



Kindergarten Handbook

First Day!

Kindergarten 2024-2025

AUGUST TBD

Noon Dismissal

11:30 for $\frac{1}{2}$ day students

** Watch for further details of where to meet for the first day of school.

7:55 Students will WALK with their teacher to the classroom. Let your child find name tags to put supplies in their desk cubby, take them in the coat room and let them find their name tag to hang their backpack. Come back to their desk and take photos and have them sit down in their chairs.

8:00 Parents will leave promptly so they don't become anxious.

11:30 Morning friends will be dismissed at door 10. (Talk to me if they have an older sibling in our school. We have a plan that can help you in picking them up).

12:00 TODAY AND Wednesday we will not have lunch at school. We will meet you at door 10. Please come to the door, but please talk to your child about the teacher calling them over to you so that I know each child is going home with who they are supposed to go with.

Dear Parents,

A new adventure in growing up will begin for your child as they enter Kindergarten this fall. Our program is planned so they will have an active, challenging and happy year through a variety of experiences. Our curriculum is based on *A Child's World* and *Stepping Stones*, a resource that guides us so that each child may become better acquainted with God and His love for them through the study of nature and the Bible.

Meet Your Teacher

I graduated from Union College with an AS degree in Early Childhood and BS degree in Elementary Education and have been teaching Kindergarten at College View Academy since 1994.

My oldest daughter, Amber Nicole, born July 1999, is a fabulous artist, loves crafts and loves to learn. Amber finished college and is working in Lincoln as a graphic designer. Lauren Rochelle, born March 2005 loves to read, draw, crafts and games on her devices and is a Freshman at Union College.

The whole family is very active in stock car racing. That is how we spend our summers. I used to drive my own race car, but now I do what I can to help my girls get their cars on the racetrack.

We adopted one dog the summer of 2012, a girl dog named Cola. And the summer of 2017 we adopted 4 cats - Avery, Bailey, Carter and Dakota.

I grew up in the south east corner of Arizona. My parents moved there in 1972. My dad just recently passed away in 2023 and my mom passed away in 2020. My brother Rick, sister in-law, and nephew Julian live in California. Dave's dad lives in Colorado. I was born May 28 in National City, California. I had a brother Tim, but he passed away in 1992.

I look forward to working and playing with your child, as well as meeting and working with you as we strive together toward preparing your child for service in this life and a place in Heaven.

Sincerely yours,

Kathy Cook
Kindergarten Teacher
School: 483-1181 x127
kcook@cvak12.org

Classroom Routine

7:55 AM Classroom is open

**Help child find backpack hook in coatroom.

**Help put name tag on child at their desk - Try to let your child find their own tag first.

**Time for you to take pictures.

**Each child sits in chair at their desk to watch video.

8:00 AM Class Begins - Please allow us to begin right on time by leaving the room! The quicker you leave the less anxiety from your child wondering when you will leave.

11:30 AM - Morning Student Dismissal - Your child will be walked to door #10 to sit on the bench inside the door. You may either park or drive through the loop to pick up. If you choose to drive the loop, please stay in a line when pulling forward in your vehicle so that we can see each vehicle and no child has to cross in front of another vehicle. Until we recognize your vehicle, please step out beside so that we can find you. If you wish to park, then walk up to door #10. NO parking/pulling up the hill beside door #10, we leave it for the handicapped. Please remember to pick up on time. Please let me call your child over to you so that I am able to make sure every child is accounted for.

NOON (first 2 days) - FULL DAY Student Dismissal (the rest of the year at 3:00pm M-H / 1:00pm F) - Your child will be walked to door #10 to sit on the bench inside the door. You may either park or drive through the loop to pick up. If you choose to drive the loop, please stay in a line when pulling forward in your vehicle so that we can see each vehicle and no child has to cross in front of another vehicle. Until we recognize your vehicle, please step out beside so that we can find you. If you wish to park, then walk up to door #10. NO parking/pulling up the hill for this is too congested at this time. Please remember to pick up on time. Please let me call your child over to you so that I am able to make sure every child is accounted for and leaving with the correct person. If others are to pick your child up, please have them have their ID with them and please let me or the office know who it will be. Please let that person know where we are dismissed from.

