

Welcome To Kindergarten! Vinal Elementary School



Parent Information
Packet
Kindergarten Orientation
2023

A Day in the Life:

Kindergarten

Kindergarten implements a full and engaging curriculum based on Massachusetts State Standards. This includes academic goals and outcomes in Reading, Writing, Language, Fine Motor Skills, Science and Social Studies. A detailed list of Kindergarten Standards will be shared in September and can be found on the NPS website. Please keep in mind, these are end-of-the-school-year expectations. We meet students where they are and work from there.

The Bus

- ☐ Full or half day
- ☐ Arrival
- ☐ Dismissal
- ☐ Notes



Specials

- ☐ Art
- ☐ Music
- ☐ Library
- ☐ Physical Education



Lunch & Snack

- ☐ Healthy
- ☐ Allergy Safe
- ☐ Buying Lunch



Helpful Hints

- ☐ Communication Folders
- ☐ Notes
- ☐ Backpack
- ☐ Supplies





Academic/Pre Learning Skills



How can I prepare my child for Kindergarten?

The answer may surprise you. The most important skills that your child enters with are social and emotional in nature. Here are some tips to help you prepare your child for kindergarten:

Independence and self-care at home:

- Encourage your child to dress him/herself, take their coat on and off and hang it up, use the bathroom without assistance and wash their hands without constant reminders, and put on their own shoes.
- Your child should be independent with blowing their nose and wiping after toileting.
- Support them also to be comfortable asking an adult for help when necessary.

Following directions and flexibility:

- Give them 1-2 step directions and have them follow through.
- A little struggle is okay!
- Your child should also have practice with not always winning or being first, as well as sharing and taking turns.
- Develop and follow routines. Both morning and night time routines are beneficial.
- Give your child opportunities to listen. Try telling your child a story without them interrupting. Being able to sit and attend to a story or task for 5-10 minutes will benefit them once they get to school.

Curiosity and Conversation:

- Read aloud to your child. Get your child a library card, take them to the library to check out books, and be sure to read to your child every day.
- Engage in meaningful and playful activities.
- Acknowledge and label feelings. Your child may express being nervous about starting school, not wanting to go or, alternately, feeling very excited to start school. Whatever they feel, take time to appreciate where they are.

Responsibility:

- Spend time without devices at the dinner table.
- Have them clear their own dishes.
- Start transferring small responsibilities over to your child, if you haven't already. Have them clean up their toys when they are finished playing and have them fill their water bottle and hang up their jacket. Even when it may be easier for you to complete these tasks, let them accept the responsibility.



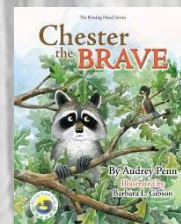
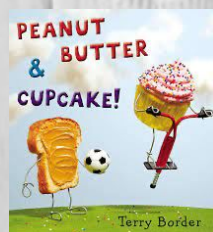
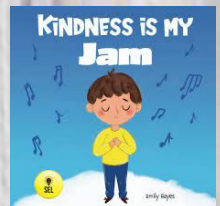
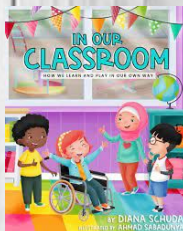
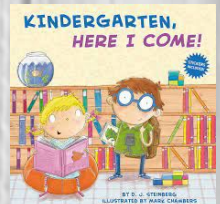
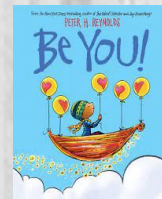
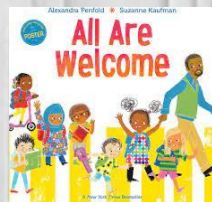
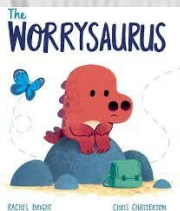


Academic/Pre Learning Skills



Book Recommendations:

- All Are Welcome - Alexandra Penfold
- Be You! -Peter Reynolds
- In Our Classroom: How We Learn and Play
- In Our Own Way- Diana Schuda
- What Does It Mean To Be Kind? - Rana Di Orio
- Kindness Is My Jam - Emily Hayes
- Kindergarten Here I Come! - Nancy Carlson
- The Magical Yet- Angela DiTerlizzi
- The Worrysaurus - Rachel Bright
- In My Heart - Jo Witek
- Chester the Brave- Audrey Penn
- Peanut Butter & Cupcake- Terry Border





