TRANSITIONAL KINDERGARTEN KINDERGARTEN PREPAREDNESS





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P.A. Walsh STEAM Academy K-5

353 West Main Avenue Morgan Hill, CA 95037 Main: 408-201-6500



Placement of Transitional Kindergarten programs may change from site to site depending on enrollment for any particular year.

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Parent Responsibilities

Parents, you are the biggest influence over your child's success. You can support the learning environment by:

- Ensuring that all homework is completed and turned in on time
- Monitoring and regulating the television viewed by your child
- Working with your child at home in learning activities that extend classroom learning
- Volunteer in your child's classroom or other school activities
- Participate in decisions related to the education of your child or in the total school program as appropriate
- Talk to your child about bullying and set an anti-bullying example for your child
- Talk to your child about the importance of a good education



TIMELINE TO KINDERGARTEN OR TRANSITIONAL KINDERGARTEN

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nt school is:			
	dergarten registra	tion dates, check	k MHUSD.org or contact the Enrollment
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With doctor: ___

Appointment date/time: ___

(February/March continued)

- A health check-up
 - With doctor: _____
 - Appointment date/time: _____
- A Tuberculosis skin test or approved waiver form
 - With doctor:
 - Appointment date/time: _____
- Tup-to-date immunizations for polio, DPT (diphtheria, pertussis, tetanus), MMR (measles, mumps, rubella), hepatitis B and chickenpox. For current requirements visit MHUSD.org > Enrollment Center.
 - With doctor: ____
 - Appointment date/time: _____
- Research your options for after school care early!
 - For a list of onsite options visit MHUSD.org > Enrollment Center.

April

May

REMEMBER: If you have not turned in the required medical records to complete the registration process, now is a great time to do so!

lune

- Make sure your child knows his or her basic information:
 - First name and last name
 - Full names of parents or guardian
 - Phone number
 - ➡ Who will pick him or her up after school

July

- > Begin talking to your child about what a typical school day looks like.
- Walk or drive to school during the time you would normally have to once school starts note how long it takes.
- Practice the routines that help get your child to school on time.
 - Getting to bed early children need at least 10 hours of sleep each night
 - Getting up early
 - Gathering supplies and clothes
 - Preparing lunches the night before
 - Eating breakfast
- Begin purchasing supplies supply lists vary by school. Please check with your school for a complete list of supplies.
- Make sure you have completed all necessary paperwork.

August

> Check with your school to find out your child's classroom and teacher. Our schools begin posting this on the front information office windows two days before school begins.

WHY SHOULD I ENROLL MY CHILD IN TRANSITIONAL KINDERGARTEN?

Transitional kindergarten is intended to be a positive, language-rich, active and enriched environment full of learning experiences that prepare your child's mind for kindergarten and beyond.

In transitional kindergarten your child will learn:

- To use language through drama, song, story, and rhyme
- To rhyme words and blend words
- To play and work cooperatively in a group
- To find solutions to conflicts
- To be persistent in challenging tasks
- To count objects to 30
- To practice writing the alphabet
- Recognize and write their name
- Socializations skills
- Problem solving techniques

- Recognize and name numbers 1-10
- Match a group of objects to correct numeral 1-10
- Classify and sort objects by their characteristics
- Retell / sequence a story in their own words
- Describe and compare measurable attributes (ex. bigger/smaller, taller/shorter, heavier/ lighter)
- Identify and describe shapes (squares, circles, triangles, etc.)
- Recognize and name 20+ upper and lower case letters of the alphabet and their sounds



To be at their best, children need at least 10 hours of sleep a night.



Here is a sample of a FULL day Transitional Kindergarten schedule: (Please go to your school's website for specific start and ending times.)

