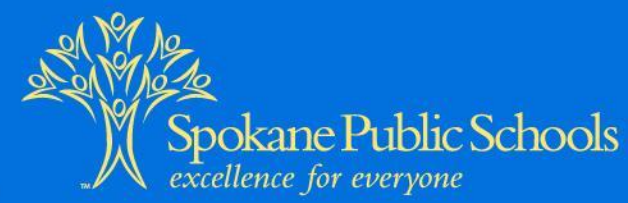




Kindergarten Readiness & Registration Information



Parents and Caregivers are children's first and most important teachers!

Many simple everyday occurrences provide excellent opportunities
to enhance your child's development.

Never underestimate the value of even 15 minutes of quality time spent with your child.

85% of brain development happens by age 5.

- Talking, playing, and modeling are key to development
- Fun, frequent interactions
- Reading to children for 20 minutes a day builds attachment, resilience, and empathy (not to mention a love of reading and an increase in curiosity)
- Counting and talking about numbers brings math into daily life and builds confidence with math early.



Nurturing Kindergarten Readiness

- Practice 2-step and 3-step directions. (Example: Hang your coat up and go wash your hands for dinner)
- Gradually release the ways you have been helping them so they can prepare to do things for themselves (coat zipping up and down, bathroom routines, getting ready in the morning)
- Start your morning routine a few weeks before school starts (get to bed earlier, practice wake up time and all the steps to be ready to leave for school).
- Help them talk about their feelings. Use words to describe their emotions when they are happy, sad, scared, frustrated. Emotional awareness helps children manage their emotions more effectively.

Preschool to Kindergarten Transition

- If a current SPS preschool student is transferring from another school for kindergarten, all that is needed to register is to check in with the Office Manager of your child's neighborhood school.
 - The Office Manager will print out a “Proof Enrollment Verification” form from PowerSchool so the family can verify the information is still current.
- All current SPS preschool families have already completed the SPS registration as a requirement for preschool enrollment this year. Your child's cumulative file will be transferred to the new building as needed.
- Current SPS preschool families will attend their last round of teacher-family conferences in June. This is a great time to discuss transition plans for your child.

A day in the life of a Kindergartener

Morning Meeting:

- Greet friends, go over schedule for the day, and a variety of other activities based on each teacher.
- Social Emotional Learning
 - Social emotional topics like self-regulation or topics based up our Purposeful People curriculum such as honesty and empathy.

Literacy Workshop:

- Alphabet Study and Word Study
- Types of Writing (narrative, opinion, nonfiction)
- Handwriting
- Small group with teacher OR independent work at a center
- Reading-comprehension, phonics, fluency, vocabulary, and phonemic awareness

Computer Time: Lexia and Dreambox

Lexia-Reading program

Dreambox-Math program

Math Workshop

- Math time consists of number corner (calendar and practice math skills and fluency)
- Whole group instruction
- Independent practice time
- Math games to help students work on fluency and practice using new their skills.

Specialist

- Music, Fitness and Health, Science, and Library

Free Choice Play

- These activities are structured to be developmentally appropriate. Examples of activities are: imaginative play like kitchen or puppets, spatial reasoning/building such as blocks and legos, arts or crafts like drawing, making beautiful pony bead necklaces, etc. or fine motor like lacing, beading, stickers, and sorting.
- Students will be practicing/learning social emotional skills through playing with peers.
 - Sharing, compromising, self-regulation, communication skills, problem solving, etc.

Help your child be successful... teach independence

- Put their jacket on and take it off...(oooh and watch out for snow season) Also pull out their sleeves after taking arms out!
- Wear shoes that they can manage themselves
 - Please don't send your non-shoe-tyer to school with shoes that will inevitably cause dependence on an adult or other student
- Wash hands and know how to pump soap/pull paper towels
- Use the restroom independently
- Open food packages (applesauce pouches and yogurt containers!), open tupperware, bento boxes, baggies, water bottle, etc.
 - Even if your child eats lunch at school they will need to open packages

Supporting your student academically

Literacy

- Write and identify name
- Some understanding of the alphabet, knowing that print carries a message, and that print is made up of letters
- Handwriting: able to use writing and coloring utensils with finger tips not whole hand
- Your student does NOT need to know all the letters and sounds of the alphabet.

Math

- Counting to 10
- Knowing the difference between numbers and letters
- Colors
- Basic shapes
- One-to-one correspondence
- **COUNT EVERYTHING!**

This is a MAJOR TRANSITION!

After-school restraint Collapse

[Andrea Loewen Nair, a counselor and parenting educator](#), coined the term “after-school restraint collapse” because kids often hold their feelings together all day at school and only feel safe to let it all out at home. Children and adolescents can release these emotions through

WHAT IT CAN LOOK LIKE:

- Screaming
- Crying
- Whining
- Disrespectful behavior
- Anger

Restraint collapse does not happen to all children. Give your student time to adjust. Vulnerabilities, like a lack of sleep, hunger, overstimulation, or sickness, may result in even the most even-keeled child losing control at home.

Adjusting to a school schedule and everything it affects, like the time away from home, missing parents, having to sit still for hours, learning challenging topics, and navigating the social scene, takes time. When children get home, they are both emotionally and physically exhausted and are in an environment where they feel safe to let their emotions out.

Keep in mind that these meltdowns differ from tantrums

Tantrums vs. Meltdowns

Tantrum	Meltdown
<ul style="list-style-type: none">• Child in control of emotions• Often caused because child doesn't get what he or she wants or is told "NO"• Child is distractible• Ok to ignore child or give appropriate punishment (one minute of timeout per age in years)	<ul style="list-style-type: none">• Child is not in control of emotions• Often caused due to fatigue/ overstimulation/ fear/ anxiety• Child is not distractible• COMFORT is key. Give your child a hug, take them to a quiet place, tell them it will be ok. Normalize their feelings. Do not punish.

#shoalspediatricgroup #drsarahmoor

Key Dates

- March 1-31 Register at your neighborhood school or online at www.spokaneschools.org
- March 1-31Choice Applications Open
- August 31 – September 1Launch Conferences
- September 4 Labor Day
- September 5 First Day of Classes (1st through 12th)
- September 6 First Day of Kindergarten (A/B Rotation)
- September 12.....First Day of All Kindergarten Together
- September 25 First Day for School Day Preschool (PK)
- September 26First Day for AM/PM & CIP PK

