



DISTRICT196

One District. Infinite Possibilities.

Welcome to KINDERGARTEN 2024



**Oak Ridge Elementary School of Leadership,
Environmental and Health Sciences**

Welcome to Kindergarten 2024

Oak Ridge Elementary School of Leadership, Environmental and Health Sciences

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School Office Hours: 7:30 a.m. - 4:30 p.m.

Teacher Hours: 8 a.m. - 4 p.m.

Student Hours: 9:30 a.m. - 3:50 p.m.

Early Childhood Health and Development Screening

If your child has not been through the screening process,
please schedule your appointment using one of the following ways:

Online: www.district196.org/screening

Phone: 651-423-7899

Email: ecscreening@district196.org

School District 196

Early Childhood Health and Development Screening

District Service Center

14301 Diamond Path

Apple Valley, MN 55124

There is no charge for screening.

Screening appointments are available on weekdays, as well as
select evenings and Saturdays each month.

Welcome to Kindergarten at Oak Ridge Elementary School of Leadership, Environmental and Health Sciences

This is indeed an exciting time for both children and families.

We want your child's experience at Oak Ridge Elementary School of Leadership, Environmental and Health Sciences to be positive and rewarding.

We hope this booklet is informative and answers some of your questions regarding kindergarten.
You are also an important part of this process.

We look forward to being part of your child's exciting journey!

Sincerely,
The kindergarten team and Oak Ridge Elementary School of Leadership, Environmental and Health Sciences staff

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EARLY LEARNING PHILOSOPHY

The goal of early learning is to nurture the development of children to be inquisitive, eager to learn, creative, confident, compassionate and self-initiating. Early learning experiences provide opportunities for these qualities to develop and lay the foundation for future learning. Early learning should support cooperative learning, socialization, healthy self-esteem and creativity, and maximize the growth of problem-solving, decision-making and communication skills.

Early learning programming consists of teacher-facilitated, hands-on activities that address the individual child's needs and interests, as well as curriculum frameworks. Children assume increasing personal responsibility and independence as they grow and develop.

Essential connections between home, school and the community are acknowledged and strengthened through early learning programming. Families and teachers work cooperatively to encourage and support children on their unique journey of lifelong learning.

EARLY LEARNING BELIEFS

- Early childhood is a remarkable time of psychological, physical, social and academic development as many pathways of learning are being established.
- Learning is a social process where children learn through play, exploration and inquiry.
- Families are a child's first and most influential teacher.
- Each child has unique strengths, which benefit and enrich their family, school and community.
- Children thrive in a safe environment where their needs are met through mutual respect, nurturing and consistency.
- Strong family, school and community partnerships help ensure a child's success in school and beyond.

KINDERGARTEN TIMELINE

August 2024

Transportation information sent to households

August 26, 2024

Immunizations due to school nurse

August 28 & 29, 2024

Literacy Assessments

September 3, 2024

First day of school for grades K-5

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HOW DO I HELP MY CHILD PREPARE FOR KINDERGARTEN?

Parents are their child's first and most important teachers. From the day your child was born, you have been busy teaching him or her skills, language and an understanding of the world.

Children enjoy learning and parents can help foster a love of learning by:

- Reading together, then discussing the story and pictures
- Talking with adults and other children (listening carefully to others, taking turns talking, asking questions, etc.)
- Making up stories, talking about thoughts, needs or questions
- Explaining how things work
- Playing games together and playing on their own
- Singing and learning songs together, providing opportunities to experience all types of music
- Providing a balance of structured and unstructured playtime
- Exposing your child to new places, things and learning opportunities
- Helping your child to express their needs and teaching them to ask for help when they need it

Parents can also help children build practical skills that support success at school:

- Practicing with zippers, snaps, buttons and shoelaces
- Using a tissue and covering coughs and sneezes
- Saying first and last name
- Recognizing name in print with capital letter at the beginning and the rest lower case
- Using crayons, markers, pencils, glue and scissors
- Helping to put things away after using them

Parents play a key role in their child's school success. We ask that each day parents help their child prepare for school. You can do this by noting the kindergarten calendar for special activities or items needed; and ensuring your child is properly dressed, carries a full-sized backpack and is prompt for school. By encouraging your child to attend school regularly, you will help them develop responsible work habits and demonstrate the value of education.

