

# Parent Tips

Beginning kindergarten can be a stressful time for your child. Often, children have built up anxiety as well as excitement about going to a new school. They may feel that you have heightened expectations of them now that they are going to a "big school," or they may be afraid of taking a bus for the first time, or of making friends. **Talk with your child about these anxieties, and make positive plans and preparations** together to help ease the transition. Here are some ways you can share in and support your child's entrance into kindergarten:

1. Remember that even the most "grown-up" kindergartner can regress and act like a baby when faced with a challenging situation. **Please show extra patience and understanding** in helping your child deal with confusing feelings about wanting to be big and small at the same time.
2. Your child's sense of identity in a new group is very important. **Work together to label all belongings** from home with his or her name.
3. Sometimes kindergartners don't know how to talk about what they did at school. **Showing an interest** in the things your child makes, the teacher, and the child's new friends can be ways to share his or her thoughts about school.

# My Personal Philosophy

This year you and I are sharing something very special - your child! I am looking forward to spending the school year with your child and sharing the magic of learning. Please reassure your child that I am here to help him or her make a comfortable adjustment to Braeside School.

During this kindergarten year, I will not only be concerned with your child's academic progress, but also with his or her social, creative, and physical growth. The needs of the "whole child" are important to me. We have a very exciting, busy year ahead of us, and you will be kept informed with a weekly newsletter.

My goals for the year are to have a classroom that is a safe and happy environment, one in which all children feel comfortable. It is a room where children learn at their own pace. The day will be filled with a wide range of activities to encourage, stimulate, excite, arouse curiosity, and provide opportunities to explore and experiment. It is my desire to make each child LOVE learning, so he will become a lifelong learner.

I am aware that during the course of the year, problems and concerns will arise. Please do not hesitate to call me at school, email me, or write me a note. I will answer you as soon as possible. **I have learned in my years of teaching that all classroom problems can be solved as long as I am aware of the situation. Even small problems can be large in the eyes of a child!**

# For Your Information...

## School Hours:

The Kindergarten hours are: **A.M. 8:40 - 11:26**  
**P.M. 12:31 - 3:17**

## Names:

Please help your child and the school by labeling each of your child's outer garments. When buying new boots, snowsuits, etc., choose items your child can put on with minimal assistance. Your child will need a school bag labeled with his or her name.

## Communication:

Each Friday, I will be sending out a newsletter. Your child will keep a folder in his or her school bag to transport notes from school. Please look inside this folder each day to see if there are any notes. Please send notes to me in the same folder.

## Birthdays:

We all love to celebrate birthdays! On your child's birthday, you may supply your child's favorite book for me to read to the class. We will have a classroom celebration, during which your child will wear a crown, be sung to by the

class, and receive special gifts from the teacher. Due to the new District 112 nutrition guidelines, we will no longer be holding classroom parties with desserts.

### **Snacks:**

Each day, please send your child with a napkin and a **healthy and individually packaged snack**. This snack will be eaten during our center time. Please keep the snacks **simple** so that they can be eaten independently and neatly in a 5-minute time period. Appropriate snacks are: ziplock bags of cut-up fruit or vegetables, or individually-wrapped packages of goldfish, pretzels, granola bars, etc. **Absolutely no drinks, Go-gurt, applesauce, cookies, candy, or spreadable cheese!!** Please do not send reusable containers that must be saved; send ziplock bags that your child can throw away.

### **Book Orders:**

Throughout the year, your child will receive order forms for inexpensive books. You are under no obligation to order these. However, it is an excellent way to expand your child's home library and share the joy of reading. Book orders should be returned with a check made payable to the book club on the order form - NOT to the teacher or the school.

## Homework:

Each Monday, we will be learning a new alphabet letter. Your child will bring home a piece of construction paper cut into the shape of an object that begins with the week's letter. A detailed note will follow with more specific instructions. This should be returned by the last school day of the week, usually on Friday.

## To and From School:

It is important for the teacher and the school to know your child's transportation arrangements to and from school. Please let me know if your child will be walked or driven by a parent, will ride the school bus, or will participate in a carpool.

**I must be notified whenever there is a change in the regular plan. If a child plans to go home from school with another student, *both* children must have a note verifying that fact.**

Please help your child learn the safest way to walk to school. They will appreciate it if you go with them until they have built careful habits in crossing streets.

## Volunteers:

At Open House I will have sign-up sheets out for our various classroom activities. Parental involvement is vital to the success of our kindergarten curriculum. I look forward to working with you throughout the school year.

## What to Wear:

Please send your child to school in comfortable clothes that he or she can **tie, button, zip, or buckle unassisted**. Your child should also feel free to play, paint, and work creatively and artistically throughout the day without worrying about protecting his or her outfit.

## Special Classes:

- **Library** - This is an integral part of our learning experience. We are fortunate to be flexibly scheduled so that we can utilize this facility and its marvelous staff as needed. A future note will explain book check-out.
- **Gym** - Once a week for 30 minutes. (**Gym shoes required. Either send your child in gym shoes that day, or you may leave a pair at school**).
- **Art** - Once a week for 45 minutes.
- **Music** - Once a week for 30 minutes.

In summary, I believe that the education of every child is achieved through a strong partnership with open communication between parents and teachers. Please be supportive, share your child's excitement, and nurture a

positive attitude about this kindergarten year. I look forward to a year of adventure and learning!

Sincerely,

Monica Biegel