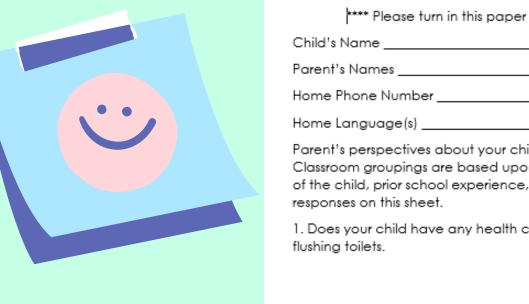


While you wait, please take a moment to complete this colored sheet, on both sides. Please share as much info as possible. Keep to turn in when you pick up your child.

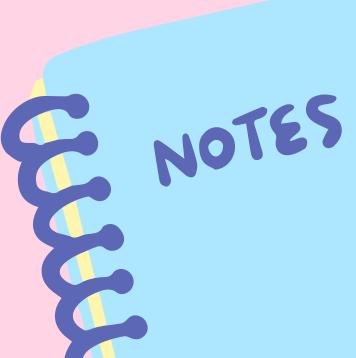


**** Please turn in this paper to a Kindergarten	teacher before you leave ****
Child's Name	_Age
Parent's Names	
Home Phone Number	Birthdate
Home Language(s)	
Parent's perspectives about your child are helpful in de Classroom groupings are based upon several factors in of the child, prior school experience, behavior factors, s responses on this sheet.	cluding the following: program needs
Does your child have any health concerns or bathroof flushing toilets.	om issues? *We have automatic
2. Does your child have any ALLERGIES?	
3. Has your child had any preschool or childcare experience? If yes, please share the names of the programs and any dates attended. Has a preschool/childcare program ever asked you to find a different placement for your child?	
4. Please tell me about your child's ability to regulate a	nd handle their emotions.

How does your child interact with other children? (ex: shy, outgoing, prefers solo play)



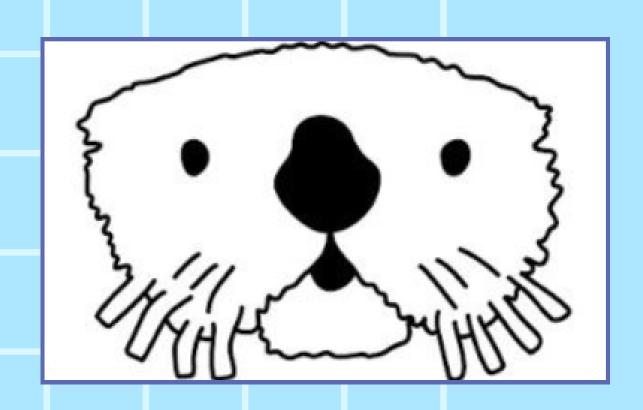






Who is a returning otter family?

Welcome Class of 2038







TODAY'S AGENDA:

- Welcome to the otter family
- Community Partnerships
- Peek into Kindergarten at OES
- General School Information
- Conscious Discipline
- Dates to remember
- Q&A and exploration stations

THE KINDERGARTEN TEAM



Shellie Groscost



Rebecca Nowak



Dani Smith



Bethany Tierney

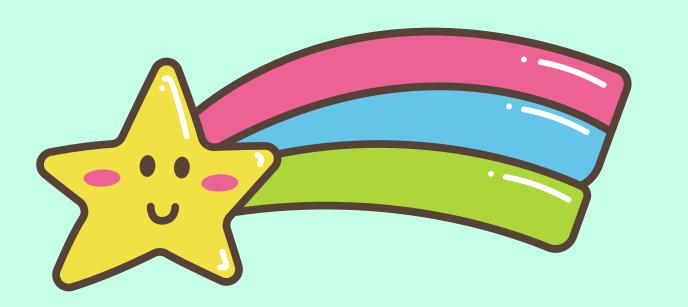


Katie King



THE KINDERGARTEN PARA TEAM





A KINDERGARTEN EXPERIENCE!

- YOUR CHILD WILL NOW BE VISITING A KINDERGARTEN CLASSROOM TO PLAY WITH FRIENDS. PLEASE WRITE THEIR FIRST AND LAST NAME ON THE NAME TAG, AND PUT ON THEIR SHIRT.
- WE WILL DISMISS KIDS TO CLASSROOMS BASED ON YOUR COLORED PAPER. LISTEN FOR YOUR COLOR. (PINK, YELLOW, PURPLE)
- BE SURE TO KEEP THE KINDERGARTEN INFO FORM. THESE ARE COLOR CODED SO YOU KNOW FROM WHICH CLASSROOM TO PICK YOUR CHILD UP AT THE END OF THE EVENT. (PINK, YELLOW, PURPLE)