7:45 - 8:15	Attendance, pledge of allegiance, calendar activities
8:15 - 8:45	Language Arts Skills & Drills, Read-Aloud
8:45 - 9:15	Seat Work
9:15 - 9:40	Snack and Recess
9:40 - 10:00	Social-Emotional
10:00 - 10:20	Core Knowledge Language Arts (Social Studies/Science)
10:20 - 10:45	Math Lesson and Math Tubs
10:45 - 11:15	Centers*
11:15 - 11:30	Clean-up/Story Time
11:30 - 12:15	Recess and Lunch (recess 11:30 - 11:50)
12:15 - 12:30	Rest Time with soft music
12:30 - 1:00	Whole Group Activity: Directed drawing, letter sound/handwriting books, My Big World, writing notebooks, singing, movement
1:00 - 1:20	Technology Time: Go-Noodle*, music, themes, Lexia*, Starfall*
1:20 - 1:50	Free Choice Play
1:50	Clean-up/Closing Activities
2:00	Dismissal

Key:

Centers - Small groups of students who rotate through stations working on math, language arts, art, dramatic play, fine and gross motor development activities and computers

Lexia - Lexia Reading Core - Personalized reading instruction

Starfall - Language arts and math practice

Go Noodle - Used for Gross Motor Development (balancing, crossing the mid-line, directionality, and following directions)



"I'm so happy that we decided to enroll our son in transitional kindergarten. He's so much more confident in school and is excited every day to learn more."

~ Paradise Valley Parent

WHAT HAPPENS IN KINDERGARTEN?

What should my child know and be able to do before starting kindergarten?

Over the past few years expectations in a kindergarten classroom have changed. Today's children are required to come to kindergarten more prepared than we were as children. Here is a list of things your child should be able to do before the first day of school.

Before entering kindergarten, your child should be able to:

- Sit at a table and draw and write with a pencil
- Listen to and follow one- or two-step instructions
- Learn to recognize the sounds of the alphabet and words (phonological awareness)
- Write their name capital letter to start, the rest in lowercase
- Begin to write the letters of the alphabet
- · Manage their behavior, with help from adults
- Sit attentively to a story being read to them
- Understand how to share supplies with peers and work cooperatively in a group
- Keep hands and feet to self

Here is a sample of a FULL day Kindergarten schedule: (Please go to your school's website for specific start and ending times.)

7:35 - 7:45	Arrive to classroom
7:45 - 8:00	Attendance and Pledge of Allegiance
8:00 - 8:30	Writer's Workshop
8:30 - 10:00	Language Arts
10:00 - 10:25	Recess
10:25 - 11:25	Math
11:25 - 12:15	Lunch and Recess
12:15 - 12:30	Calendar
12:30 - 1:00	Intervention/Computer Lab
1:00 - 1:15	Finish morning work
1:15 - 1:45	Choice Time
1:45 - 2:00	Pack up and dismissal

By the end of kindergarten, your child should be able to:

- Know the sounds of the alphabet and sound out words
- Recognize all of the upper and lowercase letters of the alphabet
- Read many short "sight words"
- Tell what words rhyme and make a rhyme
- Ask and answer complex questions about books
- Speak their thoughts, feelings and ideas clearly
- Write numbers from 0 to 20 in order
- Count to 100 by 1's and 10's
- Add and subtract single digit numbers up to 10
- Retell a story
- Write about something they like or don't like using phonetic spelling
- Sing songs and memorize rhymes
- Draw pictures of their thoughts and simple scenes
- Understand addition as putting together and adding to
- Understand subtraction as taking apart and taking from
- Analyze, compare, create and compose shapes
- Demonstrate understanding of spoken words, syllables, and sounds (phonemes)
- Classify objects and count numbers of object in each categories



Missing a day of school, especially in early grades, significantly impacts performance and sends the signal that school is not a priority. Attendance makes a difference!



WHAT ARE SIGHT WORDS?

the	here
1	who
can	was
like	has
we	red
at	blue
too	yellow
an	green
not	he
a	she
see	look
go	one
to	two
have	three
is	four
play	five
no	six
yes	seven
it	eight
will	nine
are	ten
for	be
you	some
this	make
do	my
what	come
and	with
out	me
over	from
ınder	where
ittle	what
said	

LEAP AHEAD!

How to prepare your child for learning?

Verbal Communication is Important!

