be essential.
- Be positive about school – do not say that you will be sad when they start.
- Let your child know that it is alright to make mistakes.
- Teach your child how to cope with frustration.
- Encourage children to understand that teachers are at school to help.
- LABEL EVERYTHING. Identify your child's school bag in some unique way (keyring, small toys, ribbon etc)..

## On the first day:

- Leave plenty of time to get ready.
- Make a nutritious breakfast – essential for sustained energy and concentration.
- Make sure your child has all equipment: lunch box, water bottle, hat and a change of underwear (in a plastic bag) and that items are clearly named.
- Have your child pack their own bag.
- Talk through the daily routine – start, lunch and finish times. Remind them of arrangements for leaving and collecting (e.g. Once we get to school, Mum/Dad will stay a little while and then we will go. We'll be back at 2:50 and will meet you at the classroom).
- Be flexible in the early days of school, children may take a little while to settle in.



# PACKING LUNCHES

Being at school is hard work. By lunchtime your child will be hungry and thirsty. A nutritious and filling lunch is important to the success of their day.

The Prep precinct is a litter free zone. There are no bins for rubbish in the Prep eating area and playground, although a bin for food scraps will be provided and later used for compost. All other litter will be brought home in your child's lunchbox. Therefore, we ask parents to routinely prepare a litter-less lunch box and a reusable water bottle. There are many great containers and lunch boxes available now, however please ensure your child can open them unaided. It also should be sturdy in case it is dropped.

Here is an example of a litter-less lunch box:



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Please ensure your child has a water bottle each day—no straws, glass bottles or sippy cups.

## When packing your child's lunch:

- Provide healthy food in realistic quantities for morning tea, munch crunch and lunch.
- Ensure that your child can open their lunchbox and all containers independently.
- Avoid ring-pull cans as these can be difficult to open.
- Provide a variety of smaller items rather than one or two large items.
- Include an ice pack if items need to be kept cold.
- Provide a water bottle every day.
- Keep sweets, chips and other party food for parties or special occasions.



**WE CAN'T WAIT TO  
SEE YOU SOON !**



**PREP 2026**