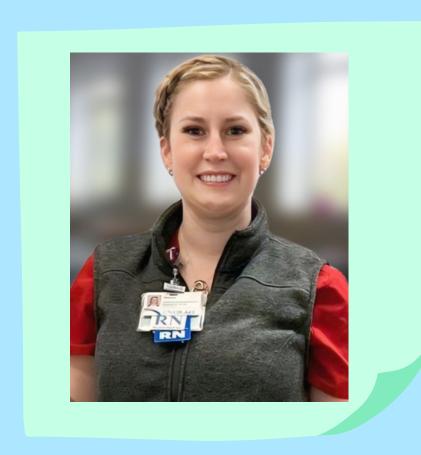
THE FRONT OFFICE TEAM



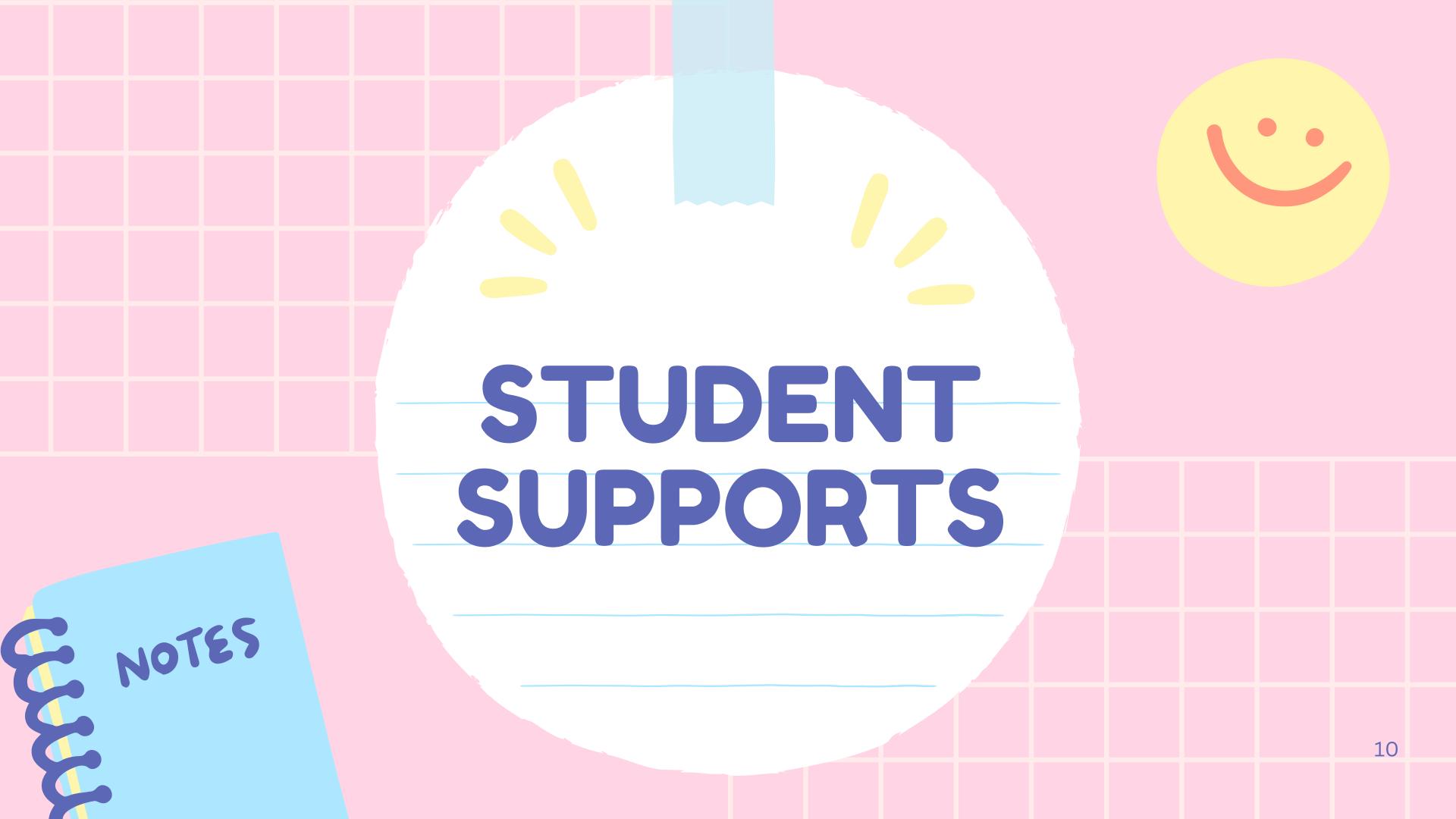
Heidi Cogle Registrar All things kids



Lori Eubank
Principal Secretary
All things adults



Shanda May School Nurse All things health

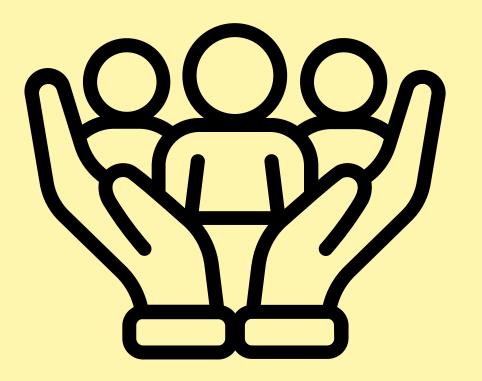


SUPPORTING ALL LEARNERS

Inclusion means that all students learn together in the same classroom regardless of learning needs or abilities. At Opstad, we believe every child belongs, and we provide support within the school so all students can participate, grow, and succeed.

