



## White Eagle Elementary School

District #204

# Ten skills kindergarteners need for the first day of school

Things to practice all summer

10 Tips For Your Kindergartner



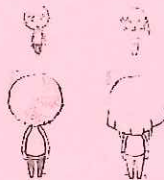
by the teachers of Kindergarten and the Support Team at White Eagle

Welcome to White Eagle, parents and our new students. What an exciting time for all of you. In what will be the first of many exciting days of school, we all want each student to put their best foot forward and have a great year. To that end, there are several things we need to have your new students ready for when school starts in August. So, here's your homework until then.

1. **Sit and attend to listen to a story, be read to:** So, if you aren't already, practice reading a story and have your child be able to sit, quietly and listen. Try reading next to each other on the couch, then in kitchen chairs and then, on the floor. Sitting pretzel style on the floor is the best way to sit.



2. **Bathroom independence:** We know that your child is toilet trained but... have they done it independently, in public? Do they know to flush each time? Wash/dry hands? Close doors to stalls? Do the boys know how to use a urinal, including opening the front of their pants? I know, most of us have forgotten all of these things but it's a reality for our youngsters. If you read these and know they can't or aren't sure if they can, let's get them



practicing.

3. **Write their first name:** So many of our incoming kindergarteners already know some letters and numbers but surprisingly not the letters in their name. So, break out the crayons and pencils, some lined paper and let's get them to start making their names. They'll be so excited and proud when they learn to write it automatically.



4. **Follow up to 3 part directions:** This is a big skill: it involves a lot of listening and thinking. It's a skill that impacts all of learning. So, practice this: get your coat, get your shoes and stand by the door. If they can do something like this the first time, congratulations!



5. **Independently open and eat lunch and snack:** So, it's the first day. So many new things to do and learn. And now, you get to go to the big lunchroom and eat. Yeah!! Except, I cant open my juice box. Or my fruit snacks. Or that nice container my sandwich is in. So, have a little lunch practice at home. Make sure they can open things easily. Also, be sure they have good spoon/fork skills independently so they eat without so much mess.



6. **Can put on coat, shoes, hoodie:** Zippers. Buttons. Laces. Sleeves. Left foot/Right foot. There's a lot of manage coming into school, going out to recess, coming back in. Snow Boots, coats, shoes getting untied. And as much as a teacher or other adults can help, when you have 7 or 8 kids who all need help, it slows things down. So again, be sure they can put things on correctly and can zip, tie and button successfully.



7. **Respect for adults:** Remind your children that teachers are like their "second" parents. They need to be good listeners, follow directions and treat their teachers like you'd like them to treat you. Manners are always good to work on: *Please, Thank You, Yes Ma'am, I'm Sorry, Excuse Me* should be easy for your kids to say and use appropriately in school and in any public setting.



Teaching Kids  
to Respect Others

8. **Communicate his/her wants, needs, and thoughts verbally:** You know your child so well. You can read them like a book. What it means when they start twirling their hair, when they need a potty break, what a "binky" means. Starting kindergarten, start encouraging your child to use words and sentences to get their needs met. Practice saying, "Can I use the bathroom?", "I don't know what to do", "Can I get a drink?", etc.



9. **Hold pencil, crayon, and scissors correctly:** Lots of our new kids love to draw, color and make art projects. They've done it at home or daycare or preschool. If they haven't had those experiences, then get them started. Make it a little family time every night to color a page, or draw a picture or cut things out of a magazine. Practice makes perfect!!



10. **Adequate sleep habits:** Early to bed, early to rise. Most kids in the US don't get enough sleep. So, establish a good and early bedtime routine. Kindergarteners need at least nine to ten hours of sleep a night. So think about your schedules and be sure they are able to get their sleep, a good breakfast, get ready and be awake for 9:05AM starts.



Oh, and one more...

- 10.1 **Being here and on time and ready for school:** We start at **9:05**.

Getting a five year old out the door is a big struggle for all of us. So, be organized, plan ahead and allow enough time to get them to the bus or in the car and in the door.

Looking forward to a great year with your kids. Let's get them to grow in many positive ways!