Who is ready for school?

Enrollment

"I can't believe my little one is going to be in Kindergarten already!" is a sentiment heard from many parents. While each individual family must ultimately decide when their child is ready to begin their formal schooling, Nebraska law requires a child to be at least five years old on or before July 31 in order to enroll in Kindergarten.

Preparing for Kindergarten

There are many things you can be doing now to prepare your child for Kindergarten this fall. Some ideas are:

- Be positive
- Express your love
- Encourage your child to do all they can for themselves (zippers, buttons, etc.)
- Develop good manners
- Teach responsibility through reasonable jobs at home
- Provide social experiences
- You may use the letter formations printed on the inside cover of these materials as a guide in helping your child recognize the letters we will be learning to print.

Kindergarten Readiness - Is My Child Ready For Kindergarten?

Child development experts continue to disagree about the 'right' age for a child to start school, but there is an emerging belief that numerous other factors, not just chronological age, should be used as criteria for school entry.

As children grow, they develop at different rates so age may not be the best indicator of school readiness. You must consider all aspects of your child's development because if they enter school before they are ready to cope their chances of failure and low self-esteem increase dramatically. They can lose confidence and feel they can't cope.

What Should I Be Looking For In My Child?

While there's no perfect formula that determines when children are truly ready for kindergarten, you can use this list to see how well your child is doing in acquiring the skills found on most kindergarten checklists. Check the skills your child has mastered. Then recheck them every month to see what additional skills your child can accomplish easily.

Young children change so fast - if they can't do something this week, they may be able to do it a few weeks later.

Listen to stories without interrupting
 Recognize rhyming sounds
 Pay attention for short periods of time to adult-directed tasks
 Understand actions have both causes and effects
 Show understanding of general times of day
 Cut with scissors
 Trace basic shapes
 Begin to share with others
 Start to follow rules
 Be able to recognize authority
 Manage bathroom needs
 Button shirts, pants, coats, and zip up zippers
 Begin to control oneself
 Separate from parents without being upset
 Speak understandably
 Talk in complete sentences of five to six words
 Look at pictures and then tell stories
 Identify rhyming words
 Identify the beginning sound of some words
 Identify some alphabet letters
 Recognize some common sight words like "stop"
 Sort similar objects by color, size, and shape
 Recognize groups of one, two, three, four, and five objects
 Count to ten
 Bounce a ball

If your child has acquired most of the skills on this list and will be at least five years old at the start of the summer before he or she starts kindergarten, he or she is probably ready for kindergarten. Remember that what teachers want to see on the first day of school are children who are healthy, mature, capable and eager to learn.

Is My Child Mature Enough To Start Kindergarten? Preschool and school are very different. Preschool has a higher staff-child ratio and is usually a cozy and caring atmosphere. School has larger buildings, a more regimented routine, and larger and older children, with more noise and congestion. To a child these differences are important and can question their sense of security.

An important element in deciding School Readiness is asking yourself whether your child is emotionally mature enough to start school. You should also consider the length of their attention span. Ask yourself these questions:

- Is your child eager to participate, wanting to learn?
- Are they interested, motivated and confident?
- Are they willing to attempt new experiences?

- Can your child cooperate with other children?
- Are they able to handle the rough emotional trials - cliques & name calling - which is usually part of school life?
- How do they handle these situations? Do they react by either falling apart or becoming a bully?
- Can they negotiate with friends?
- Is your child able to respond to all adults? A lot of schools rely on volunteers to help in the classroom. It is essential that your child has learnt to listen and respond to adults who are not their parents.
- Can your child handle large group situations?
- Can your child sit still for 10 minutes?
- Can they do it in a group of 15-30 other children?
- Can they go to the toilet independently?
- Can they handle their lunch and look after their own belongings?

Children will develop academically at different stages but if there are too many children in the classroom who can't sit quietly, aren't keen to learn, and respect their fellow classmates, their teachers and other adults in the classroom then much learning will simply never happen.

