

You're On Your Way to Kindergarten at Quatama!

The transition to kindergarten is respected as a major milestone not only for the child but for his or her family as well. The attitude towards school and learning that the child carries with them for life is often determined by this very first experience with school.

A smooth transition to kindergarten can help make sure your child is successful in school.

The information provided below is designed to help you and your child prepare for the transition into kinder at Quatama Elementary School. We are so excited to have you!

1

Sign-up NOW for a kinder assessment and parent meeting

**** August 25th or September 1st ****

<https://signup.com/go/GHjaVhe>



2

Incoming Kinder Park Date

Come meet new friends and get to know your kinder teachers before school starts!

August 30th @ Quatama playground

3:00-4:00pm

3

Start planning now for the transition to kinder

The more prepared you and your child are, the smoother the start of kinder will be for everyone!

*** Some helpful ideas are listed on pg. 2 ***



Personal Needs Without help:

- * Put on and take off coat
- * Put on and take off backpack
- * Bathroom: Go-Flush-Wash
- * Snap, button, zip and buckle
- * Lunch: Open/close containers
- * Eat quickly
- * Clean-up area and belongings



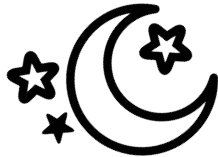
Social Skills:

- * Listen to adults
- * Share & take turns
- * Handle anger without hurting others
- * Follow simple 2-step instructions
(Get your shoes and put them on.)
- * Sit for short periods of time
- * Use good manners:
Please and Thank you
- * Ask for help when needed



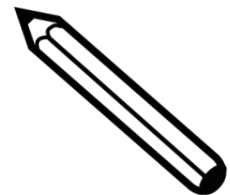
Intellectual Skills to work on:

- * Hold a book and turn pages
- * Hold a pencil and cut with scissors
- * Know first and last name
- * Recognize first name and letters in name
- * Practice writing first name with
only the 1st letter capitalized:
M-a-t-t, not M-A-T-T
- * Colors, shapes and sizes
- * Count to 10 and count objects
- * Sing ABC's and recognize some letters



Sleep:

- * 10+ HOURS of sleep every night! (American Academy of Pediatrics (AAP) Recommendation)
- * Students need to be in school and fed by 7:50am every day.
- * Start transitioning to school-day sleep schedule by mid-August.



Screen Time:

- * 1-hour or less of screen time per day. (AAP Recommendation)
- * T.V., computer, movies, video games, tablets, smartphones and hand-held games all count in the the 1-hour limit.
- * Turn screens off at least an hour before bedtime.