





Kinder Parent 101 Checklist


Litchfield Elementary School District #79

Dear Mom, Dad, & Caregiver,

This is an exciting time in my development. My transition into kindergarten is filled with both opportunities and challenges. Here is a checklist to support me in a smooth and fun transition into kindergarten.

For information on how to best prepare me for kindergarten and to answer any questions, please attend Litchfield Elementary School District's *Kinder Parent 101* at Mabel Padgett Elementary School (15430 West Turney, Goodyear) from 5:00 PM – 7:00 PM on Monday, March 2, 2020. District Pre-School Instructional Coach Amy Aasen will host this informative session geared toward parents and caregivers.

✓	Help me get used to my new school routine
	Let's make a regular schedule for waking up, getting dressed, eating, etc.
	Let's try the new bedtime and wake up schedule at least one week before school starts.
	If I am taking the bus, please wait with me and point out neighborhood landmarks that are familiar to help me feel comfortable. For more information on bus routes, please visit www.lesd.k12.az.us  .
	Thank you for being ready for me when the bus driver drops me off at the end of the school day.
	If I need before and after care, please visit www.lesd.k12.az.us  for information on the extended day program.
	Ask me about my day and let me show you how much I learned and what I accomplished.
	Thank you signing up with Peachjar.com and looking through my backpack for important school news and notices. I may sometimes forget to share things with you.

✓	Being healthy helps me learn and do well at school
	I use a lot of energy and my body is growing, so thank you for making sure I am getting 8 hours of sleep each night.
	Thank you for making my body and mind strong by giving me a balance of healthy meals and snacks. You make sure I have a good breakfast at home or school to start my day.
	Please visit TitanK12.com to set up a school meal account and to add money on my account.
	Let's check the school menu at www.lesd.k12.az.us  . What will I have for breakfast and lunch?
✓	Here are some skills for me to work on before I start kindergarten
	Do I know my first and last name, my address, and phone number?
	My mom, dad, grandparents, and other caregivers have names. What are they?
	Let's practice buttoning and zipping my own clothes.
	Teach me ways to calm myself. Teach me to take deep breaths, identify my feelings, and teach me a calming strategy (like using a squeeze ball, reading or drawing a picture about how I feel).
	Please listen to my thoughts, questions, and even concerns I may have about my new school. Read books to me about the first day of school to ease my concerns. Starting school is like you starting a new job.
	Share with me your special memories about your first day of school.
	Let's spend some time talking about how many children will be in my class and how many will be in the cafeteria and playground.
	Let's practice a special goodbye ritual for when you drop me off so I can get started with my day at school. Don't worry, I am safe and loved at school - my teacher is my safe keeper.
	Be my learning partner by reading to me everyday. Point out letters, colors and shapes wherever we go, like the grocery store, cooking in the kitchen, and taking a walk.
✓	Let's visit my new school at Open House
	I can't wait to attend Open House on Friday, July 31st. Belen Soto Elementary School, Verrado Heritage Elementary School, and all LESD elementary schools will hold Open House from 4:00 PM to 6:00 PM.
	Let's visit the kindergarten classrooms, so I know where I am going on the first day of school.
	While visiting the kindergarten classrooms, don't forget to pick up any school information and fill out any needed paperwork.
	Let's practice the drop-off and pick-up routine. Make sure I know how I am getting home after school.
	While at school, let's visit the cafeteria, the gym, the office and the playground.

I got this!  , your future LESD Kindergartener