

# Bloom into KINDERGARTEN



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**Join your child as they bloom  
into kindergarten readiness  
through fun books and games.**





Dear Lake County Parents,

This is an exciting time as you embark on the newest adventure with your child. The Lake County Office of Education is pleased to offer you this guide, ***Bloom Into Kindergarten***, to help you and your child transition smoothly into this next phase of your lives.

I am proud of our Lake County schools. We are small, but mighty!

In our small community, your children will develop long-lasting relationships with their teachers and school staff. They will explore the beautiful natural resources of our rural community through school projects and field trips. They will also have the opportunity to explore their interests in various activities offered in the security of our small-town schools.

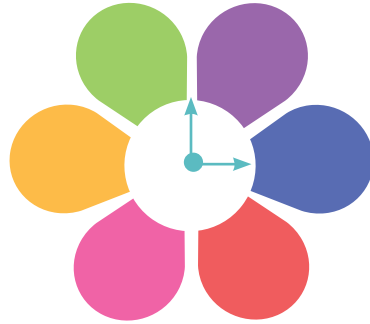
Lake County is a great place for a child to grow up.

Attendance is important even in kindergarten. Research shows that kindergarten students who miss two days of school a month may fall behind by the third grade. Please make attendance a priority.

Welcome to your exciting new adventure in our fantastic community.

**Brock Falkenberg**

Lake County Superintendent of Schools



# Time to Start KINDERGARTEN

Children are eligible to enter kindergarten at age 5!

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Is your child ready for kindergarten?

Would they benefit from Transitional Kindergarten (TK)?

Here is some information to help you make that decision for your child.



# Determine READINESS



You know your child best!

## WHAT IS YOUR CHILD READY FOR?

### TALK TO PEOPLE!

- Your child's preschool teacher
- Your pediatrician or family doctor
- Other parents

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## VISIT A KINDERGARTEN CLASS AND TALK TO THE TEACHER

### CHILDREN WITH SPECIAL NEEDS

Special health, developmental, and educational needs can impact a child's learning. Try to identify these needs as early as possible.

An Individualized Education Plan (IEP) or 504 is a written plan that outlines specific programs for a child with special needs.

It is created by a team of professionals and the child's parents.

# Education OPTIONS



## KINDERGARTEN:

The traditional beginning of elementary school. It is a child's transition from preschool, child care, or home to a school.

- **ELIGIBILITY:**

Children age 5 by September 1st.



## TRANSITIONAL KINDERGARTEN (TK):

TK uses a modified kindergarten curriculum that is age and developmentally appropriate for children slightly younger than 5. After completing a year in TK the child moves into kindergarten.

- **ELIGIBILITY:**

Children turning age 5 between September 2nd and December 2nd.

*TK may also be a good option for children who turn age 5 by September 1st but need an extra boost in skills before enrolling in kindergarten.*

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## PRESCHOOL:



An early education environment that uses a combination of learning and play to help build kindergarten readiness skills in young children.

- **ELIGIBILITY:**

Varies by preschool (typically 3-5 years old)

Preschool is also an option for children turning 5 between September 2nd and December 2nd.

# Enroll in KINDERGARTEN



Once you have decided which school your child will attend, you will need to enroll him/her. School registration generally begins in early spring. Call the school to learn when registration begins to enroll your child as soon as possible.

A list of  
public schools  
in Lake County  
is on  
page 14.

In general, the registration forms ask you to provide contact information, your child's prior school experiences, languages spoken in the home, and any additional needs your child may have.

Be ready to provide the school with copies of important papers such as your child's:

- Birth certificate
- Proof of where you live (proof of residency)
- Immunization record and health exam (physical or well-child visit)
- Dental assessments that have happened within the past 12 months.

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## Schools love to have parent volunteers!

Check with your school for their volunteer process. Generally you will complete district paperwork, a TB test, and a background check.

# Get Ready for a SMOOTH TRANSITION

You can help create a smooth transition into the school environment beginning way before the first day of school. Children do better when they know what to expect.

