

# HOW TO HAVE A GREAT KINDERGARTEN YEAR

## BE ENGAGED AND READY

Students who are prepared for the day are more confident! Your child's teacher will let you know what needs to come to school each day, usually in a backpack. When you check your child's backpack and folder, you show interest in their day. You are also investing in their learning and helping them build good habits. Keeping backpacks and folders cleared of older items so it will make it easier for you to see what your child is currently doing. **Celebrate their hard work and progress!!**



## STAY INFORMED AND CONNECTED

Staying connected helps you get the most out of the school year! ParentSquare is the communication tool Moore Public Schools is using for electronic communication. You will receive an invitation. You may also receive phone calls from your child's teacher and/or written notes. Taking time to read the messages you receive will keep you informed about special activities, classroom needs, and help alleviate confusion. Please communicate with your child's teacher about concerns, special circumstances your child is facing, or changes in how your child is traveling home at the end of the day. This will allow the teacher to be better equipped to help your child have a smooth day.



## BUILD ON THE BASICS

Your child will learn letters, sounds, high-frequency words, math skills and so much more! **Talking** to your child about what they learned and/or participated in each day builds upon what they've done and will help the new information 'STICK'. Look for opportunities to make connections at home with the new information.



## PROVIDE REST AND HEALTHY HABITS

Kindergarten children need a LOT of rest! In fact, according to the AAP, they need 10-13 hours of sleep in a 24 hour period. When children are well-rested they have more success regulating their own behavior and have the brain capacity to learn more. The healthy habits of washing hands, good toileting routines, and a healthy diet are key. Finally, when your child is sick, it is important to keep them home a full 24 hours after fever, vomiting, and/or diarrhea.

**Please refer to the MPS handbook online for full health guidelines.**



## CHOOSE A POSITIVE PATH

Kids are always listening!! You know it's true. When you choose to discuss school with a positive tone, you are building resilience in your child. There will occasionally be challenges. However, as you help your child face them with the goal of problem-solving, they will learn how to carry on when life doesn't go their way. Assuming the best intent from the teacher and school will go a long way toward resolving issues if they occur. Reach out to the teacher when needed!



## ENCOURAGE AND PROVIDE ACTIVE PLAY

Your child needs play! Play promotes curiosity, problem solving, self-regulation, seeing the perspective of others, and allows them to learn and master new skills. Specifically, your child needs large chunks of time to play that doesn't involve a screen. Games and apps give quick boosts of excitement over and over while playing with toys, playing pretend, outside play, and enjoying card/board games develop perseverance which will help your child engage in all tasks for longer periods of time. **They are only this age once; give them all you can!**



## READ AS A FAMILY

As your child begins their journey into reading, one of the **BEST** things you can do is have a regular habit of reading to them. Reading with expression, looking at and talking about the illustrations, enjoying the story, and talking about it afterwards will solidify a solid foundation for all they are doing in class. Reading books multiple times is beneficial! It is also good to take advantage of their interests by finding non-fiction books in the library that are for their age.



## WATCH FOR GROWTH

Every child gets to start kindergarten at the beginning. The most important thing is that they make regular growth. Reports cards will be sent home each 9 weeks and are based on the Oklahoma state standards for Kindergarten. It will show the skills that should be mastered by the end of the year. Parent-teacher conferences will be scheduled in October and March. Both of these are opportunities to watch for growth. If you have questions or concerns as the year progresses, please reach out to your child's teacher.