Supports include:

- Special Education
- 504 Plans
- Multilingual Services
- Intervention Support
- Every child receives what they need to thrive





SUPPORTS IN THE BUILDING

Math Interventionist: Nupur Arora

- Provides small-group instruction in math
- Uses hands-on manipulatives
- Focuses on foundational math skills
- Uses research-based strategies

Multilingual Service: Kimberly Lanman

- Supports English Language Development
- Uses a Supportive Mainstream model
- Helps make academic content accessible
- Works with students from multilingual backgrounds

Literacy Specialist: Casey Hamilton

- Leads the WIN Literacy Program
- Supports phonics, fluency, vocabulary, and comprehension
- Focuses on oral language and writing skills
- Provided guided, research-based instruction



SUPPORTS IN THE BUILDING



Emily Keener
Special Ed
teacher



Alli Killion Special Ed teacher





Andrew Myers Counselor





MILESTONES - 5 YEAR OLDS

SOCIAL/EMOTIONAL MILESTONES

- FOLLOWS RULES OR TAKES TURNS WHEN PLAYING GAMES WITH OTHER CHILDREN
- SINGS, DANCES, OR ACTS FOR YOU
- DOES SIMPLE CHORES AT HOME, LIKE MATCHING SOCKS OR CLEARING THE TABLE AFTER EATING

LANGUAGE/COMMUNICATION MILESTONES

- TELLS A STORY SHE HEARD OR MADE UP WITH AT LEAST TWO EVENTS. FOR EXAMPLE, A CAT WAS STUCK IN A TREE AND A FIREFIGHTER SAVED IT
- ANSWERS SIMPLE QUESTIONS ABOUT A BOOK OR STORY AFTER YOU READ OR TELL IT TO HIM
- KEEPS A CONVERSATION GOING WITH MORE THAN THREE BACK-AND-FORTH EXCHANGES
- USES OR RECOGNIZES SIMPLE RHYMES (BAT-CAT, BALL-TALL)

COGNITIVE MILESTONES

- o COUNTS TO 10
- NAMES SOME NUMBERS BETWEEN 1
 AND 5 WHEN YOU POINT TO THEM
- USES WORDS ABOUT TIME, LIKE "YESTERDAY," "TOMORROW," "MORNING," OR "NIGHT"
- PAYS ATTENTION FOR 5 TO 10
 MINUTES DURING ACTIVITIES. FOR
 EXAMPLE, DURING STORY TIME OR
 MAKING ARTS AND CRAFTS (SCREEN
 TIME DOES NOT COUNT)
- WRITES SOME LETTERS IN HER NAME
- NAMES SOME LETTERS WHEN YOU POINT TO THEM

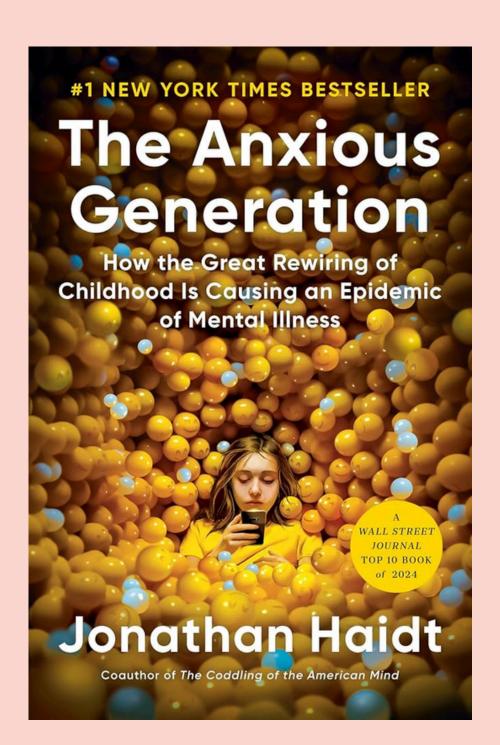
MOVEMENT/PHYSICAL DEVELOPMENT

- **OUTTONS SOME BUTTONS**
- HOPS ON ONE FOOT





SCREEN TIME & BRAIN DEVELOPMENT



- Limit screen time to 1 hour per day (ages 2–5), per pediatric guidelines.
- Choose high-quality, interactive programming.
- Watch with your child to help them understand what they're seeing.
- Prioritize real-world play, movement, and connection.

LET'S TAKE A LOOK AT A DAY IN KINDERGARTEN



THE DAILY SCHEDULE

- Welcome and Morning Meeting
- Social-Emotional Learning
- English Language Arts (ELA)
- Reading, Writing, Foundational Skills
- Math
- Science
- Social Studies
 - Purposeful Play
 - Lunch and Recesses
 - Specialists

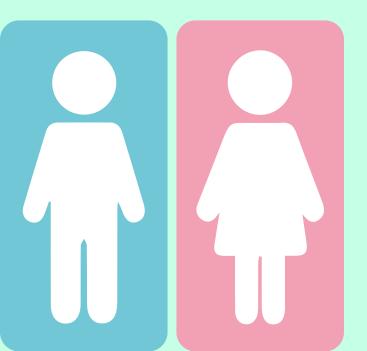




BATHROOM



- Accidents They happen
 occasionally. Please send your child
 with a spare set of clothes
- Planned bathroom breaks
- Students must be 100% independent we have a hands-off policy



SKILLS TO PRACTICE

- Putting on jackets independently, including zippers.
- Buttoning and zipping pants.
- Putting on backpacks and opening and closing them.
 Backpacks are elementary size, not preschool size.
- Practice eating lunch within 20 minutes and opening and closing containers independently. Snipping the corners of pre-packaged items can be very helpful.
- Play games together and have your child practice losing.
 - Reinforce playing for fun and being a good sport.
- Problem-solving strategies and self-regulation strategies when upset.
- Practice good hygiene, blowing your nose, using hand 20 sanitizer, and washing hands.