Is Your Child Concerned About Leaving Preschool To Start Big School?

You can downplay their apprehension about leaving their preschool & starting kindergarten by some positive reinforcement and having them focus on some of their personal strengths.

- Pick out some of the skills on the list above and reassure them that they would be a good student because they already know (for example):
 - their ABCs
 - how to count
 - how to write and spell their name
- They have friends in preschool so making new friends would be easy in big school.
- Reminding them that they may be great at drawing or good at catching a ball, etc will also help.

Resource: Peggy Gisler, Ed.S. and Marge Eberts, Ed.S.

Develop a Routine

Once your child realizes that school is imminent; that they are going to be away from home every morning, day after day; you may notice a new level of stress. You will find that routines are stress relievers for our children because they allow the child to anticipate what will be happening next.

You may want to begin developing a set bedtime and rising time for your child this summer, and gradually work towards a "school schedule" as fall approaches.

School night routines can help avoid the morning chaos. This might consist of laying out school clothes, shoes, coat and gloves, backpack with library book and Show and Tell. You could even set the breakfast table!

Morning activities can also be good routine builders involving waking, breakfast, tooth brushing, toilet time, and dressing. This would be a good time to watch the clock with your child as they are ready to start telling time. Each numeral on the dial could be associated with a routine task.

Parents will also need to prepare for a change in their own morning and after school routines to accommodate this life change in their child.

Arriving At School

Kindergarten is a half day

Morning Session Monday - Friday 8:00AM - 11:30AM

OR full day program

All-Day Session Monday - Thursday 8:00AM - 3:00PM

Friday - 8:00AM - 1:00PM

This is the time to form good habits of being in attendance and on time each day. Students arriving before 7:50 AM will be asked to wait in the main hall by the office until the first bell rings with adult supervision. Students arriving after the second bell, which rings at 8:00 a.m., signals the beginning of the school day, are asked to stop by the office to get a pink slip to give to the teacher. (This helps with attendance, and health reports as well as knowing the location of your child.) This is a good time to continue your morning routine. While some children will adapt well to finding their room and getting settled by themselves, you are welcome to escort them in. They will need to place coats and backpacks in the coat room, fill water bottles as needed, wash or sanitize hands, take care of their lunch, or order lunch by talking to Mrs. Cook and then sit in their seat to work on their journal drawings. There is music playing to hold their attention while their classmates also arrive and prepare for the day. This is not a time for the students to mill around the room or play.

We ask that you call the school if the child must be absent due to illness or for other reasons. The number is 483-1181, extension 110.

Dismissal

At 11:30AM the morning group will be dismissed from door 10. The children will sit on the bench just inside door 10. You may meet us at door 10. You may walk up or drive up next to this door. Please let me call your child over to you so that I am able to make sure every child is accounted for. If you are late, I will take the remaining students into the office and you will need to pick them up from there.

For the 3:00 PM dismissal we dismiss from door number 10. The children will sit on the bench just inside of door 10 and you may meet us at door 10. You may walk up to get them or drive through the lower level and I will send them to you. You may NOT drive up the hill next to the door because this is too congested at this time of day. If you are not able to arrive by 3:15PM your child will wait for you in the office. Please let me call your child over to you so that I am able to make sure every child is accounted for.

Please notify the office or myself with a note if someone different will be picking up your child. I will ask that person for a picture ID. If we have not been notified of a change, I will not allow your child to leave.

A Bit About Traffic

There are two lanes exiting the school property. When dropping off or picking up your child you may wait in the right-hand lane as long as you stay with your vehicle. Please keep the left-hand lane open for others wishing to exit the school property. If you wish to visit with another family or myself, please park in a parking spot to avoid blocking traffic.

Parent/School Communication

We encourage communication by visiting briefly in the morning and after school hours about the progress of your child. Many of life's ups and downs can place an extra challenge on Kindergartners. Please feel free to call me at home or slip me a note or email of events within your family that may affect your child's actions in school. While details are not needed, this could be anything from a disruption in your schedule or routine, an ill relative or pet, or even the loss of a favorite toy. These are all real life concerns for a young child and help me understand their actions and what they are talking about.