We encourage parents to visit our school. Please contact your child's teacher for visiting/volunteering times. If you would like to volunteer but are unable to come to school, there are also ways that you can help at home. Again, please contact your child's teacher.

There are times throughout the year when parents have questions or concerns about their child's progress or the kindergarten program. Please feel free to call or contact your child's teacher regarding any concerns or questions you may have.

Set aside a special time each day for your child to share their kindergarten day. Encourage your child to tell about a favorite activity and share items brought home in their school backpack. Please take the time to read school communications such as newsletters, calendars and other notes sent home. These will help keep you informed of classroom and school wide activities.

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It is important for parents to reinforce skills and concepts presented to children at school. Reading aloud at home is a key factor in your child's future reading success. Provide a supportive environment for your child by applauding their efforts and success at school.

Labeling

Please clearly label your child's belongings, including boots, mittens, coats, hats, shoes and other personal items.

Federal Summer Food Service Program

Federal Summer Food Service Program provides free meals for anyone 18 and under. To find the closest school offering this service please go to <http://www.district196.org/services/food-and-nutrition-services>. *Locations will be added to webpage in April.*

PERSONAL SAFETY – GETTING TO AND FROM SCHOOL

It is important to your child's safety that they know the following:

- Their name, phone number, street and house number
- Students should accept rides only with parents or other drivers approved by the school or parents

If your child walks to school, please be sure they are aware of the following:

- The safest place to walk is on the sidewalk
- How to cross the street
- The meaning of traffic signals
- The importance of crossing streets only at crosswalks under the supervision of the crossing guard or school patrol
- The most direct and safest route to school
- That they should not make any unscheduled stops or visits on their way to or from school

If your child rides the bus to school, they should know:

- They should wait for the bus off the street
- They should be careful boarding and leaving the bus
- That school bus patrols are organized for safety, to help students cross the street and to leave and enter the bus at busy intersections
- To go directly to the bus stop in the morning and directly home after end of day drop off
- The majority of our kindergarten students walk home safely from the bus stop unsupervised each day. If you choose to meet your child(ren) at the bus stop you must arrive five minutes before the scheduled drop off time. If you regularly meet your child(ren) at the bus stop and are running late, please call Transportation at 651-423-7685.

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HEALTH INFORMATION

Good health is basic to sound and productive living. The purpose of the school health program is to maintain, improve and promote the health of the school-age child and reduce barriers to education.

A licensed school nurse (LSN) is available during the school day to assist you and your child with health related concerns and questions. The LSN is a four-year registered nurse with a public health nurse certificate. Advise the nurse of chronic health conditions such as asthma, diabetes, seizure disorders, severe allergies or other health events that may interfere with your child's ability to be at or participate in school.

For more information on District 196 health policies and regulations, visit district196.org/about/districtpolicies

Report an absence

In addition to contacting your child's school directly, school absence notification can also be done through a mobile web form. To report an absence from your mobile phone or desktop computer navigate to your child's school website and click on **Report an absence** in the top navigation.

Emergency contact information

Emergency information is required prior to the start of each school year and should be promptly updated with any changes. You will be notified in the event your child experiences an accident or sudden illness and remaining in school is inadvisable. It is your responsibility as a parent or guardian to make arrangements for proper care of your child.

The student emergency information will be collected through Campus Parent Portal. A Campus Parent Portal activation key will be given to you during August assessments, if you don't already have a Campus account for other District 196 students in your household. Once you have an access code, steps to set up your account can be found at district196.org/community/families.

Physical examination

It is strongly recommended that each child have a physical examination within 12 months before entering kindergarten to identify and address any health concerns and provide updated information to your school nurse. It is advisable that you make an appointment as soon as possible.