Children who are talked to, read to, and sung to at home learn to read more quickly. Children who learn to read well can later read to learn. Language means speaking, listening, reading, and writing.*

Tips for parents: Learning Language

- Talk to your child as often as possible. Talk in the grocery store, talk in the house.
- When having a conversation, give your child time to answer.
- Listen carefully when your child is talking. Ask questions and show you care about what he or she is saying.
- Speak clearly so your child can hear how the words are meant to sound.
- Sing songs start with nursery songs, folk songs, and campfire songs you remember from when you were young. If you can play an instrument, even better.
- Play storytelling games with your child and encourage him or her to
- Play listening games. Hide a small object and then give your child directions on how to find it.
- Be careful about using slang and swear words that your child may repeat.



Tips for parents: Reading and Writing

- Read to your child for at least 10 to 15 minutes every day and ask questions about the story and characters.
- Use wordless books, tell a story by looking at the pictures.
- Repeat books. Children love to hear the same stories.
- Get a library card and visit the library often.
- Create a time and place for your child to look at books.
- Make shopping lists together.
- Point out traffic, business, and street signs.
- Keep pencils, crayons, and paper readily available for your child.
- Take turns telling and retelling stories.
- Offer your child lots of encouragement.



*Adapted from First 5

LEARNING TOOLS!

WHAT IS ALPHABET RECOGNITION?

One of the most vital skills needed for Kindergarten students is alphabet recognition. This means that students are able to recognize letters by sight. Children who can recognize letters quickly have an easier time learning about the sounds associated with letters. Working on letter names and letter sounds prior to entering Transitional Kindergarten or Kindergarten will allow for your child to have a "jumpstart" in their education.

How can I help develop alphabet recognition at home?

There are many different ways to help your child learn the letter names and sounds at home. Here are a few examples:

Take notice:

Begin to notice letters on items around the house as well as while driving/walking around the community and point them out to your child.

Labeling:

Label things around the house with either just the beginning letter (T for table) or write the whole word.

Make an Alphabet Caterpillar:

Write each letter of the alphabet on a paper circle (small paper plates work great). Mix the circles up and have your child put the letters in order on the floor to create a caterpillar. Add pipe cleaner antennae and legs for fun.

Alphabet Concentration:

Write all the letters of the alphabet on index cards (upper and lowercase). Flip them over on the table and have your child look for matches.

Letter Hop:

With chalk, draw lilypads on the ground. Write letters in the middle of the lilypads. While you say a letter, have your child jump to the lilypad with the letter in it. Continue the game until your child has jumped on all the letters.



What is phonemic awareness?

Phonemic awareness is the ability to manipulate spoken sounds in words. Phonemic awareness includes: rhyming, blending, substituting sounds, segmenting sounds, identifying beginning, middle, and ending sounds, adding sounds, and deleting sounds. Phonemic awareness is the most powerful predictor of success in learning to read and spell. The development of phonemic awareness prepares children for the next phase of beginning reading.

How can I help develop phonemic awareness at home?

Rhyming:

- Read nursery rhymes to your child and talk about the rhyming words.
- Ask your child to find objects that rhyme with a word you say.
- Rhyme words with your child's name.

Blendina:

Play a listening game with your child. You can tell your child that you are going to say a word broken into parts and that you would like him/her to put the sounds together to make the word.

Begin with simple one syllable words and gradually increase if your child is ready. Make sure you pause between the sounds.

Example: /c/ /at/

Once your child is comfortable blending two sounds, they can break down the word into smaller parts.

For more examples on how to get your child Kindergarten ready, check out these great websites:

www.getreadytoread.com www.starfall.com www.scholastic.com/parents/play/ www.pbskids.org/wordworld www.pbs.org/parents/ www.first5california.com www.ABCmouse.com



HOW TO BUILD AN EFFECTIVE PARTNERSHIP TO HELP YOUR CHILD SUCCEED IN SCHOOL

Education is a partnership involving parents, teachers, schools, and the community. The school and teachers need you. You are the most important part of your child's life. Here are ways you can help your child succeed:

- Letting your child know you have high hopes and that his or her education matters to you.
- ✓ Dropping off and picking up your child on time.
- ✓ Talk with your child's teacher in person, on the phone, or through email.
- Sharing information about your child his or her temperament, habits and whether he or she has special needs.
- Get involved in the classroom and school: volunteer in the classroom, read books in the classroom, help with groups, prep materials.
- ✓ Contact the school site front office about fingerprinting and TB testing for volunteers.
- Helping your child with homework by making a time and space for it.
- ✓ Reading the classroom newsletters, emails, and postings.