Parent-teacher conferences occur after the first nine week session. You may request one any time during the rest of the year. We encourage both mother and father to attend the first conference in October while conferences in January and March are by your request.

Please request a meeting **any time** you feel necessary. You may also prearrange a visit to the classroom while in session to better understand our program. I will email you a class newsletter each week to let you know what we did during the week in class. Additionally, I will email a letter each month to let you know what will be happening. If you would like a hard copy sent home with your child, please let me know.

The school has a weekly newsletter as well that will be emailed. Again, if you would like a hard copy sent home with your child, please let me know.

Home & School is a parent's group that does some fantastic things for our school. Make sure to support or even become active in this parent lead group. We will be working with parents to create "Class Representatives" to help keep communication flowing.

More Information

Please refer to the College View Student Handbook posted on www.cvak12.org for further important information. As well as calendar information. If you sync with the calendar it will automatically update those changes when needed.

Home & School = Parents

The College View Academy Home & School team is active throughout the year with many activities. We try to do things to make the teachers feel appreciated and supported, do nice things for the students, and be a link between parents and the school. The team consists of 8-12 parents that meet monthly to plan events. We often look for other parents to help us with the actual events.

Some of the activities we are involved with include:

- Work Bee
- Back to School Bash
- Mom's In Touch
- Open House
- Fall Festival
- Red Ribbon Week
- Thanksgiving treat bags for each student and teacher
- Spelling Bee
- Talent Show
- Visitation Day
- Teacher Appreciation Week
- Spring Picnic
- Teacher and Staff Birthdays
- Bulletin Boards
- Newsletters
- Crossing Guard Compensation
- Parent/Teacher Conference teacher meals
- Contribute money toward 8th Grade Graduation
- Parent Classroom Representatives

Fundraisers to support our activities include: collection of Best Choice UPCs and Loma Linda Food labels and fall festival. We are well on our way to over \$1000.00 just from "trash" labels!

Special projects completed in the past include helping to fund the outdoor basketball court and playground equipment, lobby furniture, digital camera for the school, technology, soundboards in the CVA gym and funds for new chairs in the multipurpose room.

If you would like to be involved please let us know and we can direct you to the correct person..

This fall you can turn in all of your labels and Box Tops from the summer in a container in our classroom. You can start collecting those labels now! Put labels in groups of 50 with your child's name written on a ziplock bag or their name on a piece of paper inside the bag. We are so excited to have your child, and you, as

apart of our school next year!

P.S. If you ever have any questions or ideas for school fundraisers, please feel free to talk with a Home and School officer.

Our Kindergarten Curriculum

Our curriculum is Stepping Stones

Our goal for kindergartners at College View Academy is not only to develop a readiness for reading, writing, and arithmetic, but to also help them know Christ as their friend. We teach every subject with God as the focus.

Basic to all learning is the development of good social skills and work habits. We learn to adjust to larger social settings, respect the rights of others, play fairly, listen and follow directions, share equipment and materials, complete projects and clean up. Additionally, we follow a full curriculum outlined later in these materials. The purpose of Kindergarten is to provide a variety of experiences that will help your child:

- Develop and control large and small muscles. Learning to hop, skip, balance, catch a ball, jump rope, tie shoes, zip or button coats, cut on a straight line, and color inside of lines helps the child to coordinate eyes, hands, feet and brain.
- Build a positive self-concept based upon a better understanding of himself and their abilities.
- Develop a sense of responsibility and self-government.
- Develop the ability to think constructively, ask questions, observe, investigate, and follow directions.
- Develop a readiness for reading, numbers, and language arts. By readiness, we mean a state or condition of maturity of many related parts of the child. For example, for the child to be ready to learn to read, the eyes, muscles, hearing, and emotional state of mind must have matured to the proper levels, and he must have accumulated many experiences which will make words meaningful (hard as a rock, smooth as glass, velvety soft). They must be prepared to learn.

