



## Kindergarten, By the Letter

By: Suelain Moy

**Keep Up With the Paperwork** - Keep track of essential documents. Position the school calendar in a prominent place where everyone can see it, and decorate it with stars or stickers to commemorate special days.

**Introduce yourself and Your Child to the Teacher** - Familiarizing herself with a new environment can help ease your child's anxiety about a new environment.

**Nostalgia can be a very powerful tool, when used positively** - Show your child pictures that celebrate her triumphs and demonstrate how much she has grown over the years. Use her baby and preschool pictures to point out all the progress she has made, and the new situations she has mastered.

**Discover New Talents and Abilities** - There is much you can do at home and outside of school to develop and support your child's readiness. Don't compare your child to others, but do encourage your child to explore and take risks, both large and small.

**Easy Does It** - Often a gentle hand or tone of voice is needed to nudge your child in the right direction. Placing too many expectations or establishing too many new rules at once can be confusing/upsetting. It's important to keep some routines and objects familiar, and not replace every aspect of your child's life. Remember to be gentle, especially if you're the one having a hard time with leaving your child and saying good-bye at the door!

**Routines—Keep Them Regular and Easy to Do** - Routines are not only comforting, but instructional. They provide order and structure to the day and help us prioritize what needs to get done. Getting enough rest is crucial to your child's success at school, so initiate school bedtimes a week or two before school starts. Sticking to a routine doesn't have to be strict or demanding, just consistent. Set simple and doable expectations and guidelines for your child's behavior at home.

**Get the Right Gear and Personalize It** - New shoes or clothes and a new backpack are all ways to highlight the excitement of starting a new chapter. You don't have to buy a brand new wardrobe, but a special update like a T-shirt or cap can be a fun way to commemorate the big day.

**Admire and Applaud Your Child's Strengths and Abilities** - Too often parents get caught in the trap of the not-readys and the not-yets. Focusing on your child's flaws is undermining to his self-confidence and a drain on everyone. Knowing what your child's strengths are—and reminding him—will lay a secure foundation for a lifetime of learning.

**Reinforce and Review Basic Skills and Lessons at Home** - Simple tasks like painting, learning how to write your name, tying shoelaces, and taking care of his belongings will be valuable assets for your child in school. In addition to classroom skills, you should practice social skills: taking turns, listening, sharing, and saying "please" and "thank you."

**Tackle the List. Don't let it Tackle you** - Continue to set new goals for both yourself and your child. Identify what you would like to accomplish, and prioritize what needs to be done first. Writing down a list of what your child would like to learn at school will help him feel empowered and keep him focused. It can be as simple as "I would like to make new friends."

**Enjoy the Process** - Don't forget to breathe in the midst of all the form-filling, clothes-buying, supply-gathering preparation. Don't try to handle too much or you and your child will quickly become overwhelmed and discouraged. If she senses from you that kindergarten is a positive and valuable growth experience, it will change how she approaches new situations in the future.

**Never Give Up** - If you or your child is struggling with a particular issue, don't despair. In time the foreign will become familiar, and your child will learn to adjust to what's expected of her and communicate what she needs. Do ask for guidance and help as soon as any issues arise.

<http://parenting.kaboose.com/kindergarten.html>

*Quiz: What do you know  
about Ms. Janice?* (Answers on pg. 3)

- ❖ True or False: Ms. Janice has two (2) dogs.
- ❖ True or False: Ms. Janice has two children.
- ❖ True or False: Ms. Janice likes to bake.
- ❖ True or False: Ms. Janice always lived in the state of Virginia.
- ❖ True or False: Ms. Janice ran the NY Marathon - 26.2 miles in 3 and  $\frac{1}{2}$  hours.

## Mini Caramel Apples

### What you'll need

- 4-inch lollipop sticks
- Melon baller
- Granny Smith apples (one apple makes about 8 mini apples)
- Butterscotch or peanut butter chips
- Chopped nuts, nonpareils, sprinkles, shredded coconut (optional)
- Small paper candy cups

### How to make it

**1.**First, cut the lollipop sticks in half at an angle (the pointy end will go into the apple pieces easier). With the melon baller, scoop little balls out of the apple. Each ball should have a section of apple peel. Push half of a lollipop stick into the peel of each ball. Pat the apple pieces dry.

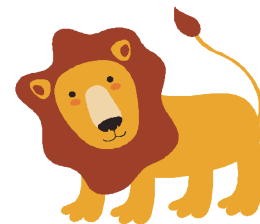


**2.** Melt the chips according to the package directions. Dip and swirl the mini apples in the melted chips, then roll the apples in nuts, sprinkles, nonpareils, or coconut, if desired. Place the mini apples in paper candy cups to set.

### Quiz Answers:

- ❖ True -Ms. Janice has two poodles - Raven & Angel
- ❖ False- Ms. Janice has one daughter named Lauren.
- ❖ True- Ms. Janice likes to bake cookies, cakes and pies usually during the holidays
- ❖ False- Ms. Janice comes from New York - (That explains her funny accent).
- ❖ True- Running the NY Marathon was a great experience for Ms. Janice - She faces challenges with confidence.





# A Lion's Tail

## September 2012

To: Miss Janice's Lions



Imagination Learning Center

Teacher: Miss Janice

Class: The Lions

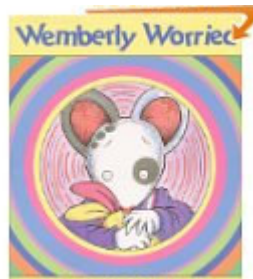
Welcome to the Lion's Kindergarten Class of 2013.  
It is sure to be an exciting year for our little friends.  
Miss Janice has prepared a rich curriculum to stimulate their curiosity and strengthen their love of learning. It is truly my pleasure to work with each child.  
Let's work together to create a strong home/school relationship and give our children the best possible foundation for success.  
It's going to be a remarkable year!

### The Book Nook:

#### Wemberly Worries

By: Kevin Henkes

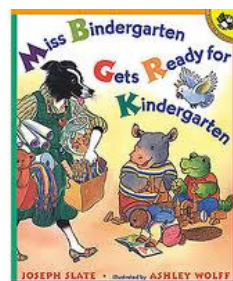
Wemberly the mouse worries about everything: big things, like whether her parents might disappear; little things, like whether she'll spill grape juice on her toy rabbit, Petal. What she is more worried about than anything else, however, is her first day at school.



#### Miss Bindergarten Gets Ready for Kindergarten

By: Joseph Slate

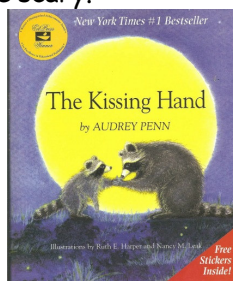
On the first day of kindergarten, Miss Bindergarten must prepare her classroom for her beloved students. This noble, whimsical teacher greets her dark, summertime-empty classroom with an explosion of color.



#### The Kissing Hand

by Audrey Penn

School is starting in the forest, but Chester Raccoon does not want to go. To help ease Chester's fears, Mrs. Raccoon shares a family secret called The Kissing Hand to give him the reassurance of her love any time his world feels a little scary.



#### What to Expect in Kindergarten this Month?

##### Lessons:

- Citizenship
- Early Community
- Five Senses
- Rhyming words
- Numbers and Counting
- Name-Recognition/writing
- Sight words

##### Activities:

- Center Closed: 9/3 Labor Day
- First Day of school: 9/4
- Class field trip 9/26

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