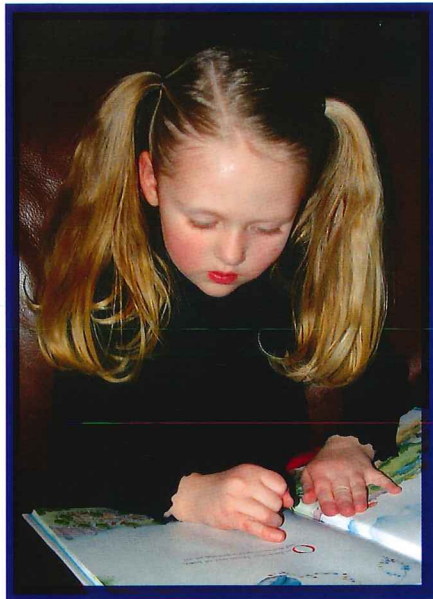


Alpine School District Welcomes You to Kindergarten



Get Ready . . . Get Set . . .



Go!

Contents

Get Ready . . .

- How do I register my child for kindergarten?
- What will the teacher expect my child to be able to do?

Get Set . . .

- How can I help my child get ready for kindergarten?
- How can I help my child make the transition to kindergarten?

Go!

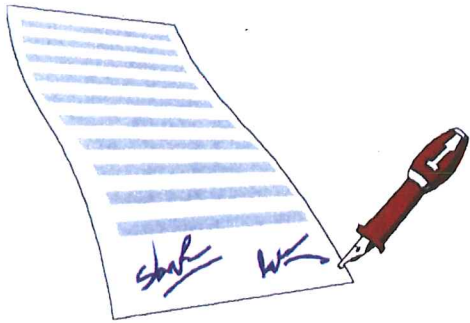
- What is the kindergarten pre-assessment?
- How can I help prepare my child for the first day of school?
- What will my child learn in kindergarten?
- How can I communicate effectively with my child's teacher?
- Helpful Hints from kindergarten Teachers!

Get Ready. . .

How do I register my child for Kindergarten?

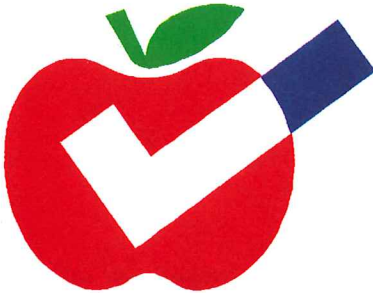
Your local elementary school will schedule a time for kindergarten registration-usually at the end of February. Bring the following items with you to the registration meeting:

Legal Proof of age



Children must be 5 years old on or before September 1 of the year they will be starting school. You will need to bring your child's official birth certificate.

An Immunization Record or Exemption Form



Children need to have all immunizations up to date. Be sure to start early so your child is ready for that first day. If you are not sure what immunizations your child needs, talk to his doctor, or your local health department.

Medical Examinations



We encourage your child to receive a medical exam, dental exam and a vision screening within 12-months of beginning school.

What should my child be able to do?

Kindergarten children come to school with very different levels of development. Teachers expect students to be performing at different levels and will be ready to help every student succeed.

A child entering kindergarten will probably:

- prefer a fairly routine schedule.
- be independent in eating dressing and sleeping.
- be independent at going to the toilet and washing her hands.

Physically, most kindergartners will be:

- extremely active for short periods, separated by longer periods of calm and quiet.
- maturing in large and small muscle control.
- Learning to snap fingers, whistle and wink.

Socially and emotionally, a child in kindergarten will probably be:

- learning to work well alone and do many tasks for himself.
- learning to take turns and share.
- learning to finish tasks.
- learning to use self-control.
- able to follow simple instructions.
- learning to take care of his own things, such as his coat.

In terms of language and general knowledge, most kindergartners are:

- able to hold and use a pencil, crayons and scissors.
- able to say their full name, address and phone number.
- learning to write their name.
- learning to count.
- learning to identify and name shapes and colors.
- noticing similarities and differences.
- able to carry on a conversation.

Get Set. . .

How can I help my child get ready for kindergarten?

Children learn by doing and talking. . .