Bible

The topics we cover through the year are:

- Learning to Worship
- God's Creation
- Learning to be Like Jesus
- Giving Thanks
- The Birth of Jesus
- Learning to make Choices While Learning about Bible Characters •
The Life of Jesus and Stories He Told
- The Last Supper, Jesus Arrest and Trial, Crucifixion and Resurrection •

Mission Work

- History of Our Church

Reading

The reading curriculum is used to develop readiness for reading. We experience the printed word through books, class charts, and sentence strips. The skills we are acquiring are:

- to move from left to right in reading and writing
- to recognize likeness and differences in objects, pictures and letters

- to relate ideas in proper sequence
- to identify rhyming words
- to identify all upper and lower case letters
- to correctly write each upper and lower case letter
- to know the sounds of the letters through Zoo Phonics
- to identify initial consonant sounds in words
- to identify long and short vowel sounds in words

We use the Zoo Phonics program which associates an animal with each letter. In this association we have an animal action and animal name while practicing the letter name and the letter sounds.

Math

We use the Go Math Series. Our goal is to teach the child to:

- count, recognize, and write numerals from 1-100
- develop an understanding of quantities from 0-30
- understand number relations - greater than, less than
- make comparisons - smaller, larger, longer, shorter
- recognize basic shapes - circle, triangle, rectangle, etc.
- know the values of money
- tell time on the hour and half hour
- follow patterns
- begin simple addition
- begin simple subtraction
- basic shapes
- patterns
- count by 2s, 5s and 10s

Social Studies

We learn many things about our society and community. We talk about heroes and who they should/can be; we talk about the world and our local surroundings; living things; friends and family; environment; personal feelings and growth; and our culture.

Science

We develop a growing awareness of life around us and enjoy God's world in the subject matters of:

- Weather changes
- Our Body
- Characteristics of sea life
- Polar Regions
- Habitats

Language Arts

We provide many experiences to increase language skills. Some of these include Show and Tell, 8th grade Reading Buddies, dramatic play, role playing, Scripture verse recitation, poems and games.

Music

The music teacher provides us with many ways of expressing ourselves through

music; teaching us about pitch, responding to rhythm and experiencing different types of instruments.

Art

A variety of art experiences are provided through the year with mediums such as paint, noodles, beans, craft sticks, pipe cleaners, etc.

Physical Education

The development of our large motor skills is very important. Through the year we will be working on eye-foot/hand coordination, skipping, hopping, balance, jumping, running, and ball handling through both organized games and free play activities. We also spend time each day outdoors in free play (recess). Tennis shoes will be needed on scheduled P.E. days in the gym.

Life Skills

Some extra achievements that we strive for are:

- learning the names of all classmates
- identify left and right
- learning home address and telephone number
- tying shoe laces
- putting on boots, jackets, etc unassisted
- learning the Pledge of Allegiance

Show and Tell

This is a time for the child learn to speak clearly and easily, develop self-confidence, listen while others speak, and respect other opinions. They may bring a favorite toy or tell something about what they have done. It needs to be one item that will fit into their backpack. It is to be kept in there until "Show and Tell" time. If it is not the child's day for "Show and Tell", all other toys need to be left at home.

Each child will be assigned a specific day of the week for "Show and Tell". If your child is absent on their day, they may bring something on the first day of their return.

In October, we begin focusing on one letter per week. At this time I ask the students to find an item that begins with that letter for Show N Tell. Some letters are difficult, so do not worry if you just can not find the hard ones!

Choice Time

Choice Time consists of learning and play centers where the child learns to select, plan, and carry out a job; share ideas and materials, work with others, and assume responsibility for clean-up.

Some choices allow for up to four children to participate while other choices allow for only two children. Choices include the house, game table, listening gazebo, legos, Rescue Heroes, Lite Brites, and many more.

During Choice Time I work one-on-one with each student.

Memory Verses

When we learn a memory verse for the week I expect the child to recite the memory verse to me without my assistance. So if you can help them by practicing at

home this will boost their confidence. We practice twice each morning at worship. If at the end of the year they have said every memory verse to me they will be given an extra something. Be sure to watch their progress on the chart by my desk.