IMPORTANT REMINDERS





- Starting kindergarten is a big transition. Please be prepared for exhaustion, which often manifests as tears, tantrums, fatigue, and general irritability at the beginning of the year.
- Students may experience many feelings during recess: feeling left out, forging new friendships, confusion about what to play, understanding the time limit, and being part of a larger group. We support them in navigating this.
- Recess is essential, and students go out rain or shine. Please be sure to dress your child appropriately.
- NAMES Please label all clothing, backpacks, lunch boxes, and water bottles with First Initial & Last Name.

SCIENCE OF READING

PHONEMIC AWARENESS:

THE ABILITY TO HEAR, IDENTIFY, AND MANIPULATE INDIVIDUAL SOUNDS (PHONEMES) IN SPOKEN WORDS.

- RHYMING
- SOUND ISOLATION: IDENTIFY THE FIRST, MIDDLE, OR LAST SOUND IN A WORD
- BLENDING: COMBINE SOUNDS TO FORM WORDS (/C//A//T/ = CAT).
 SEGMENTING: BREAK WORDS INTO
- SEGMENTING: BREAK WORDS INTO INDIVIDUAL SOUNDS (CAT = /C//A//T/).



PHONICS:

THE UNDERSTANDING THAT THERE IS A RELATIONSHIP BETWEEN LETTERS AND SOUNDS.

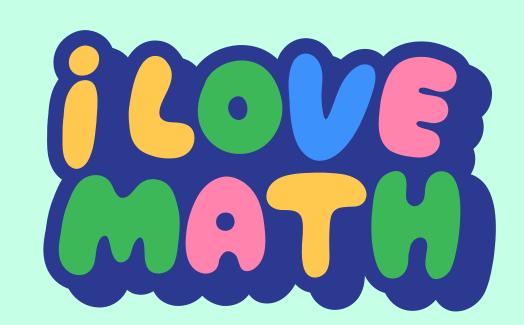
- LETTER RECOGNITION
- SOUND-SPELLING
- DECODING
 - SHORT VOWEL SOUNDS
 - SIGHT WORDS



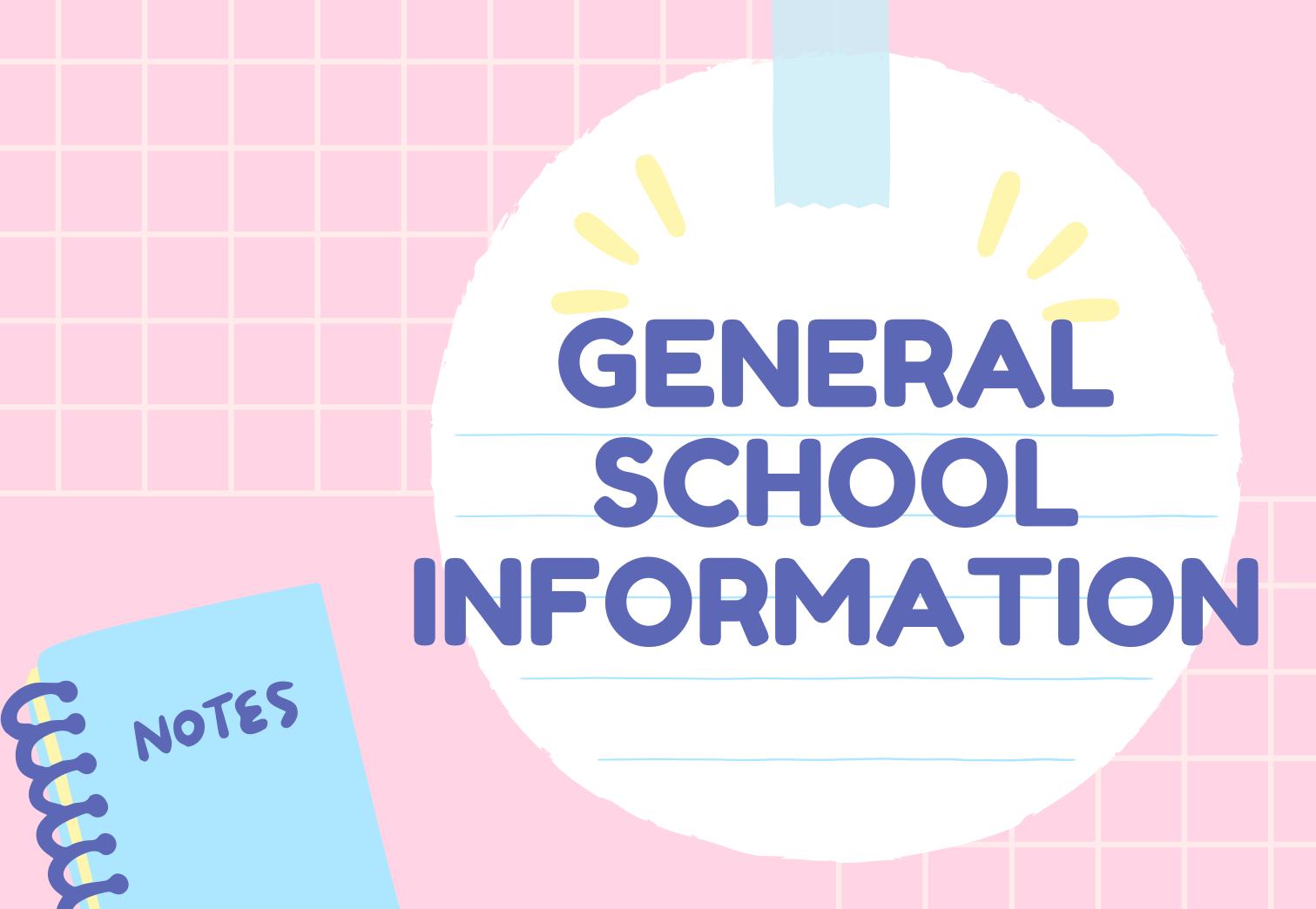
MATH IN KINDERGARTEN

EUREKA MATH:

- FOCUS ON DEEP UNDERSTANDING, NOT JUST MEMORIZATION
- HANDS-ON ACTIVITIES WITH MANIPULATIVES
- BUILDING NUMBER SENSE, PATTERS, AND PROBLEM-SOLVING.









REGISTRAR INFORMATION

Attendance Policies

- *Excused Absences
 - -Attendance line, email or message.
- *Attending late/appointments
 - -Helpful for keeping attendance.
- *Tardies
- *Extended Leave
 - -Parent Aggrement/ 6 or more days.
- *Enrollment/Withdrawal

End of Day

- *Leaving Early
 - -helpful to know, teachers aware.
- *Transportation
 - -bus and route, pick up.
- *Go Home "Doc"
 - -usual go home plan, any changes.

Volunteers



Background Check



Classroom Support



PTA Events



Special Events & Field Trips

COMMUNICATION

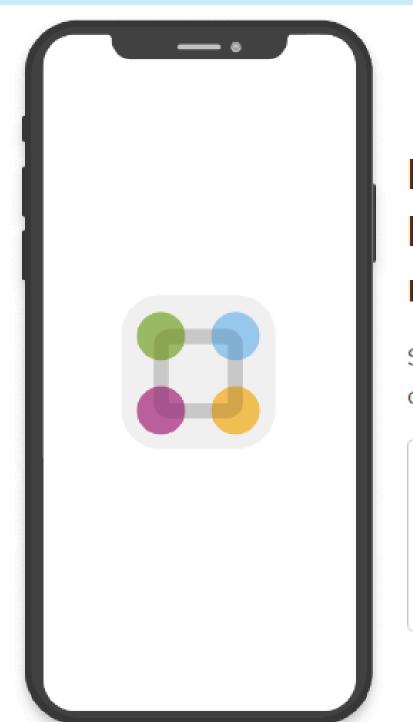
ParentSquare: Opstad

ParentSquare is our primary communication tool. Families will receive an invitation in the summer to confirm their accounts.

- Go ahead and download the app today.
- Follow our Facebook and Instagram
- The website is updated frequently.

Sign up on the district website - https://www.parentsquare.com/signin

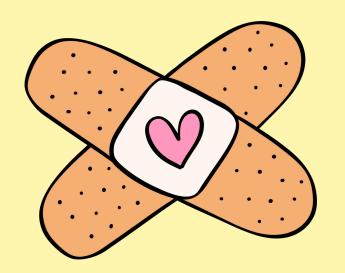
Use the email address you used for enrollment.



Download the ParentSquare mobile app

Send and receive school communications on the go

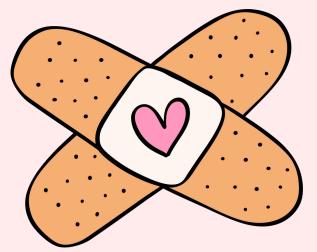




Meet The School Nurse

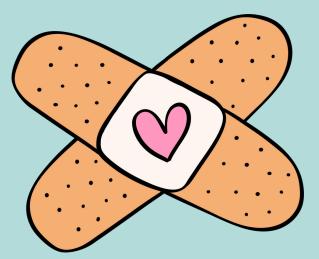
Shanda May, RN BSN
ParentSquare Messaging
mays@svsd410.org
425-831-8302





Health Room Info

- With most minor visits that can be managed in the health room, we will not call home, but will encourage your student to discuss with you at home as indicated.
- We recommend keeping a change of clothes in your student's backpack. Even once the risk of bathroom accidents has passed, muddy fields, chocolate milk spills, and nosebleeds may still warrant an occasional outfit change.



Health Room Info

- State law mandates that your student must be up-to-date on vaccinations or have a valid exemption on file in order to attend school.
- Please contact the Nurse Shanda or your PCP if you have questions about your student's immunization status.
- NO medications are allowed at school without a doctor's order on file with the school. This includes over-the counter medications like Tylenol or cough drops.