Take your child to new places: the zoo, the library, even the grocery store.

- Provide toys that require thinking like puzzles, blocks, sorting or building toys.
- Play "Simon Says" For example, "Simon says, 'Put your hands over your head.'"
- Make comparisons to teach your child about more and less bigger and smaller. "Who has more buttons, you or Dad?"
- Teach your child her address and phone number.
- Give your child opportunities to meet new people.
- Let your child practice cutting with scissors.

Talk often with your child.

- Engage in extended conversations. Ask questions that cannot be answered with "yes" or no
- Talk about the books you read together. Have your child re-tell the story by looking at the pictures.
- Discuss unknown vocabulary words.
- Wait patiently while they put their ideas together.

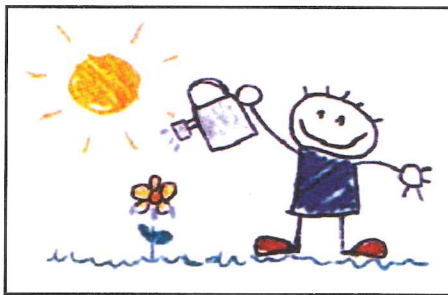
How can I help my child make the transition to Kindergarten?

What is a transition?

A transition is a major life change.

For young children, moving from preschool or home to kindergarten is one of the most significant transitions they will experience.

***change in place* *new expectations* *adjusting to new friends*
new authority figures *new role as a student***



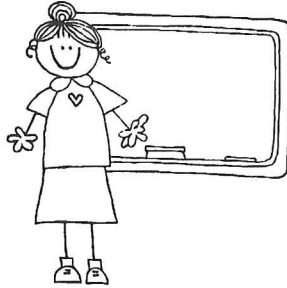
How can I help?

Let your child...

- Establish relationships with friends his age. Let him visit his friends and gradually allow him to be away from home for longer periods of time.
- Know that he is accepted as he is.
- Have responsibilities that fit her age such as picking up toys, caring for pets, and hanging up clothes.
- Know that words like "excuse me", "please", and "thank you" should be used as a form of courtesy to others.
- Know that he must wait his turn in group activities, but allow him to be first at times.
- Ask permission to use the possessions of others.
- Have reading time every day, even if you only have time to read 10 to 15 minutes. Let your child sit close to you. Relax and enjoy the book together.

The next few pages are for you and your child to do together. These pages will give you a preview of some of the concepts your child will be learning in kindergarten.

In Kindergarten I will...
meet my new teacher,



make new friends,



hear lots of stories, and
read lots of books!



Oral Language, Stories, & Drawing

Ask your child to draw a picture and tell you a story about his picture. As your child is drawing, encourage him to add details to his picture.