Special Activities

The children enjoy celebrating their birthdays with their classmates. We will celebrate each child's birthday as close to their actual birthday as possible. If you wish to bring a treat for the class, this is up to you. Please don't feel you have to. We sing them a song, give a class gift and have a special prayer. For those who have summer birthdays, we will celebrate a half birthday for them. If there are any food allergies, please let me know and we will make alternate plans. If you have your own party outside of class and invite all students I will pass out invites, but if you are inviting just a few please mail these out and please express that those children to not talk about it at school.

A full Schedule

Our Daily Routine

We begin each day by talking about the Calendar; talking about the current date, day and month, what yesterday was and what tomorrow will be. We discuss what the weather is going to be like for the day.

We have Worship following the Stepping Stones curriculum. In this curriculum we learn about the parables that Jesus taught when He was teaching on earth; the creation story and the crucifixion story. We learn Bible verses along with the stories, sing songs that help us remember the stories and make projects so that we can retell the stories to family members.

Learning Time. This is a time that we learn in small groups or as a class. We talk about the alphabet, math, science, art, phonics, library, music and history during this time. Doing different activities to help us learn.

Activity Time is spent looking at books, playing with clay or drawing. The teacher also reads books during this time either of topics that the class is currently learning or from books that the children have checked out from the library but not taken home.

We go to the Gym every day for a structured program of physical exercise; giving our minds a break while we work on developing our large muscle skills. We have a few students assigned each day to bring something that they would like to Show and Tell. This gives them practice communicating about something that they are very familiar with.

We have Choice Time and this gives the child a chance of choosing something to work with for a 15 minute period giving them practice at committing to something and of taking responsibility for taking care of and cleaning up the project. We want to get some fresh air after this and so we go outside for Recess, also learning responsibility for the items that we take outside, having to bring back the toys inside when finished.

Lunch Time - We have a microwave and a refrigerator/freezer in the classroom. I can help with any items that are difficult to open.

Rest Time - Monday - Thursday we have rest time for about 30-40 minutes. Every

child is required to lay down and listen to the music or story, but they do not have to sleep. If they do sleep I let them sleep until about 2:00 unless they wake on their own earlier. Blankets and pillows will be sent home periodically to be washed. This will help to prevent the spread of childhood diseases such as head lice etc. Additional academics are taught to enhance our learning experience. We end each day with checking the room for cleanliness and a closing Prayer.

Welcome to Our classroom

Parents are welcome to visit the classroom and familiarize themselves with the space that will become familiar to their child very soon.

Children develop at different rates - emotionally, cognitively, physically and socially as well as having different learning styles, interests and background experiences. Because of this we provide a wide range of learning experiences in a varied and stimulating environment.

The kindergarten classroom provides for a creative and expressive learning environment in which children explore, discover, work and play. To keep the learning environment fresh and interesting, we have a playhouse, a puppet theater, a gazebo, and many blocks and exploratory toys.

We are fortunate to have an ample coat room for storage of coats and backpacks, separate boys and girls bathrooms with child sized fixtures, a two sinks and size appropriate chairs and desks with cubbies for personal items.

Just A Few Rules

We try to keep the rules simple and manageable in the classroom. You may want to review them with your child as they prepare to start Kindergarten: • Respect Jesus

- Respect others space
- When others are speaking, be a listener.
- Lights Out means Quiet Time
- Respect ALL teachers

I believe in having high expectations of the children to follow classroom rules and to help them understand the reasons behind rules. I want all of the children to have the opportunity to learn and for no student to keep another student from being able to learn. I strive to provide a safe and comfortable learning environment for the children in which we work and live as a team in our classroom.

We use a visual system in our room to help the kids remember our rules and consider their behavior. Each child begins their day fresh and ready to go. If a child has difficulties following any of our room rules I will give a verbal reminder to the child. If the negative behavior continues the child has a 5-minute time loss consequence. If negative behaviors continue there is a 10-minute time loss consequence. If for any reason I feel like your child will need a behavior plan I will contact you so that together we can discuss our options.