THE OTTER CODE

Being Respectful

follow directions

helping a friend

using kind words



participating

working hard

take care of your needs



keep hands and feet to self

using strategies for big feelings



Seven Skills of Discipline

Problem-Solving with Social-Emotional Learning

Creating the School Family

Building connections by creating a culture of compassion

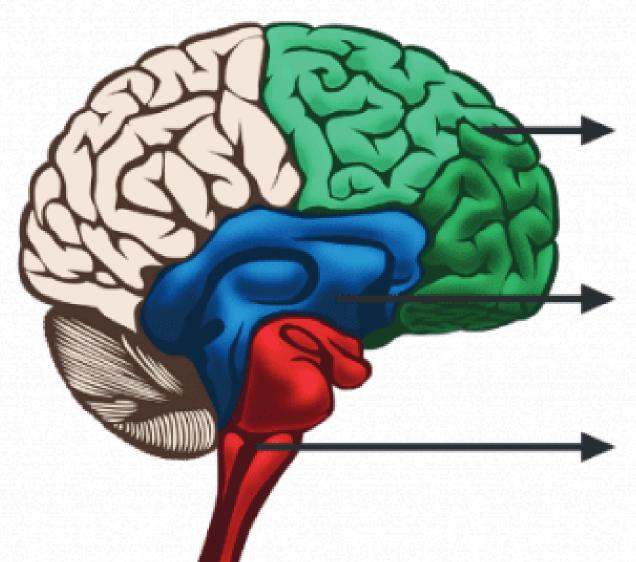
Seven Powers for Conscious Adults

Shift perception to see discipline encounters as opportunities to teach new skills

Conscious Discipline Brain State Model

Understanding how internal emotional states dictate our behavior

Conscious Discipline Brain State Model



Executive State

Need: Problem solving opportunities **Looks like:** Wisdom, unlimited skills

Message: What can I learn?

Emotional State

Need: Connection

Looks like: Back talk, sass, yelling,

verbal reactions

Message: Am I loved/connected?

Survival State

Need: Safety

Looks like: Hiding, fighting, surrender,

physical reactions Message: Am I safe?

The Conscious Discipline Brain State Model helps us understand how the brain works in relation to discipline. An upset adult is always a threat to children's sense of safety. We must actively calm ourselves if we are to help children calm themselves. Taking three deep breaths helps us calm down by shutting off the stress response in the body.

Seven Powers of Conscious Adults

The Seven Powers help adults stay calm and connected, even during tough moments. When we model self-control and compassion, kids feel safe—and that safety is the foundation for learning and growing.

Perception Attention Unity Free Will Acceptance Love

HOW TO ESTABLISH A SCHOOL FAMILY

ACHIEVING --> BELONGING

VIEW OF BEHAVIOR

WISH WELL

JUDGE --> NOTICE

FEAR --> SAFETY

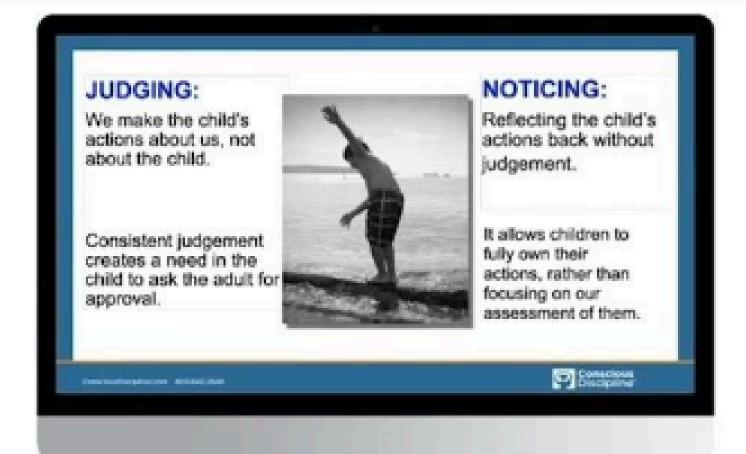
JOB DESCRIPTION: MY JOB IS TO KEEP YOU SAFE AND YOUR JOB IS TO HELP KEEP IT SAFE



Use These Scripts to Help You Shift from Judging to Noticing Children







Am I doing well?





The Time Machine with Younger Children Machine with

Share

Younger Children



so do you, now



IMPORTANT DATES TO REMEMBER:

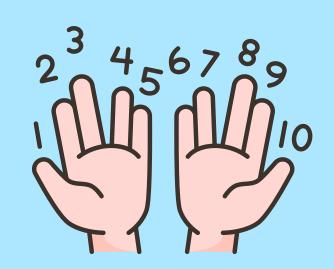


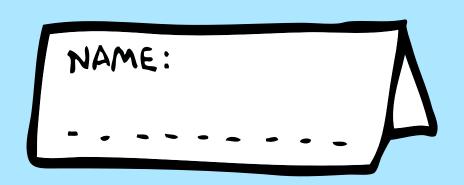


*These events are in person and your child's participation is required.

SUMMER READINESS TIPS









- Read aloud daily—ask questions about the story.
- · Count everything—stairs, snacks, toys!
- Practice writing their name and identifying letters.
- Encourage unstructured play: imagination builds social skills.



SUPPORTS IN THE COMMUNITY





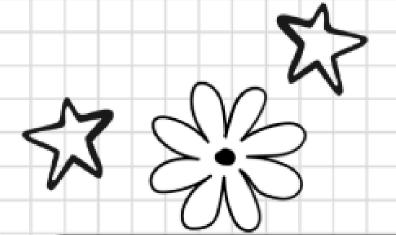


Opstad PTA

Si View Parks Dept

Snoqualmie Valley Schools Foundation

Encompass Early Learning Center







Some fun facts about the PTA @ Opstad!





Our current board consists of 16 volunteers who hold various positions: Co-President, Treasurer, Secretary, Membership, etc.

We'd love to have you join us as a board member or committee chair next year!



Year to date, we've proudly contributed over \$59,000 to support our school and educators - and we are not done yet!





We've committed to host over 25 events and programs this year!