## TALK ABOUT KINDERGARTEN

- Point out your child's school when you pass by
- Talk about what you see and what your child will be doing there
- Share your excitement about this new beginning
- Have conversations with your child about how they feel
- Draw pictures of the school together or design a school out of Play-Doh

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## GET FAMILIAR WITH THE SCHOOL

- Attend kindergarten registration
- Visit the school your child will attend before kindergarten starts
- Find the office, classrooms, bathrooms, and cafeteria

## KNOW WHAT TO EXPECT

Do not be surprised if your child is tired or more emotional the first few weeks of school. It is a new experience and he/she will be working hard. Your patience and understanding helps your child feel safe, secure, and capable of adapting to all the changes that kindergarten brings.





## ESTABLISH A ROUTINE

Begin your child's "school routine" a few weeks before school starts.

Have your child start going to bed and waking up around the time they will need to during the school year. With adequate sleep, your child will be more alert and ready to learn.

Also, practice sitting for story time and having meals at a table together.

According to the American Academy of Pediatrics children between 3-5 years old need 10-13 hours of sleep each day (including naps).

## SCHOOL PRACTICE

In kindergarten your child will become increasingly independent.

Have your child practice:

- Dressing themselves, including buttons and zippers
- Tying their own shoes
- Bathroom self care & nose blowing
- Using words to express needs
- Opening food containers and packages

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## FIRST DAY OF SCHOOL

- Wake up early and serve your child a healthy breakfast.
- Talk through the excitement or nervousness your child may be feeling.
- Be patient if your child cries.
- Take photos or ask your child to draw pictures to remember the first day.

**Remember to tell your child how proud you are of him or her!**

# Kindergarten

# READINESS SKILLS

## SOCIAL-EMOTIONAL

- **SOCIAL:** How people talk to each other or do enjoyable things with each other.
- **EMOTIONAL:** To show or express emotion.

### CHILD—Blooming into Kindergarten I'm working towards:

- Playing well with others cooperatively
- Focusing on a task for at least 5 minutes and working independently
- Understanding and following instructions
- Recognizing and managing my own emotions
- Showing kindness to myself & others

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### PARENTS—To support your child as they bloom:

- Set up a neighborhood playgroup or a play date with another child
- Help your child make decisions by only offering 2-3 choices
- Allow your child to do things for themselves when they are ready
- Set realistic expectations and consistent rules for your child that you can follow through
- Develop regular routines at home
- Encourage your child to follow directions and take turns



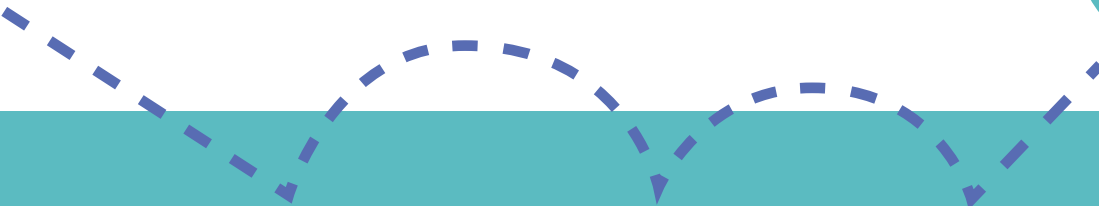
**PHYSICAL:** Relating to the muscles in the body.

**CHILD—Blooming into Kindergarten I’m working towards:**

- Washing my hands, tying my shoes, and zipping my jacket
- Jumping, hopping, skipping, and balancing
- Bouncing, kicking, throwing and catching a ball
- Dressing myself even when my clothes include zippers and buttons
- Using scissors, crayons, and pencils

**PARENTS—To support your child as they bloom:**

- Play with a ball...kick, throw, catch, and roll
- Play with a rope...jump, balance, and hop
- Write a wiggly line on a piece of paper; have your child trace it, then cut along the line
- Let your child practice dressing and undressing themselves, including tying shoes
- Teach your child to use the bathroom by themselves