Tips for parents at school:

- Introduce yourself to your child's teacher and check in often.
- 🛸 Ask the teacher how your child is doing and how you can help. Don't wait until there is a problem and the teacher reaches out.
- Find out how you can help in the classroom, with activities, or on field trips.
- Get to know the other children and parents in your child's class. Get involved! Attend school events and parent-teacher conferences and participate in fundraisers.
- If communicating in English is uncomfortable, a community liaison, instructional assistant, or parent volunteer is on site to help with interpretation, ask at the front office.

Tips for parents at home:

Children spend more time at home learning than they do at school. What happens at home is instrumental to how well a child does in school.

- Ask your child questions about his or her day that will encourage more than a yes or no answer. Example: What did you talk about during circle time? Who did you play with at recess? What was the most fun thing that happened today?
- Continue to read aloud with your child each day even as he or she begins to read independently or do a story walk with your child for fun and make up the story as you go.
- Read notes from teachers, complete all paperwork required of parents and return it promptly to the school. (Please check both sides of all documents!)

FIRST DAY OF SCHOOL CHECKLIST!



The night before:

- ☐ Help your child lay out his or her first day of school outfit.
- ☐ Pack lunch if your child will be eating lunch at school. (Write your child's name on everything.)
- ☐ Help your child pack his or her backpack and put it by the front door.
- Fill out any last forms that the school requires and put them where you won't forget to take them with you.
- ☐ Plan breakfast.
- ☐ Go over drop off and pick up plans with your child.
- Get your child to bed on time.
 - *Remember children need at least 10 hour of sleep a night.
- Set an alarm.

On the big day!

- ☐ Start the day with a smile and a hug.
- ☐ Leave the television and other electronics off.
- ☐ Help your child eat a good, healthy breakfast.
- ☐ Drive or walk to school, allowing extra time to get there.
- ☐ Walk your child to his or her classroom or to the designated meeting place depending on your school.
- ☐ Say goodbye at the door with a smile.
- ☐ Smile and relax, if you are relaxed your child will feel more relaxed.
- ☐ Be at the door waiting at pick-up time. Your child will be looking for you! (If you're not picking your child up please let your child and the teacher know who will be there instead.)
- ☐ Talk about the day with your child.



Traffic on the first day of school gets backed up. Plan on giving yourself extra time.

TOP TEN THINGS TO DO -THE SUMMER BEFORE KINDERGARTEN

1) Focus on Language

Speak up! Surround your child with words. Talk with your child not only to your child. Ask openended questions and encourage your child to respond in full sentences. Read poems and sing songs together. Play music. Demonstrate common expressions of courtesy and praise your child for using them (thank you, please).

Read! Read to your child every day! Talk together about the pictures and story. Read around the neighborhood — the stop sign, the billboards, the grocery store sign. Be a reader yourself magazines, newspapers, books.

Write! Provide pencils, markers, paper, and encourage drawing and scribbling or writing. Provide books, magazines, and other print materials for your child to handle. Invite your child to help with grocery lists, grocery shopping, sending cards, and writing thank you notes.

2) Use Your Muscles

Get Moving! Make sure that your child has daily opportunities for rigorous physical activity, outside when possible. Practice muscle coordination like walking a straight line, jumping with two feet, hopping on one foot, balancing, stretching and skipping.

3) Explore Your World

Grow your brain! Your child's brain grows by experiencing a wide variety of settings and activities. Take your kids to the library, the park, grocery story, and the children's museum. Provide toys, games, and household objects that encourage exploration, manipulation, and dramatic play.

4) Practice Kindergarten Academics

Learn your ABC's! Practice writing and recognizing their name using uppercase and lowercase letters, play alphabet games, read alphabet books, and talk about letter names and sounds.

Get Counting! Encourage math activities all day, every day. Work on counting, the names of numbers, simple addition and subtraction with everyday objects, talk about and identify common shapes in your house and around the neighborhood, point out patterns, and sort objects like socks and milk caps.