Immunizations

Immunizations protect students from childhood communicable diseases; thereby reducing illness, absenteeism, and permanent health conditions that may impact the ability to learn. Minnesota Statute 121A.15 requires all students in public schools must be fully immunized or have a notarized statement exempting them from immunizations while enrolled in school.

Exemptions to the immunization law may be made by submitting one of the following:

- A statement from your health care provider that an immunization is not advised for medical reasons
- A statement from your health care provider confirming immunity
- A notarized exemption statement that immunization(s) are against your beliefs

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Minnesota Immunization Information Connection (MIIC) is a statewide system that stores electronic immunization records for Minnesota health service providers and for the public. Parents/guardians are responsible for providing updated records, but school nurses are often able to obtain immunization records from MIIC as well.

Resources:

- Where to get vaccinated: <https://www.health.state.mn.us/people/immunize/basics/vaxfinder.html>
- Dakota County Vaccine Clinics: <https://www.co.dakota.mn.us/HealthFamily/HealthServices/ImmunizationClinics/Pages/default.aspx>
- Immunization Form (complete side 2 for exemptions listed above): <https://www.health.state.mn.us/people/immunize/basics/imzform.pdf>
- Find a notary (required for immunizations against your beliefs): <https://notary.sos.state.mn.us/search/searchfornotary>

Your child may not attend school on the first day if they are not compliant with the immunization requirements. For more information, refer to regulation 501.5.5.2P, Notification of Immunization Law Requirements for Incoming Kindergarten Students. To access the Student Immunization Form use link <https://www.district196.org/about/districtpolicies/policy/~board/policies/post/50152p-student-immunization-form>

Establish healthy habits early to ensure your child's success

Instilling healthy habits and routines (adequate sleep/nutrition) and consistent attendance ensures a student's success in school even as early as kindergarten. We know that too many absences/tardies, for whatever reason, can cause children to fall behind both academically and socially.

Guidelines for whether or not to send your child to school

We want children in school and ready to learn. The following guidelines have been established to help determine when children should remain at home. They may need to rest at home if they have:

- Fever over 100 degrees
- Vomiting
- Diarrhea, or are
- Not feeling well enough to participate in the school day.

Your child should remain at home for 24 hours after their symptoms have subsided. This helps prevent the spread of communicable diseases and allows the student the opportunity to rest and recover fully from the illness. Contact the school nurse if you have questions about your child's illness.

The school district will follow guidelines from the Minnesota Department of Health for reportable vaccine-preventable diseases (i.e. measles, chicken pox, pertussis and COVID-19).

Head lice information for schools

While head lice can be a nuisance, it has not been shown to spread disease. Personal hygiene or cleanliness in the home or school has nothing to do with getting head lice.

If live lice are found on a child at school, the parent/guardian will be contacted. Resources and education about treatment options will be shared. The child may remain at school if the parent/guardian is unable to pick them up early. Nits (eggs) may persist after treatment, but live lice should be eliminated.

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Head lice is a common occurrence in childhood and there are no notifications sent home or exclusions from school. Parent/guardians instead, are encouraged to check their child's head throughout the school year for lice.

Both the American Academy of Pediatrics and the National Association of School Nurses advocate that "no-nit" policies should be discontinued. "No-nit" policies that require a child to be free of nits before they can return to schools should be discontinued for the following reasons:

- Many nits are more than ¼ inch from the scalp. Such nits are usually not viable and very unlikely to hatch to become crawling lice, or may in fact be empty shells, also known as 'casings.'
- Nits are cemented to hair shafts and are very unlikely to be transferred successfully to other people.
- The burden of unnecessary absenteeism to the students, families and communities far outweighs the risks associated with head lice.
- Misdiagnosis of nits is very common during nit checks conducted by non medical personnel.

More on: <https://www.cdc.gov/parasites/lice/head/treatment.html>. The informational materials on this website are in the public domain and can be printed for further copying and distribution.

Medication

The school nurse will administer medication when necessary to your child during the school day.