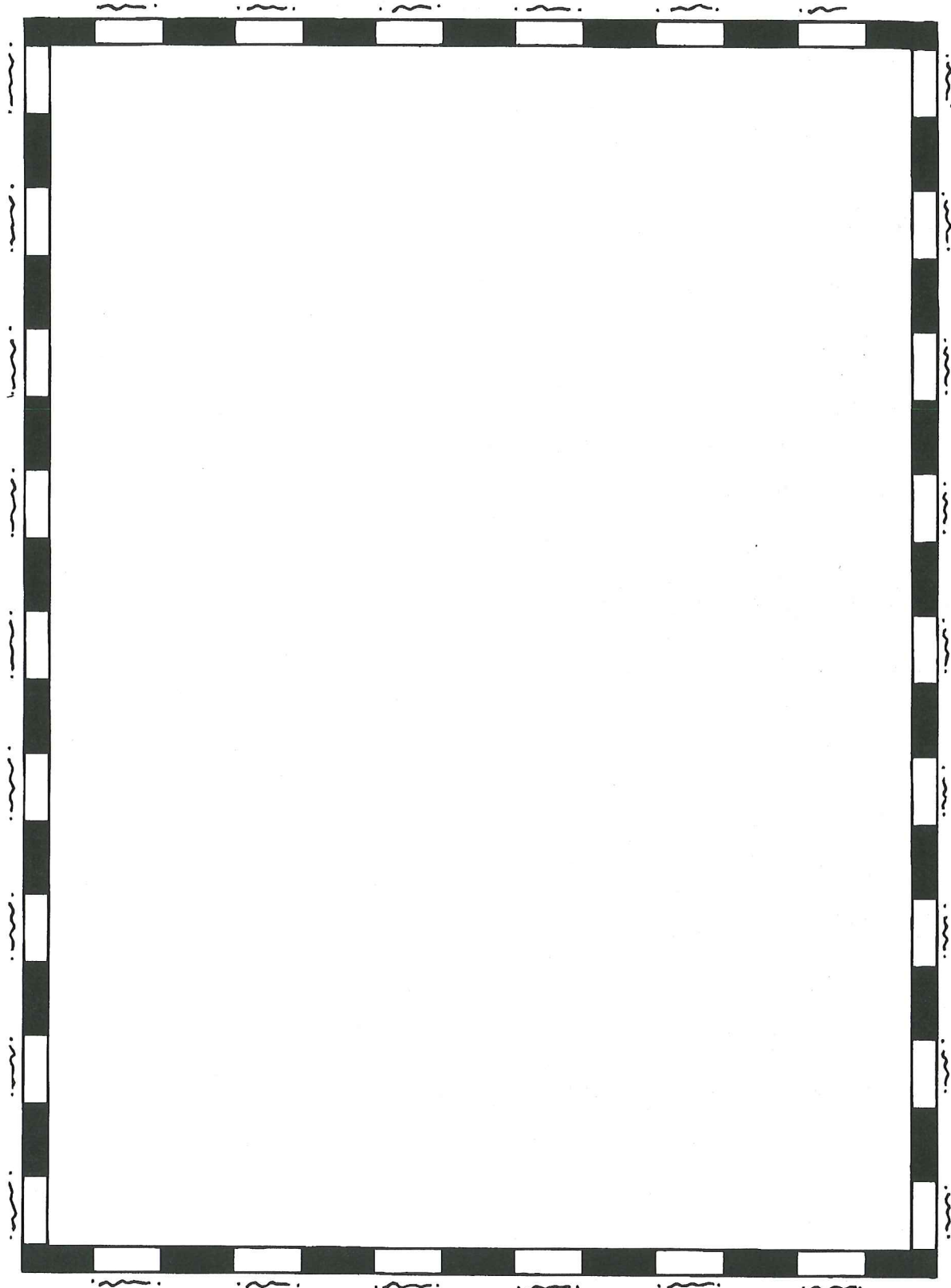
This activity reinforces many important skills:

- **Oral language**
 - Experts agree that language is the key to learning. A child who can express ideas well is on the road to success in school.

- **Fine Motor Coordination**
 - Drawing helps students create mental imagery and is a precursor to writing for young children. It also helps children look closely at the details in pictures. These skills help students learn to read and write.

- **Story Structure**
 - When your child tells you a story about her picture, encourage her to use her imagination to describe what is happening in the picture she's drawn.
 - Have her tell what happened first, what happened next, and what happened at the end of the story.

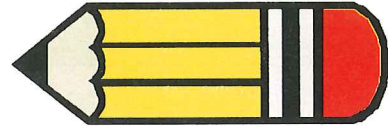
I can draw a picture. I can tell a story.



Writing Your Name

- Let your child practice writing his name.
- When your child is just starting to write his name, it is easier to use an unlined piece of paper. Learning how to make the letters and getting them in the right order is enough to think about at first, without having to make the letters fit in the lines.
- Help your child practice writing her name with a capital letter at the beginning and the rest of the letters lowercase.
- Help your child hold his pencil correctly, (thumb and pointer finger grip the pencil, with the middle finger as support).
- The alphabet chart that is included has helpful prompts for forming the lowercase letters.

Look how many times I can write my name.
Only the first letter is a capital.