5) Create Structure

Children need and enjoy routines that give them a sense of order and teach both life skills and academic subjects. Establish routines around tasks your child is responsible for, such as personal grooming, helping prepare meals, buying groceries, or making the bed. Prepare a chart of these routines so each child can check that everything is done properly. Then use ordinary activities to introduce important lessons.

(Continued on next page)



6) Early to Bed and Early to Rise

In the morning, plan wake up times to provide plenty of time for dressing and eating a healthy breakfast. In the evening, eat dinner as a family whenever possible. Collect all of the belongings to go to school in one place the night before so the next morning will go more smoothly. Set bedtimes so that your child has at least ten hours of sleep each night. Read a book before bedtime.

7) I Can Do It

Work on independence, learn about and practice self-control, and be a good friend. Can your child dress themselves? Use the bathroom without assistance? Blow their nose, wash their hands? Zip their coat? All of these skills are needed in kindergarten!

Identify and talk about emotions and what to do when you are mad, sad, bored, excited. Practice following directions and adapting to schedule changes. Teach socially acceptable ways to disagree. Encourage work values such as effort, persistence and initiative. Encourage values such as helpfulness, cooperation, sharing, and concern for others.

8) Be Smart about Electronics

Limit screen time. Pediatricians recommend no more than 1 to 2 hours of screen time per day. Children learn best by doing rather than watching. Screen time includes: time watching television and movies, playing video games and using the computer, smartphones and tablets.

9) Health Matters

Now is the time to set in place healthy habits to last a lifetime! Daily exercise, healthy food, plenty of rest, regular doctor and dentist visits. Health contributes to school success in a variety of ways. Healthy, well-rested, well-fed children learn better, miss less school and are more engaged in learning.

Learn and practice good hygiene at home. Wash your hands before food preparation and eating, after you use the restroom, after coming in from outside, after sneezing or wiping your nose. Practicing these techniques at home will make them a habit for your child and result in less sickness and better health when school starts.

10) What Will Kindergarten Be Like? Let's Find out!

It's common to be nervous on the first day of school. Here are a few things you can do to make the transition easier: read books about starting school, tour the school, find out what lunchtime will be like, reassure your child that they will be picked up from school every day. Check out some of our book recommendations on page 18.

GOOD ATTENDANCE = SUCCESS!

BUILD THE HABIT OF GOOD ATTENDANCE EARLY

Attendance is most critical from Transitional Kindergarten through 3rd grade!

These early grades set the foundation for basic skills which are the building blocks for academic success. Playing catch up from missed days is especially difficult during these years since every lesson builds on the one before. Excused or unexcused, all absences represent lost time in the classroom and a lost opportunity to learn.

Did you know?

- Poor attendance is not just about unexcused absences or children willfully skipping school excused absences affect performance too.
- When students are absent for fewer days, their grades and reading skills improve even among those students who are struggling in school.
- Students who attend school regularly feel more connected to their community, develop important social skills and friendships, and are significantly more likely to graduate from high school, setting them up for a strong future.

What you can do:

- Encourage regular school attendance. Making school attendance a priority is one of the most powerful ways you can prepare your child for success - both in school and in life.
- Be on time to school every day. Being late to school can imply that school is not a top priority.
- Speak to school staff if your child seems anxious about going to school. Frequent headaches and stomachaches can be a sign of anxiety.
- Develop a backup plan for getting to school if something comes up. Many of our schools have carpool groups.
- Avoid making medical appointments during the school day and schedule extended vacations over summer and holiday breaks.

When Do Absences **Become a Problem?**



*Chronic absenteeism (missing 18 or more days of school or 1 day every two weeks) is the single strongest predictor of dropping out of school before graduation.

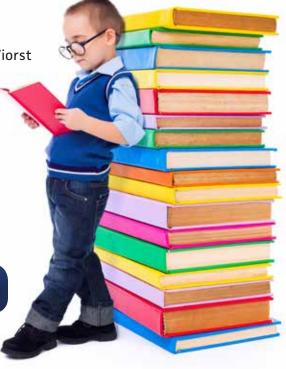
BOOK LIST FOR TRANSITIONAL KINDERGARTEN AND KINDERGARTEN

Reading to your child before they begin school is a good way to ensure early education success, here is a list of books we recommend to read to your children before they enroll in Kindergarten or Transitional Kindergarten.