Social Emotional Learning



Overview:

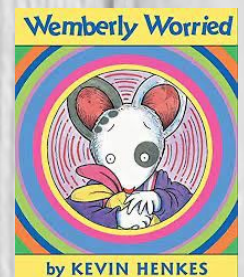
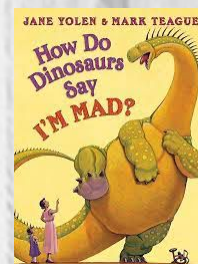
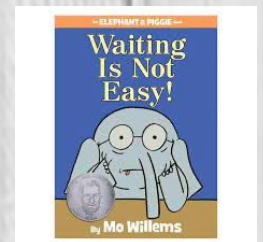
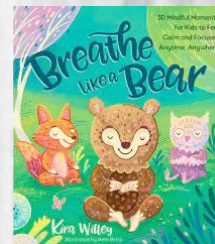
The transition to Kindergarten from preschool or daycare is an important step in the life of a child. Working on these social emotional skills at home will prepare your child for Kindergarten.

Biggest areas of support:

- ❖ Transitioning from home to school (Separation Anxiety)
- ❖ Frustration Tolerance (Sitting with Discomfort)
- ❖ Emotional Management (Self-Regulating)

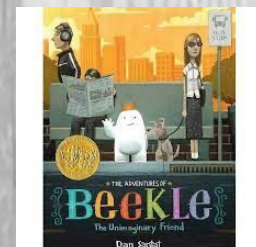
Understanding Feelings (Self-Awareness):

Helping kids to recognize their feelings and learn how to cope with them. To help kids regulate their emotions when they are upset or worried read books, teach breathing strategies, and model how to ask for help.



Book Recommendations:

Breathe Like a Bear
Waiting is Not Easy
Beekle
How Do Dinosaurs Say I Am Mad
Wemberly Worried





SEL Continued



Self-Control (Social Awareness):

Playing games and learning how to be a good sport and how to lose are important skills for Kindergarten. Playing board games at home is a great place to start. Not always being first to start, not always getting one specific colored game piece, and losing sometimes are a part of our day. They should experience these things before they begin Kindergarten.

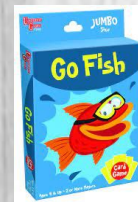
Game Recommendations:

Turn- Taking & End with Winner:

Candyland, Chutes, Go

Rule Following, Self-Control, Being a Good Sport:

Simon Says, Red Light/Green Light



Resilience and Flexibility:(Self Management):

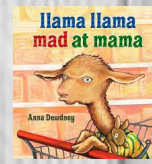
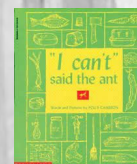
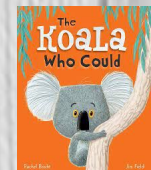
Making mistakes is part of learning, and flexibility and resilience are overcoming those mistakes. Acknowledging your mistakes and how you can fix them is a great way to model flexibility and resilience. Also, noting the difference between a big problem and a small problem helps kids to put their mistakes in perspective.

Game Recommendations :

Jenga, Memory Matching games, Musical Chairs

Book Recommendations:

The Koala Who Could, "I Can't" said the Ant, Llama Llama Mad at Mama





From the Nurse



Health Requirements:

- ❖ Submit your child's 2023 physical (if the student's physical is in the fall, please send in the 2022 until they have their 2023 physical)
- ❖ Proof of a prior lead screening result
- ❖ Completed immunizations or religious exemption form:
 - ❖ DTAP(4-5), Hep B(3), Polio(4-5), MMR(2), Varicella(2)



Health Concerns/ Allergies:

- ❖ If your child has any health concerns the nurse should be aware of, please reach out to discuss those prior to the start of the school year.
- ❖ Students with Life Threatening Allergies: we will need a two-pack of EpiPens for school, in addition to a MD order from the provider.
- ❖ Kristen Isola: 781-659-8820 x#3 or kristen.isola@norwellschools.org

Focus on Self Help Skills:

- ❖ Your child should know how to wipe their face after lunch without prompting and blow their nose without assistance.
- ❖ Additionally, being comfortable getting dressed (accidents happen) and using the bathroom independently.
- ❖ Please keep an extra change of clothes and underwear packed to keep for emergencies.
- ❖ But be sure they are comfortable asking an adult for help when they need it!