Fighting and/or dangerous behaviors or disruptive behaviors that keep others from learning or being safe may require removal of a student from the classroom and must be reported immediately to our Principal, Mr. Carlson. I will always contact you if a situation occurs in which your child must visit with Mr. Carlson.

In addition, I will always contact you by phone or email if there is ever a situation that needs to be discussed. It is important to me that we keep our lines of communication open and work together to meet the needs of your child.

Some behaviors do require detention. This is a 30 minute time period spent in the vice principals classroom after school. You will be notified if this action is needed.

A Code of our Very Own

In order to facilitate classroom decorum, I have also established the following hand signals that are easy to remember:

- One raised finger is used as a request to use the toilet. It will be acknowledged with a nod or brief instructions.
- Two raised fingers is a request for a tissue.
- Five raised fingers/hand means the child has a question or would like a turn to speak.

It can be helpful to teach your child as they prepare themselves for the rules of school!

Parent Involvement

Parents have a significant opportunity to become part of the classroom environment with many ways of keeping you involved in your child's education. Opportunities include serving as a Class Representative, teachers aide, field trip drivers, storytellers, teaching material preparation, bulletin boards, purchasing tissue boxes, purchasing zip lock baggies, and more. Please let me know if you are willing to help.

Skills Developed During Specific Activities

Free Playtime:

- Personal choice of activities
- Choice of friends to play with
 - Learn to share, cooperate, take turns
 - Work out themes, rules, games to play
- Budget time

Lunch:

- Manners
 - Please, thank you
 - Wait for others to eat
 - Polite responses
- Clean up own mess
- Using microwave

Clean-up Time:

- Everyone helps, even if they didn't play with the item
- Cooperation - makes it easier, more fun, go quicker
- Children can help adults

Group Time:

- Wait to talk, all children can't say everything they individually want to
- Listen to stories read aloud
- Leave neighbors alone
- Be able to answer question about the stories
- Learn about stories
 - Sequencing
 - Logical consequences
 - Use of language
 - Difference between fantasy and reality
 - Predicting outcomes
- Show 'N Tell
 - Tell story
 - Talk in front of group
 - Listen to others talk
 - Don't interrupt others when it is their turn
 - Decide what item to bring and what to tell about it

Gym or Outside Play

- Large motor skills developed
 - Running, jumping, hopping, skipping, climbing, balance
- Small motor skills
 - Sand play, sidewalk chalk
- Hand/eye coordination
 - Dribbling balls, throwing/catching, jump roping
- Teamwork
 - Group games, cooperation, waiting turns

Parent Homework**Build Self Esteem**

A child with high esteem for self will have a better advantage for a successful school year. Here are some ways you can help your child:

- Show them they are loved and wanted. Sometimes adults are tired or preoccupied. A spontaneous hug or smile is a sure way to show them they are one of your favorite people.
- Show interest in your child's school work
- Take time to listen to his experiences and add a little "new" information to their sentences
- Provide opportunities for creative experiences at home
- Read to your child every day
- Help them to learn their name, address, telephone number and parents

names.

- Teach them to tie shoes, zip and button. So that the extras (mittens, scarves and hats) don't get lost, teach them to stick these items down the sleeve of the coat.
- Give them a variety of experiences; trips to the zoo, park, grocery store, or museums. Let them help you cook and bake. Give them a space of their own in the garden.
- Allow them to have certain responsibilities.

More School Tips

Here are some specific ideas to help your child have a successful school experience:

Give your child a sense of security by letting them know they belong.

1. Show affection through closeness and gentleness.
2. Give approval more often than you give corrections.
3. Include the child in family activities.
4. Avoid comparing your child with others in the family or with friends.

Help your child look forward to school

1. Talk about school being a place where children do many exciting things.
2. Don't worry your child about what they will be learning.

Dress your children in clothing which allows for active participation

1. Provide clothing that the child can manage on their own.
2. Label loose clothing with the child's name.
3. So they don't struggle in the bathroom.
4. Teach them to clean up the toilet after themselves and to aim IN the toilet. If it is messy I have them clean up. That is not my job.