- Review Administrative Regulation 506.2.2.AR, Administering Medication; <https://www.district196.org/about/districtpolicies/policy/~board/policies/post/50622ar-administering-medication>
- Complete the appropriate paperwork: District Procedure [506.2.2.1P](#), Authorization for Administration of Prescription Medication at School, and
- Provide the nurse with a pharmacy-labeled bottle containing the medication.
- Inform the nurse if ibuprofen or acetaminophen have been given before school.

Reach out to your school nurse with any changes to your child's medication, changes in health status or with any health procedures (i.e. tube feedings, antibiotics, catheterizations) that may be required while your child is at school.

Food allergies

Children are the largest population group affected by food allergies. The foods that most commonly cause allergic symptoms in children are peanuts, tree nuts, milk, eggs, soy, fish and wheat. Most children outgrow their food allergies, however, an allergy to peanuts, tree nuts (almonds, pecans, walnuts, etc.) and seafood can be lifelong. Please notify your school nurse about any allergies your child has, especially life threatening allergies, so they can work with you to obtain emergency medication for use at school, reduce the risk and create awareness for those that work closely with your child.

We encourage parents to be involved with planning of special classroom events where store-bought food may be served.

We are also asking parents to make sure your child's face and hands are washed before coming to school, especially if they have just eaten peanut butter or a peanut product. If your child attends a daycare before school, please advise them of this practice for the safety of your child's classmates.

If your child requires dietary accommodations due to a disability, please work with your appropriate health care provider and school nurse.

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Latex allergies

For the safety of all our students, please do not send latex balloons to school. Latex balloons pose significant hazards to children. With repeated exposure to latex, a natural rubber found in many products, an increasing number of people are becoming sensitive to latex and developing latex allergies. These allergies may be as minor as a skin irritation or as life threatening as respiratory and heart difficulties. The only way to prevent an allergic reaction to latex is to strictly avoid exposure.

Starting school checklists

For All Parents and Students:

- Make sure immunizations are up to date.
- Review hygiene tips to prevent the spread of infections (wash hands often and cough/sneeze into your elbow).
- Establish a bedtime and wake-up time to ensure adequate and consistent sleep.
- Develop a routine for homework and after-school activities.
- Eat breakfast each day at home or at school.
- Help make appropriate clothing choices, for example, wear comfortable and safe shoes. We strongly discourage flip flops at school.
- Keep an open line of communication with your child to ensure that he/she feels safe at school. If a concern arises, contact the teacher or principal immediately.
- Get involved! Sign up for the parent organization (PTA/PTO), and mark events such as a back-to-school night and parent/teacher meetings on your calendar.

For parents who have children with a health concern:

- Make sure your child's health concerns are shared with the school and school nurse.
- Introduce yourself and your child to the school nurse.
- Bring current signed health care provider orders.
- Give permission for the school nurse to communicate with your family's health care provider.
- Provide parent/guardian contact information and update the school with any changes.

Adapted from National Association of School Nurses

Welcome to Kindergarten 2024

A TYPICAL DAY OF KINDERGARTEN

(6 hours and 20 minutes)

Opening/morning meeting

Interactive read aloud

Building language, background knowledge, concepts about print, foundational skills & habits of being a reader and a writer

Extensions and enrichments

Differentiation based on students' strengths and needs

Lunch and recess

Music/Gym/Art

Number corner

Science, Social Studies, Health

Math

Clean up/dismissal

Opening

Opening includes announcements, attendance, morning meeting, calendar, sharing and community building activities.

Literacy

Students begin their kindergarten year by building community through learning about themselves and others. Reading, writing, phonological awareness, phonics, research and critical thinking, problem solving, building language and listening skills are foundational to our literacy program. Taking into account the unique needs of each child, we work hard to nurture the development of independence, agency, and curiosity.

Math

The elementary mathematics curriculum builds on students' math understanding, skills and proficiency at each grade level. It integrates concepts such as number and operations, patterns, geometry and measurement. Visual models and student conversations are used to help students construct and create understanding of mathematics. Students engage in problem solving, reasoning and communicating ideas while making connections to the world around them.