Otter Dash, Movie Nights, Popcorn Friday's, Book Fair, Family Dance Party, Reflections, & Yearbooks, to name a few.

Contact us!



opstadpta@yahoo.com



https://opstadpta.com



facebook.com/opstadpta



instagram.com/oes.pta





Our Mission

Our mission is to
encourage excellence and
assure opportunities in
education for every
student, in every school,
every day in the
Snoqualmie Valley School
District.

Our Impact in Numbers



\$20K+
Classroom Grants
Awarded Annually

120+
Educational Initiatives

Our Impact

The Snoqualmie Valley Schools Foundation is dedicated to empowering students in the Snoqualmie Valley School District to reach their full potential. We believe that every student deserves access to quality education and opportunities for growth. Our initiatives focus on providing resources and support to enhance the learning experience for all 46 students.



Before & After School Program (Si View Parks)

- Registration Opens: Friday, June 6th at 12PM for new families
 - Locations:
 - Si View: Before & After Care for NBE & OES
 - OES: On-Site After Care
 - Operating Hours:
 - Morning: 6:30 AM School Start
 - Afternoon: School End 6:30 PM (Early release Fridays at 1:36 PM)
 - Also available on early release days, no-school days, and breaks (extra fee)
 - Ell Flexible payment: Monthly or single-day rates (2-day/week minimum)
 - 🚆 \$50 registration fee holds your child's spot for the year
 - Scholarships available for qualifying families
 - Duestions? Contact Josh Conlee: jconlee@siviewpark.org
- Rate sheet & registration options available May 30 on Si View Parks website

Encompass Purpose and

Vision

Purpose:

To improve the wellbeing of children through partnerships with families and the community.

Vision:

A community where ALL children thrive.

We Believe:

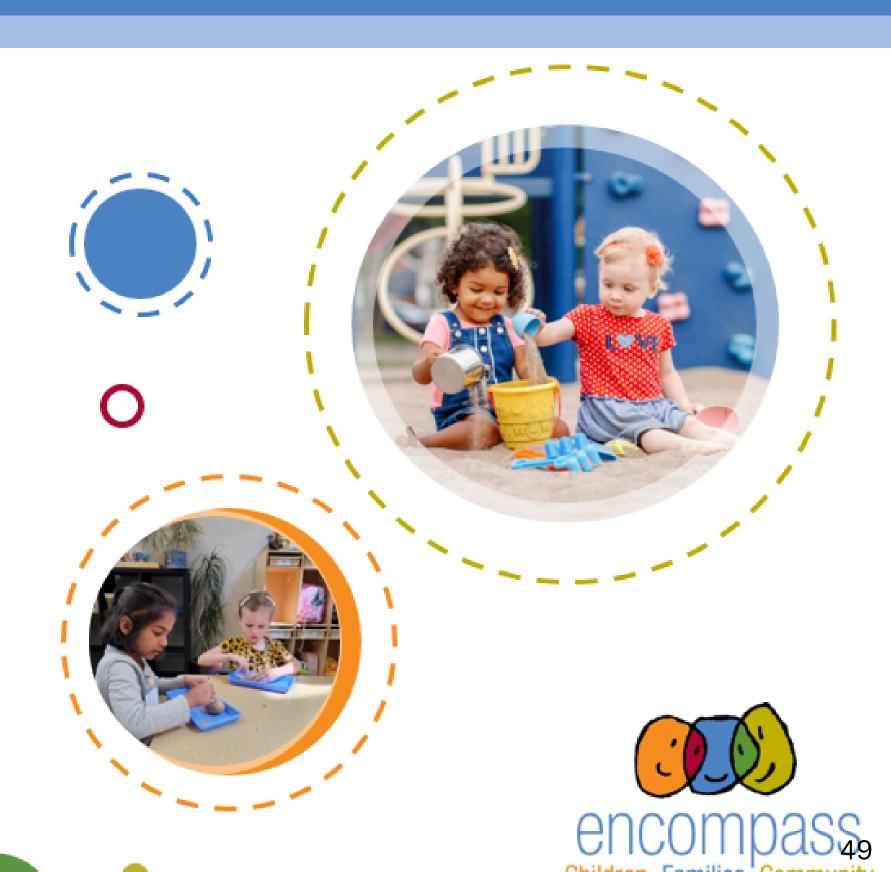
- What happens early in life matters
- Children need opportunities to flourish and reach their full potential
- Support families strengthen communities



More Information

Stay in the Know!