Learning the Alphabet

Letter names

Key words

Sounds

		a A 	b B 	c C 
d D 	e E 	f F 	g G 	h H 
i I 	j J 	k K 	l L 	m M 
n N 	o O 	p P 	q Q 	r R 
s S 	t T 	u U 	v V 	w W 
x X 	y Y 	z Z 		

Letter Formation Prompts

Say these prompts as you and the child make each letter.

a	around, down, a	A	slant down, slant down, across, A
b	down, up, around, b	B	Down, up, around, around, B
c	around, open, c	C	around, open, C
d	around, up, down, d	D	down, up around, D
e	across, around, open, e	E	down, across, across, across, E
f	over, down, across, f	F	down, across, across, F
g	around, down, curve, g	G	around, across, G
h	down, up and over, h	H	down, down, across, H
i	down, dot, i	I	down, across, across, I
j	down, curve, dot, j	J	down, curve, J
k	down, slant in, slant out, k	K	down, slant in, slant out, K
l	down, l	L	down, across, L
m	down, over, over, m	M	down, up, slant down, slant up, M
n	down, over, n	N	down, up, slant down, up, N
o	around, close, o	O	around, close, O
p	down, up, around, p	P	down, up, around P
q	around, down, tail, q	Q	around, lose, slant out, Q
r	down, up, curve, r	R	down, up, around, slant down, R
s	around, curve, s	S	around, curve, S
t	down, across, t	T	down, across, T
u	down, curve, up, down, u	U	down, curve, up, U
v	slant down, slant up, v	V	slant down, slant up, V
w	slant down, slant up, slant down, slant up, w	W	slant down, slant up, slant down, slant up, W
x	slant down, slant across, x	X	slant down, slant across, X
y	slant down, slant down, y	Y	slant down, slant up, down, Y
z	across, slant in, across, z	Z	across, slant in, across, Z

The first word a child should learn to read and write is his/her name. Then focus on learning the lower-case letters before the capitals.

Shapes and Color

Ask your child to name the shapes he recognizes and choose a different crayon to color each shape he knows. Have him tell you the color of each crayon he uses.

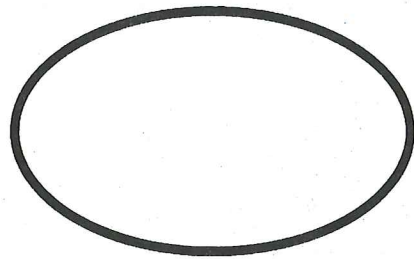
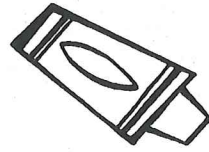
Some of the shapes are probably new. Tell your child the name of the new shapes and tell her she will be learning more about these shapes in kindergarten.

This activity reinforces several important skills:

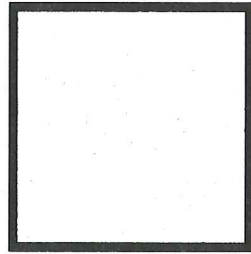
- **Early Geometry**
 - Knowing the names of shapes will be important in math development.
- **Colors**
 - Learning the names of the colors is usually an easy, but essential, task for kindergarten students.



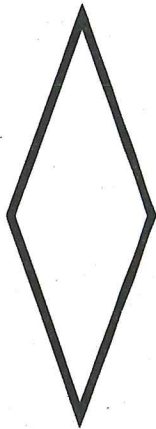
I can color
these shapes.