Art

Art for the kindergarten child is more about the process rather than the product of the artistic experience. Through experimentation with a wide variety of media, the child has opportunities to explore the artistic elements of line, shape, color, texture, value and space.

Music

Our music program focuses on making music and listening to and responding to music others have produced. Students sing, play instruments, move and create music.

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Physical education

The physical education activities, as well as those provided in the classroom and on the playground, will help children develop large and small muscle skills, as well as cooperative play and sportsmanship. Children participate in activities using equipment such as bean bags, balls, the parachute and scooters.

We will go outdoors for games, movement or play. Keep this in mind, so that shoes for active play and work might be worn daily. Sandals, clogs and flip flops are not recommended due to concerns for student safety.

Health

Our health curriculum is a comprehensive program designed to provide students with knowledge, life skills, consumer skills and thinking skills they need to maintain and achieve good health.

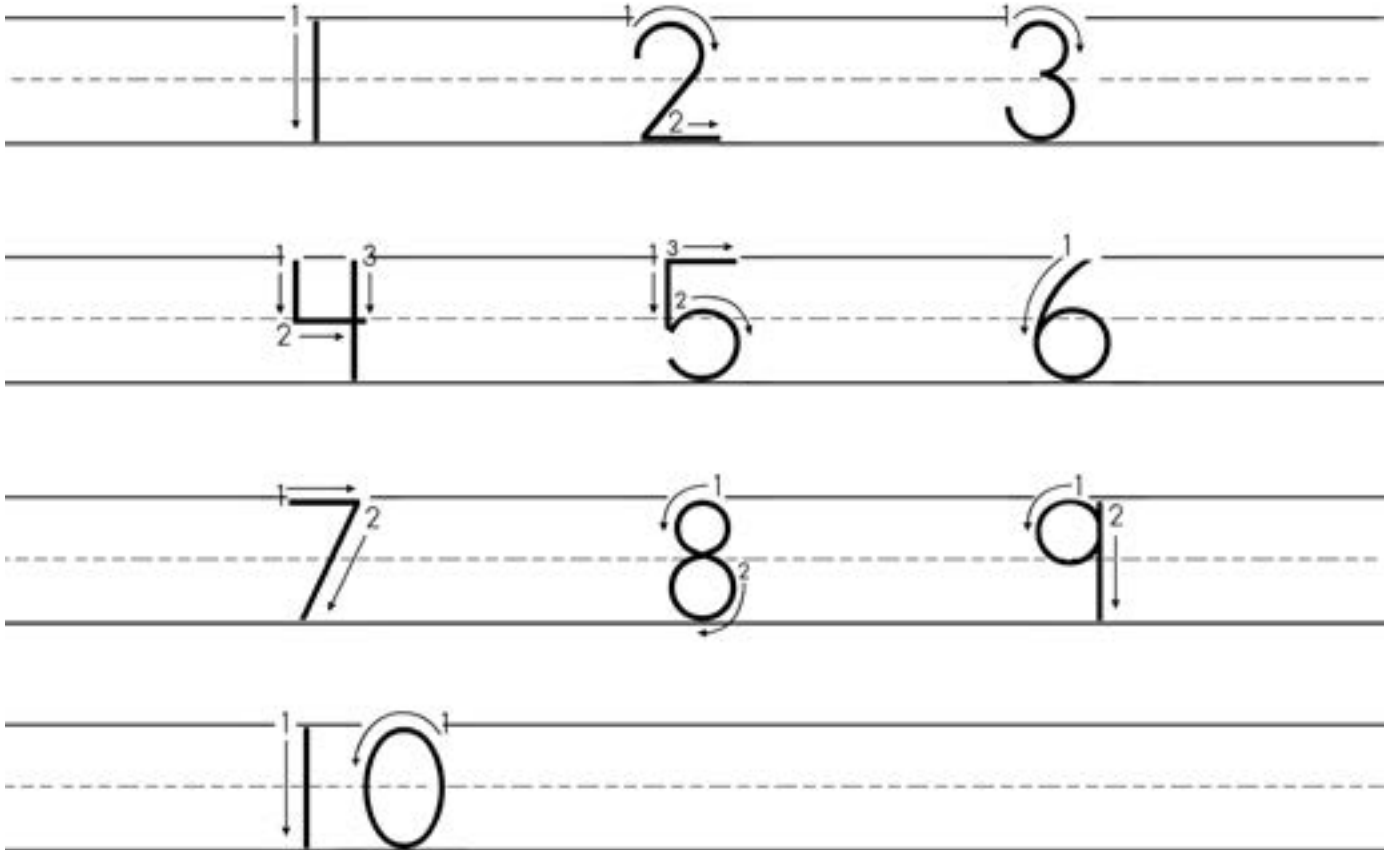
Digital information and technology

Children are introduced to computer instruction in kindergarten. Each class is exposed to computer activities both in our school computer lab and in each classroom. Digital citizenship and making positive choices when working with technology are also part of these learning opportunities.

NAME WRITING AND EXPLORING WORDS




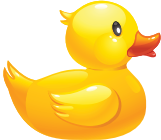
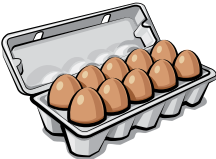
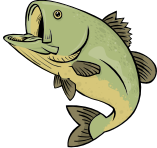

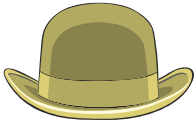
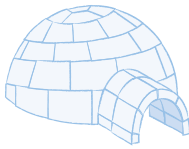

















We have students write their names using an uppercase letter at the beginning and the remaining letters in lowercase. Helping your child practice their name with the initial capital letter and the rest lowercase letters would be helpful as they learn to take on print.

NUMBERS



Cur. Serv. Library/Handwriting/K1/Numbers
District 195 Graphics 8/00/2006

