

Starting school

Resources to support primary school students on the autism spectrum

Student profile

Introducing: Joanne Bloggs



This is me



This is my family

My birthday is: 26 February

My class: Foundation C

My year level: Foundation

My teacher: Mr North

About me ... (What are some of your child's interests, strengths?)

I love to draw and paint. I am also a good dancer and I do ballet and jazz. I am very good at talking (sometimes I get so excited that I talk a lot and forget when to stop) and I am really interested in books. I can't wait to read big books like my cousin. He is 2 years older than me and he is my best friend. I hope to make lots of new friends at school. I already know two other girls in my class (Carmen and Ayesha). I have a pet dog called Nala and I also have pet chickens. I like collecting their eggs. My favourite TV show is *Octonauts*. My favourite character is Captain Barnacles. I love going to the beach and swimming in my neighbour's pool. I would like to work in a library when I grow up.

How I like to play ... (Does your child prefer playing with others, alone, 'chilling out' in a quiet area, being active outdoors, having an adult help them to connect with others?)

I like to play with other kids but sometimes I don't know how to join a group. I might need some help from adults at break times because I get really nervous and then become quite shy when I don't know who to play with. I like playing outside on monkey bars and other play equipment. I might need some help learning about how to take turns and how to follow rules.

This year at school I am hoping that ... (What are some of your child's hopes and wishes for school?)

My wish for school is to learn and read lots of books. Sometimes I need help but I also like to do things by myself.

What makes me feel good ... (What makes your child feel excited, happy, calm, relaxed or cheerful, for example, and how do they show these feelings?)

I feel good when I am in a familiar place with people that I know and when I am doing things I know how to do. When I feel good I like to hug people. I also get quite loud and talk very fast when I am excited. I also flap my hands when I am really excited.

What doesn't make me feel good ... (What triggers your child, makes them feel grumpy, frustrated, angry, worried, nervous or scared, for example, and how do they show these feelings?)

I get really anxious when I am doing something new or when plans change. I like to know what is going to happen next and I ask a lot of questions. When there is a change in routine, I worry a lot. Sometimes I cry or I go very quiet and I shut down because I can't find the right words to explain my feelings. I might close my eyes and clench my fists for a few minutes.




Here is something I really like!




Here is something I don't like!

Help your school understand your child's needs: Families


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 **I learn best when ...** (Describe what might be helpful for your child, such as sitting with a friend or being at the front of the room, knowing in advance about upcoming plans and activities.)

I get distracted quite easily so it would help me to sit at the front of the classroom. I would like to sit with my friends Carmen and Ayesha. I use a visual schedule at home and it would help me to have one at school too. I like to know what is happening and I ask a lot of questions. You can help me by explaining what is happening in advance.

 **I find it hard to learn when ...** (Describe potential barriers to learning, such as noise, too much visual stimulation in a room, changes in routine, challenges with communicating needs.)

I don't cope very well with changes in routine or when there is something new happening that I haven't done before. I also get distracted by noises like lawnmowers and sirens. They sound really loud to me and I can't think properly when I hear them.


 **When I need help, I ...** (Describe how your child shows an adult that they need support, such as putting up their hand, looking distracted or calling out for assistance.)

I don't always know how to show that I need help. I sometimes shut down and close my eyes and clench my fists. This means I need help to calm down.


I call out when I have a question so I might need help to learn how to put up my hand and wait my turn.

 **Here are some ways you can best support me at school ...** (Describe any techniques or activities that you or your child use to self-regulate or calm.)


- If I get overwhelmed, it helps me if an adult reminds me to count my breathing using my fingers.
- You can talk to me about my dog, my chickens or the *Octonauts* if I get anxious. This is a good distraction for me.
- It helps me to have a visual schedule and to be told what is going to happen in advance.
- You might need to remind me to speak quietly using my inside voice when I get excited!

 **My family hopes that this year at school will be ...** (What is your vision for your child's schooling? You could express your hopes and wishes for your child.)

A good experience where I feel a sense of belonging and am accepted by everyone at school.

 **My family are happy to help me settle in this year by ...** (Add any information here about how you might be able to support the school.)

- checking in with my teachers once a week
- helping out at special events
- letting my teachers know when I need extra support.

 **Other information that I would like to share with you...** (You can skip this section if you don't have any other information to add.)

If I come to school with a red wristband, it means I have had a bad morning so please look out for me.

 Resources for families: <https://studentwellbeinghub.edu.au/parents/starting-school>