- 1. Giraffes Can't Dance by Giles Andreae and Guy Parker-Rees
- 2. My Brother Charlie by Holly Robinson Peete and Ryan Elizabeth Peete
- 3. Hands are Not for Hitting by Martine Agassi
- 4. Please is a Good Word to Say by Barbara Joosse
- 5. The Kissing Hand by Audrey Penn
- 6. Alexander and the Terrible, Horrible, No Good, Very Bad Day by Judith Viorst
- 7. Clifford the Big Red Dog by Norman Bridwell
- 8. Danny and the Dinosaur by Syd Hoff
- 9. The Magic School Bus series by Joanna Cole
- 10. Miss Nelson is Missing! By Harry Allard and James Marshall
- 11. Nate the Great by Marjorie Weinman Sharmat
- 12. The Paper Bag Princess by Robert Munsch
- 13. Where the Wild Things Are by Maurice Sendak

What's IT LIKE TO START SCHOOL?! BOOK LIST

- Corduroy Goes to School by Don Freeman
- 2. Born in the Gravy by Denys Cazet
- 3. Emily's First 100 Days in School by Rosemary Wells
- 4. First Day by Dandi Daley Mackall and Tiphanie Beeke
- 5. Dora Goes to School by Leslie Valdes and Robert Roper
- 6. Dora Va a la Escuela (Spanish Edition)
- 7. Miss Bindergarten Plans a Circus for Kindergarten by Joseph Slate and Ashley Wolff
- 8. Off to School Baby Duck! by Amy Hest and Jill Barton
- 9. On the Way to Kindergarten by Virginia Kroll and Elizabeth Schlossberg
- 10. Look Out Kindergarten, Here I Come by Nancy Carlson
- 11. Preparate, kindergarten! Alla voy! (Spanish Edition)
- 12. Kindergarten Countdown by Anna Jane Hays and Linda Davick
- 13. Miss Bindergarten Gets Ready for Kindergarten by Joseph Slate



HELP PREVENT THE SUMMER SLIDE!

For students, summer is a time for fun and play. However, when school is out learning shouldn't stop. Did you know that during summer students forget many reading and math skills learned during the school year? Also, the time children spend "relearning" lost skills during the next school year greatly reduces the valuable time needed to master new skills and subjects. Here are the **Top Ten Reasons** to keep kids learning over the summer:

- Education is the key to achievement and success.
- 2 Parents who are actively involved in their children's learning at home, help their children become more successful learners.
- 3 Stimulating children's brain development all summer brings big benefits in the fall.
- 4 The average student will forget many reading and math skills learned during the school year.
- **l** Losses are greater among lower-income students who cannot attend summer enrichment programs, travel, or take advantage of structured learning opportunities.
- 6 Much of the achievement gap between advantaged and less advantaged students occurs in the summer months.
- Children who lose ground over the summer, have a difficult time in "catching up" during the following school year.
- Time spent on "re-learning" substantially reduces the valuable classroom time needed to master new skills and subjects.
- Steady improvement, throughout the year means that children will meet the high education standards supported by the California Department of Education and assure students have the educational foundation needed to succeed in school and life.
- Summer is an ideal time for families to provide the time, learning experiences, and practice to reinforce learning.



Community Resources

Food Resource

Second Harvest Food Bank

1-800-984-3663 www.shfb.org

Food/Clothing Resource

Cecelia's Closet

Please see school liaison for a referral.

Medical/Dental/Vision Resources

Foothill Community Health Center

9460 No Name Uno Suite 110, Gilroy, CA 408-729-9700 www.sjffcc.org

Healthier Kids Foundation

4010 Moorpark Avenue Suite 118, San Jose, CA 408-564-5114 www.hkidsf.org

Public Library Resource

Morgan Hill Library

660 W. Main Avenue, Morgan Hill, CA 408-779-3196 www.sccl.org