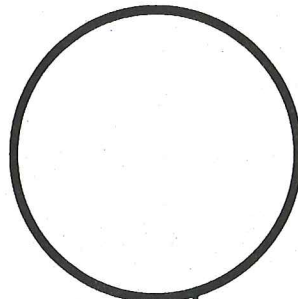
oval



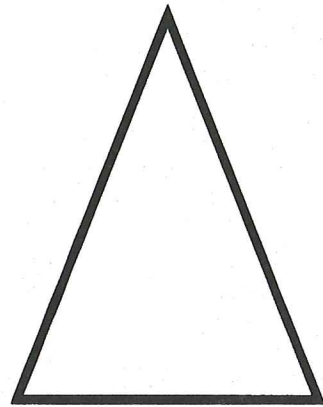
square



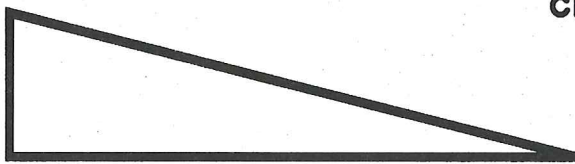
rhombus



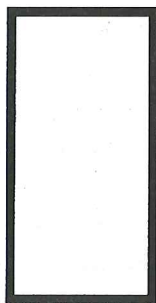
circle



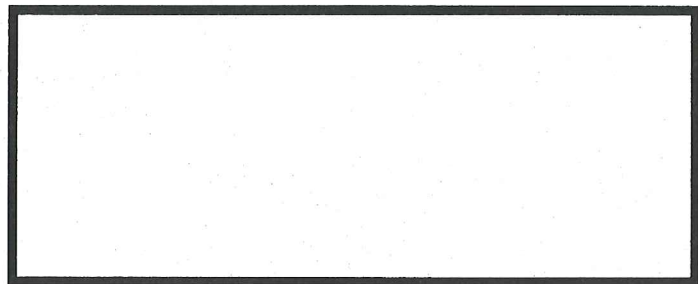
triangle



triangle



rectangle



rectangle

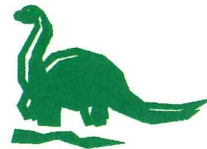
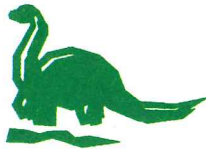
Cutting, Counting, Sorting

Let your child practice using scissors to cut out the pictures on the next page.

(use one hand with the thumb on top)



Have your child mix up the pictures and then sort them into rows that are the same.