Help your child be prepared for lunch

1. Teach them how to open different types of packages.
2. PLEASE pour out juice from fruit cups and put in a Tupperware type container.
3. Microwave in classroom - so they can eat sooner however, try to send things that don't take 3 or more minutes.
4. We have a refrigerator in the classroom.
5. Cut/peel fruit ahead of time.

Help your child get along in school

1. See that the child attends school regularly and arrives on time.
2. Encourage discussion about school, but don't insist on a full report.
3. Don't expect growth beyond their maturity.
4. Read and tell stories often to your children.
5. Select appropriate television programs for your child.
6. Provide out-of-school experiences.
7. Encourage adult talk rather than baby talk.
8. Give the child tasks at home that are appropriate for age to encourage responsibility.

9. Encourage children to pick up their own belongings.

Separation Anxiety

Several things can be done to lessen your child's separation anxiety on our first day of school and throughout the year:

- Make sure they are getting plenty of sleep. Move up bedtime by about 10/15 minutes every few nights until you feel they are well rested again.
- Establish a reliable routine as much as possible. Prepare the child's belongings the night before, and have morning rituals. (Even setting the table the night before).
- Review the daily school day schedule so they will know what to expect.
- While talking with others, give your child attention by squeezing their hand to acknowledge them.
- Make them feel good about being at school, instead of at home with you.
- Help them know that you will be fine at home/work without them.
- Take a picture of you at work or at home and send this to school. They may go and look at the picture when they miss you.
- Let your child know when you are leaving (instead of sneaking out.) And leave then, the longer you hang around, the more anxious they and other students become.
- Be on time to pick them up. This helps them know you will be there. If different people will be picking up the children on different days, try to give the teacher a schedule. This helps the child know they will be picked up.

A healthy child is a happy child

It is required by the State of Nebraska that each child entering kindergarten have a physical (signed by the physician), dental examination, vision examination and meet immunization requirements (or a signed waiver) before they start school. If your child has a contagious illness or a temperature greater than 100 F, please keep them home.

Any medication that the student needs to take at school needs to be clearly marked with the child's name and administration time. Please turn this medication into the office first thing. If the child has long-term medication (such as an inhaler) a parental request form needs to be filled out and submitted to the office. If your child becomes ill or is hurt during the school day there will be an assessment made to determine if a parent needs to come and take the child. Please check your child daily for: red and running eyes; coughing and sneezing; dizziness or faintness; swelling about the neck; earache or running ears; nausea, vomiting or diarrhea; rash; sore throat; severe pains or head lice. Keep your child home if they show the slightest sign of being sick or just too tired. Health is more important than missing a day of school. We do try to get as much fresh air as possible, even in winter, so please dress your child for outside play every day. Of course, there will be a few rainy and extremely cold days when we won't go outside. If your child is too sick to play outside, please keep them home until they are well enough to go outside.

Dress For Recess

Dress your child appropriately for the weather. We go outside every day for recess

unless it is colder than 35 degrees or inclement weather. It is better to send too many layers than not enough.

Checklist for Kindergarten

- _____Physical (doctors form signed by the physician)
- _____Vision examination before they start school (through pediatrician)
- _____Immunization requirements (month/day/year including baby shots)(or a signed waiver)
- _____School Application Forms turned in
- _____Finance plan set up

Supplies

- Spill proof/non-breakable water bottle
 - Small box of crayons
 - Broad tip markers
 - Fine tip markers
 - Book bag or backpack - needs to fit at least 10" x 13" pages.
 - Shoes appropriate for daily gym/recess are needed. No flip flops/crocs. •
- Clothing suitable for high activity levels of running, jumping, and even sitting on the floor (such as shorts under skirts & no low rise pants) will be appreciated. No spaghetti strap/t-back shirts.
- The following are for all day students -
 - Small pillow, small blanket - for quiet time, 1 stuffed animal
 - Lunch bag

(Edited February 2024)