The Alphabet

a  apple	b  ball	c  car	d  duck
e  eggs	f  fish	g  gum	h  hat
i  igloo	j  jelly	k  kite	l  lemon
m  monkey	n  nest	o  octopus	p  penguin
q  quilt	r  rainbow	s  sun	t  tiger
u  umbrella	v  vegetables	w  watermelon	x  box
y  yo-yo	z  zebra		

Benchmark Phonics & Word Study Kindergarten High Frequency Word List

a	and	are	big
can	come	for	go
has	have	he	here
I	is	jump	like
little	look	me	my
no	of	one	play
put	said	saw	see
she	the	this	to
two	want	we	what
with	you		



DISTRICT196

One District. Infinite Possibilities.

District 196 School Board

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As required by Title IX and other state and federal nondiscrimination laws, District 196 does not discriminate in employment or in any of its education programs and activities, including vocational opportunities, on the basis of sex, race, religion, color, creed, national origin, marital status, familial status,* disability, status with regard to public assistance, sexual orientation, membership or activity in a local human rights commission,* age or genetic information.* District 196 provides equal access to designated youth groups.

The Director of Human Resources, Shelly Monson (651-423-7859 – shelly.monson@district196.org) is the designated Title IX Coordinator and has also been designated to respond to employment-related inquiries regarding the district's non-discrimination policies. The Director of Elementary Education, Jeremy Sorenson (651-423-7782 – jeremy.sorenson@district196.org) and the Director of Secondary Education, Michael Bolsoni (651-423-7712 – michael.bolsoni@district196.org) have been designated to respond to student-related inquiries regarding the district's non-discrimination policies. The Director of Special Education, Janet Fimmen (651-423-7629 – janet.fimmen@district196.org) has been designated to respond to inquiries concerning the rights of a student with a disability. The mailing address for all directors is 3455 153rd Street W, Rosemount, MN 55068. Title IX inquiries may also be referred to the Assistant Secretary of the US Office for Civil Rights (OCR).

*Asterisked categories are limited to employment-related discrimination and harassment.