

# *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

*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?*



*It's helpful to have a picnic at home to allow your child to practice eating from their lunch box and taking enzymes, if needed.*

*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*

☐

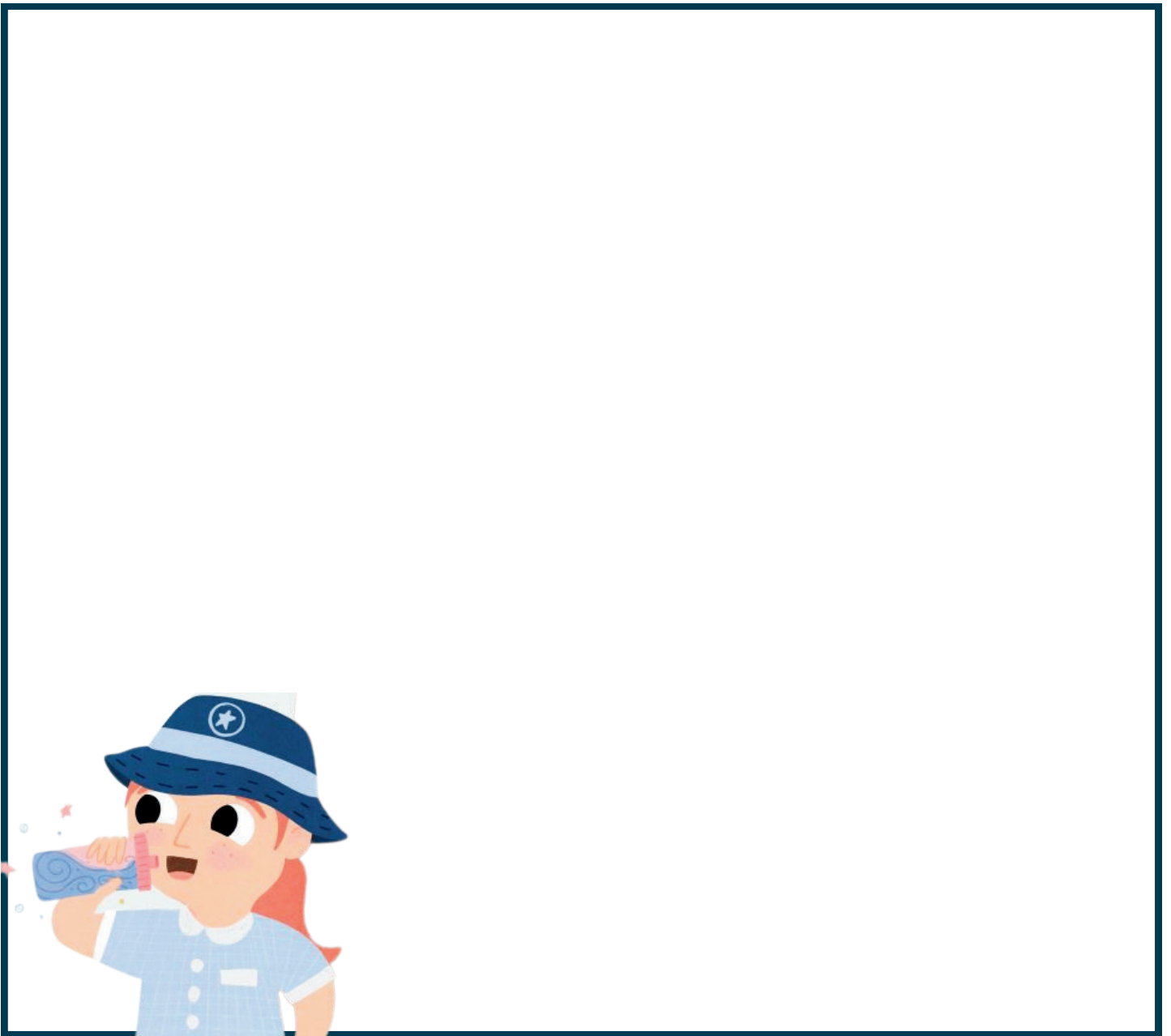
*I have salt solution*

☐

*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?*



# Parent Information

CFWA can provide further assistance and resources including:

- ☐ CF student action plan
- ☐ School management plan
- ☐ Educator & classroom education
- ☐ CFSmart- eLearning and other resources for educators
- ☐ My ABCF at School book and resources

Access these resources and more by scanning the QR code below.



## CONTACT

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# My ABCF at School Resource Pack



Request a My ABCF at School resource pack for your child's school. It includes:

- ☐ My ABCF at School book
- ☐ Note for teacher to send home to parents
- ☐ Teacher information sheet
- ☐ Student bookmark



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

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