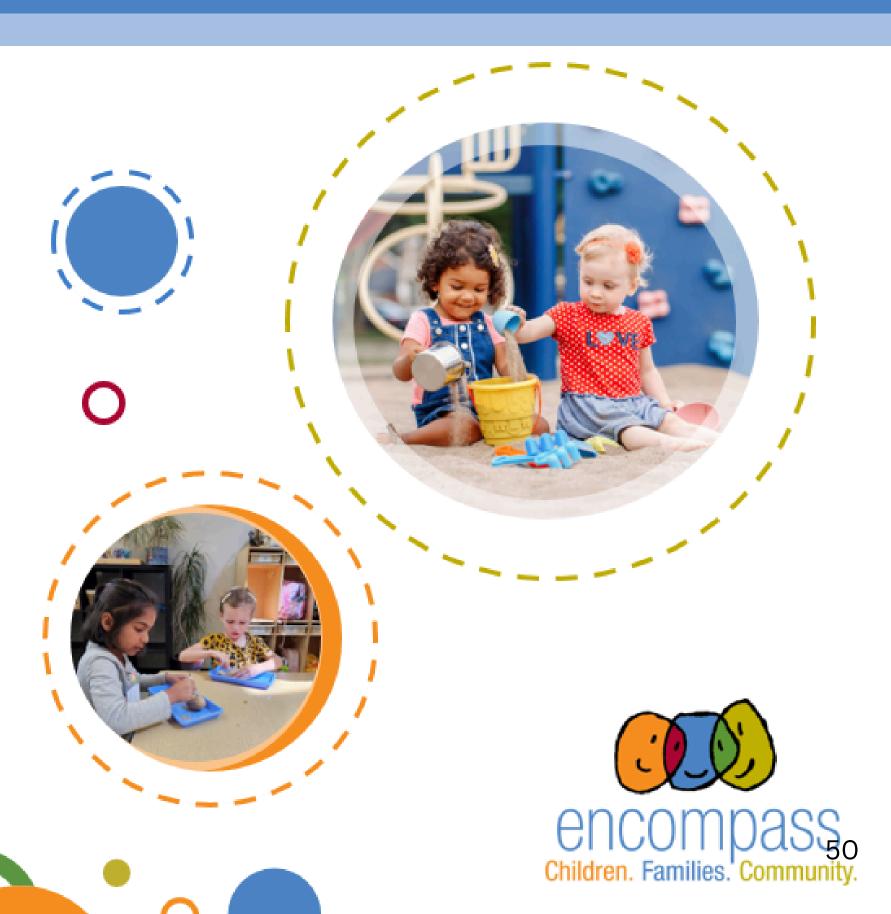


More Information

Stay in the Know!

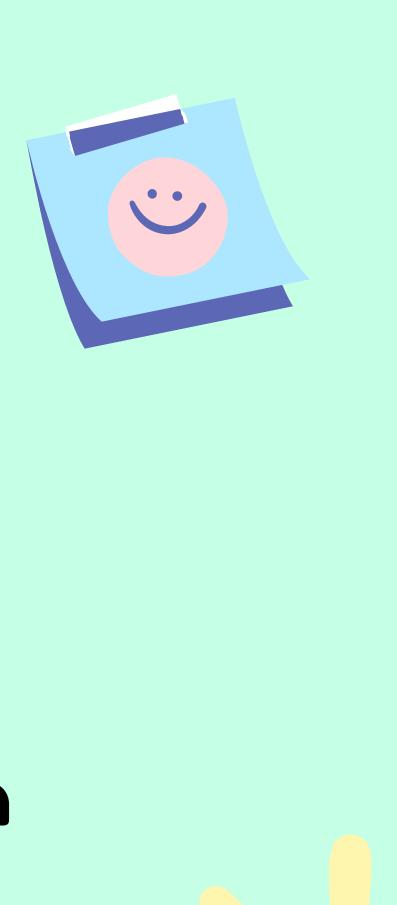
- Social Media
 Facebook, Instagram,
 LinkedIn
- 2. Visit our website at www.encompassnw.org
- 3. Sign Up for Our Newsletter www.encompassnw.org





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up your child.



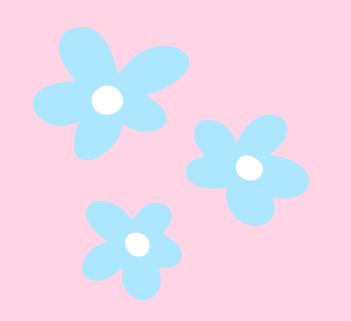
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Parent's Names	
Home Phone Number	Birthdate
Home Language(s)	
Parent's perspectives about your child are helpful Classroom groupings are based upon several fact of the child, prior school experience, behavior fac responses on this sheet.	ors including the following: program need
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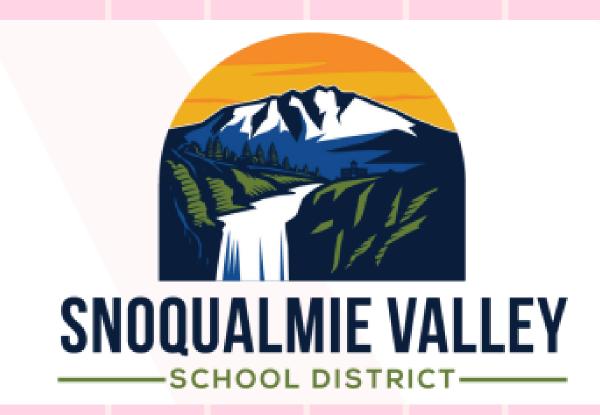




NEXT STEPS...

- Visit the Stations
 - Visit our school registrar, Heidi Cogle, to discuss registration questions.
 - Visit our school nurse, Shanda May, if you have questions regarding immunizations or health concerns to share.
 - Visit our PTA table to get more information on how they support our school.
 - Visit with our administrators, Emily Hays and Katy Gibson, and ask any questions you may have at this point.
 - Visit with our intervention teachers and ask more questions about our curriculum.
 - Make your way to the kindergarten playground with your colored paper & head outside to pick up your child!
 - Visit the school bus out front.





Helpful Links! Scan Me!

ENROLL!



COMMUNICATION TOOL KINDER WEBPAGE





BUS ROUTES