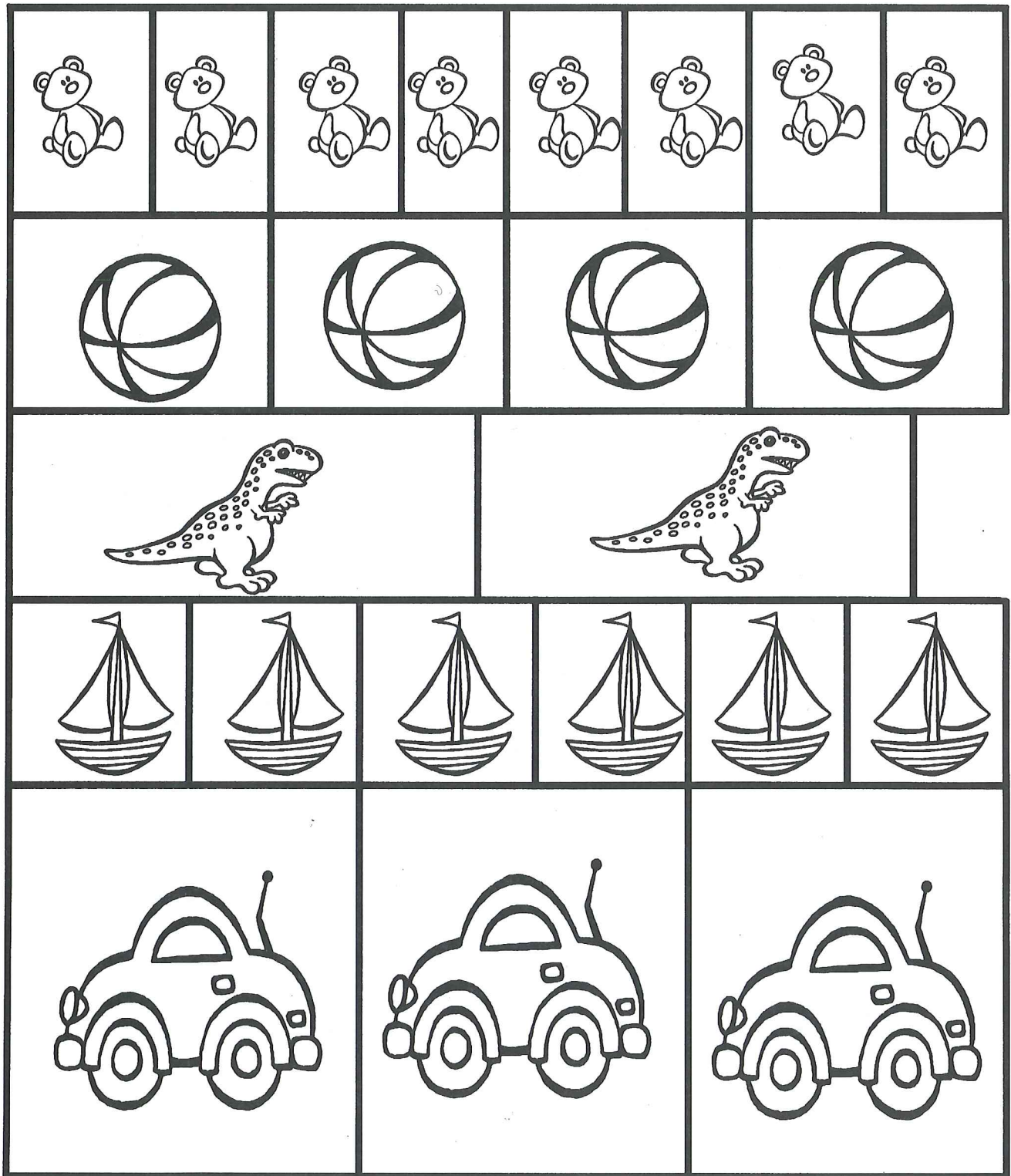


Your child can practice pointing to each picture as they count the number in each row. This is called matching one-to-one. It is important because many children may learn to say the names of the numbers in order, and not understand how that relates to counting objects.

- How many cars are there?
- How many boats?
- How many dinosaurs?
- How many balls?
- How many teddy bears?

Some children may be able to put two rows together and count how many boats and dinosaurs. Let your child practice counting and matching one-to-one in many different situations. For example, counting raisins, pennies, blocks, etc.

I can cut. I can count. I can sort.





Go!



What is the Kindergarten Pre-assessment?

Before school starts, your child's teacher will make an appointment to meet you and your child. She will help your child feel at ease in his new classroom, and will assess such things as:

- knowing letter names
- knowing letter sounds
- writing his name
- counting and matching one-to-one
- identifying numbers
- identifying rhyming words

This information will help the teacher plan instruction that is just right for each child.

It will also give you a chance to ask questions and help your child feel comfortable in a new situation.



How can I help prepare my child for the first day of school?

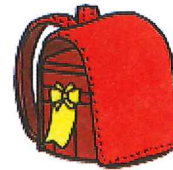
The Week Before . . .

- Label all personal items with your child's name in permanent ink (clothing, book bag, etc.)
- Discuss plans for drop off and pick up in detail. If possible do a "practice run" prior to the first day.
- Discuss any last minute fears or questions ("What if I have to go to the bathroom?" "What if I forget where you are going to pick me up?").
- Review a school-day routine with your child (bath time, bed time, wake up time, school time, homework time). **ENFORCE BEDTIME** to make sure your child will be well rested.



The First Day . . .

- Have your child eat breakfast at home or make sure that he has money and time for breakfast at school.
- Make sure your child knows her full name, address and phone number. If she does not, write it down and put it with her personal belongings.
- Arrive on time; before school starts, but not so early that there is no supervision. Remember that a long wait for class to begin can add to the stress.
- Leave your child promptly, with a positive attitude.



At the End of the First Day . . .

- At the end of the first day greet your child at the planned time and place.
- Ask your child about his day. Ask such questions as "What was the best thing that happened today?", or "What story did your teacher read today?"

How can I communicate effectively with my child's teacher?

- Be sure to attend the pre-assessment to meet your child's teacher.

- Ask the teacher how she communicates with parents. Let the teacher decide with you how home/school communication can best be done (weekly conference, home folder or notebook, notes, telephone calls, etc.)



- Be sure to provide phone numbers where your child's teacher can reach you.

- Provide your teacher with a description of your child's behavior and how to best support him or her. It is important for the teacher to know how to handle situations that may arise.

- Attend parent teacher conferences

- Read newsletters and notes from the teacher

- Ask questions about how your child is doing and how you can help at home.