## LITERACY: The ability to read and write

### CHILD—Blooming into Kindergarten I'm working towards:

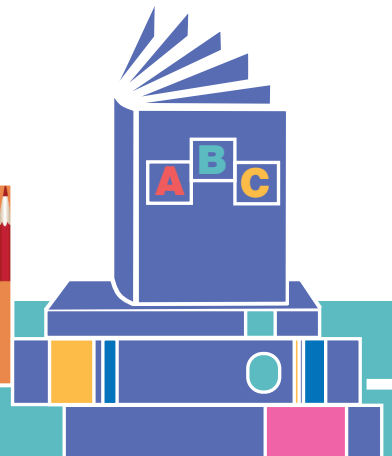
- Becoming familiar with books
- Recognizing letters of the alphabet
- Knowing some letter sounds
- Recognizing my name
- Speaking to communicate clearly

Take time  
each day to  
turn off all  
electronic screens  
and play with  
your child.

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### PARENTS—To support your child as they bloom:

- Read and discuss with your child at least 20 minutes a day
- Talk with and listen to your child as you do daily activities
- Keep pencils, crayons, and paper where your child can use them
- Point out letters in everyday places such as labels, logos, or newspapers.
- Check out books from the library
- Sing songs and play rhyming games



**NUMERACY:** The ability to understand and work with numbers.

**CHILD—Blooming into Kindergarten I’m working towards:**

- Counting to 20
- Recognizing numbers and counting objects to 10
- Writing some of my numbers
- Sorting objects by color, shape, and size

**PARENTS—How to support your child as they bloom:**

- Count everything...stairs, cars, people
- Point out numbers when you see them in everyday places
- Talk about colors, textures, and sizes to help your child learn to sort, match, and compare
- Ask your child to help match socks while folding laundry
- Cook together while talking about the amount of ingredients
- Assemble puzzles and play with blocks



# Resources

## SCHOOLS:

- Burns Valley 707.994.2272
- Cobb Elementary 707.987.1450
- Coyote Valley Elementary 707.987.3357
- East Lake 707.998.3387
- Kelseyville Elementary 707.279.4232
- Konocti Welcome Center 707.994.0900
- Lake County International Charter School 707.987.3063
- Lake County Office of Education-Lakecoe.org 707.262.4100
- Lakeport Elementary 707.262.3005
- Lower Lake Elementary 707.994.5787
- Lucerne Elementary 707.274.5578
- Minnie Cannon Elementary 707.987.4130
- Pomo 707.994.6744
- Riviera Elementary 707.277.6050
- Upper Lake Elementary 707.275.2357

## EDUCATIONAL WEBSITES:

- Starfall.com
- Duolingo.com
- PBSkids.org
- Teachyourmonstertoread.com

Visit [www.lakebloom.org](http://www.lakebloom.org) for information on local agencies.

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# Kindergarten CHECKLIST



☐ SCHOOL NAME: \_\_\_\_\_

☐ VISIT THE DOCTOR AND DENTIST

- Child's immunization record
- Dental assessment certificate
- Well-child physical exam

☐ ENROLLMENT IN SCHOOL

- Enrollment forms submitted
- Health documents & Birth certificate submitted
- Proof of residence (or other documents requested by school) submitted
- Free or Reduced Lunch application submitted
- School bus schedule received

☐ MEET THE TEACHER AND VISIT THE SCHOOL

- Kindergarten classroom
- School campus
- Cafeteria
- Playground
- Bathrooms

☐ PREPARE FOR CLASS

- Read together 20-minutes a day
- Practice recognizing letters of the alphabet
- Practice writing
- Count, sort, name colors
- Play with friends, take turns and share
- Practice tying shoes and zipping zippers

☐ ESTABLISH A SCHOOL ROUTINE

- School bedtime (allow for 10-13 hours sleep) [aap.org](http://aap.org)
- School wake-up time
- Healthy breakfast

MY CHILD'S KINDERGARTEN START DATE \_\_\_\_\_



**LAKE COUNTY**  
**OFFICE OF EDUCATION**

TO TEACH, TO SERVE, TO LEARN.



**Lake Bloom**

To view online y en español—[Lakebloom.org](http://Lakebloom.org)