

Sunset School K-8

Kindergarten Newsletter

A Big Day is Coming... And It's Very Exciting!

You have been your child's most important teacher since the day they were born. But now a big day is getting close... your child's first day of school! We look forward to having your child in school. And we want to work closely with you, too. You will always be an important teacher and role model right at home. We know that your child will learn more and be happier if we can work together as a team. When home and school are partners, children learn best.

What Does my Child Need To Know???

There are some basic *skills* children need as they start school. They should know their name, address, and phone number. They should be able to tie their shoes and get their coats and shoes on and off. They should be able to use the bathroom and wash their hands. They should be able to express themselves verbally, get along with others, and be away from their parents for several hours.

In addition to *skills*, parents can give children *experiences* that will help them. For example, children need to have experiences *cooperating with other children*. In school, they need to wait their turn, work with others, and share classroom supplies. You can help your child by making sure he has a chance to be a part of a playgroup or another group where he'll learn to work with others.

Children also need to have experiences *using language*. Children need *self-esteem* and a *positive attitude* to keep them working. They also need *good health* and *good nutrition* to do their best.

Boost Your Child's Self-Esteem and Independence

When you ask kindergarten teachers what kind of student succeeds best in school, chances are they'll say, "A child who believes they can learn... and one who is eager to get started." You can help build that positive attitude in your child. *Here are some suggestions:*

- ❑ **Expect your child to succeed in school.** One study of children found that children work harder in school when their parents expect more, and lessen their achievement when their parents expect less.
- ❑ **Give your child challenges she can master.** Help them learn to climb the steps to the playground slide. Teach them to button their own clothing. Help them learn to ride a bike. Each of these skills

will boost their confidence. Be sure to praise them as soon as they meet each new challenge.

- ❑ **Let your child make choices.** If they're very young, it may mean letting them choose whether they want their sandwich cut in squares or in triangles. When they're older, you can say, "Do you want to have your bath first or pick up your toys?" When you offer them a choice, you're letting them know you have confidence in them.
- ❑ **Hug your child and tell her you love her.** Your love will give them the confidence to go out into the world and succeed.

Play Time Can Be Learning Time

To a child, there is nothing as exciting, or as much fun, as learning something. *Here are some fun things you can do with your child that will give him a good start in school:*

- ❑ **Look for shapes.** You might say, "I see a blue square. Can you find it?" When your child locates the item, it's their turn to ask you next.
- ❑ **Cook together.** As your child helps you measure, they can learn some basic math skills. Best of all, the whole family gets to eat the result!
- ❑ **Fill your sink with water.** Let your child find objects that sink and some that float.
- ❑ **Allow your children to finger paint,** color, draw, cut and paste.
- ❑ **Take a walk with your child.** Stop and watch the activity at an anthill.

Prepare Your Child for Kindergarten With Games That Boost Listening Skills

To develop listening skills, children must pay attention to words, sounds, and motions. These projects help:

- ❑ **Can you find it?** While your child is out of the room, hide a small object. When your child returns, help them find it. As they approach the object, say, "Closer, closer." If they move away from the object, say, "Farther, farther."
- ❑ **Sound Cans.** Collect six empty film containers. Fill two with paper clips, two with rice and two with cotton balls. Let your child shake each. See if they can match the sounds. (This is for children over age of three)
- ❑ **Sign Language.** Find a library book on sign language. Talk about hearing impairments. Teach your child simple signs.

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Help Your Child Get Ready for Kindergarten

Kindle excitement about kindergarten. Visit our school and meet our child's teacher.

Invite new school friends home to play and help your child build strong relationships.

Never forget safety. Teach your child safety rules- whether walking or taking the bus.

Discuss what your child will be learning in our school- colors, numbers, shapes, and letters.

Explore our neighborhood together. Talk about the world we live in.

Review the good behavior expected of your child, such as following rules and taking turns.

Get involved at our school. Join the PTA. Volunteer in the classroom.

Answer your child's questions about school. Reassure your child that school is fun!

Read to your child daily. Visit the library together.

Turn every day into a learning experience. Let your child help with everyday chores.

Encourage your child to eat well, get enough sleep, bathe daily and brush their teeth 2 times a day.

Notice the new things your child is learning to do. Reinforce your child's progress with praise.

Encourage Good Behavior Teaching Your Child Basic Values

Every parent wants a well-behaved, pleasant and happy child. Every teacher hopes to have such children in class. Most often, these are the children who have learned a few basic values. After that, good behavior follows naturally. Try modeling these values for your child.

- ❑ ***Knowing how the other person*** feels. Encourage your child to comfort a sad friend.
- ❑ ***Sharing with others.***
- ❑ ***Figuring things out.*** If your child comes to you with a problem, don't always rush to solve it. Give your child a chance to do it himself. This teaches him to think then act.
- ❑ ***Looking on the Bright Side.*** Be Positive. Use kind words and a pleasant tone when you speak to your child. Make it clear that you require the same in return.
- ❑ ***Teach your child to be honest by telling the truth.***
- ❑ ***Teach your child to respect him/herself and others.***

Teach your Child to Wait

Learning to wait helps children build self-control. It teaches them that others have needs, too. To improve your child's waiting skills, try these steps:

- ❑ ***Be Specific.*** For example, "Wait until I get off the phone."
- ❑ ***Keep the waiting time short.***
- ❑ ***Use a timer.*** This helps children understand time periods such as five minutes. This allows them to know what to expect.