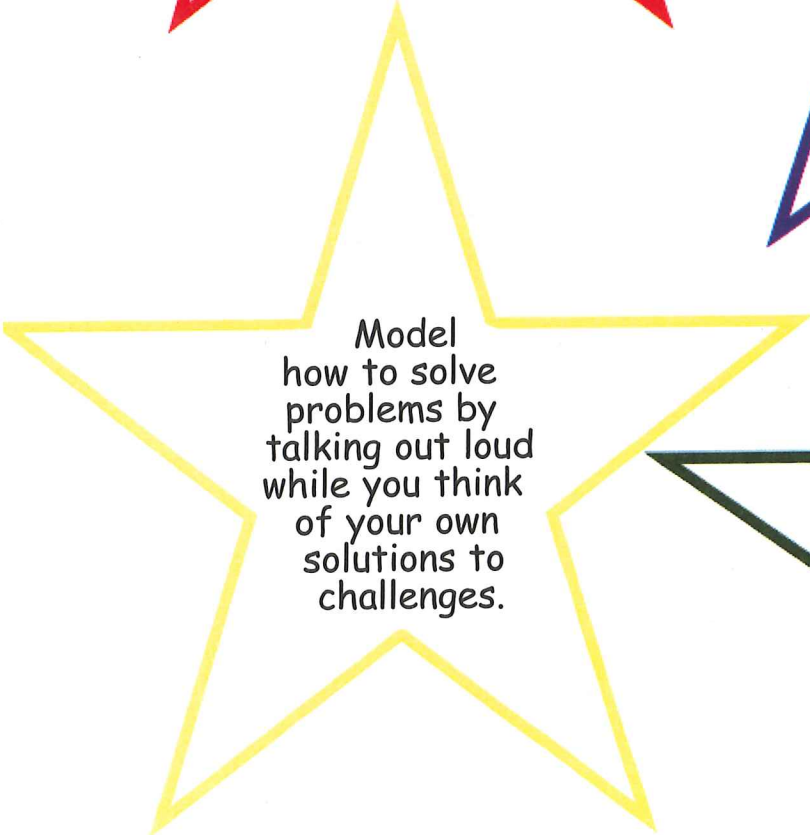
Tips from Kindergarten Teachers



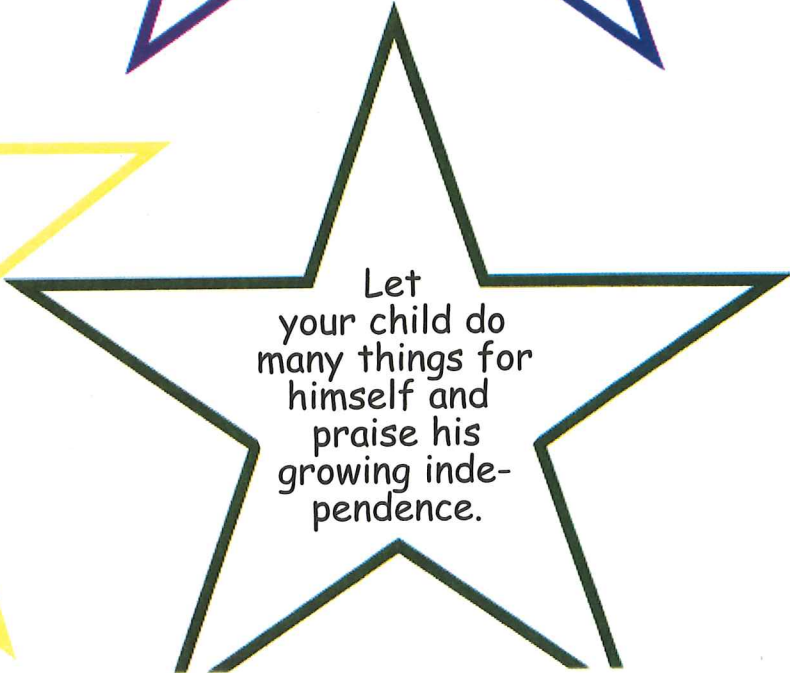
Give
your child many
opportunities to
work with
paper, pens,
pencils,
crayons, etc.



Read!
Read!
Read!



Model
how to solve
problems by
talking out loud
while you think
of your own
solutions to
challenges.



Let
your child do
many things for
himself and
praise his
growing inde-
pendence.

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