

# KYRENE

SCHOOL DISTRICT

**FIRST DAY  
TIPS** *from*  
**KYRENE  
PRINCIPALS**

**HOW TO STAY  
*connected*  
TO CAMPUS**



**ON THE  
ROAD TO  
LEARNING**

**3** MIDDLE  
SCHOOL  
MYTHS

**FIRST  
DAY**

*guide*

# KYRENE'S **FIRST DAY** GUIDE

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*Tips for parents and guardians for a great first day.*

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## GREAT WAYS FOR FAMILIES TO GET INVOLVED THIS SCHOOL YEAR

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# FIRST DAY OF SCHOOL TIPS FOR STUDENTS



Just remember to breathe, and that it's everyone's first day of school for the school year!

**PRINCIPAL GIBSON**  
KYRENE DE LA SIERRA



It is OK to be nervous, but it is also OK to be excited! Our staff is going to take good care of you, so take that excitement and have fun!

**PRINCIPAL DR. ROSS**  
KYRENE DE LA ESPERANZA



Bring a water bottle, zip up jacket (classrooms can be cold) and a home lunch or a really good healthy and filling snack.

**PRINCIPAL ANDERSON**  
KYRENE DE LA MIRADA  
LEADERSHIP ACADEMY



Be yourself-- everyone is having their first day of school too! Be authentic and build connections!

**PRINCIPAL MCCARTHY**  
KYRENE AKIMEL A-AL



Get your backpack and school supplies packed the night before. On the first day of school, smile at your classmates and know that you will meet new friends!

**PRINCIPAL KINGSLAND**  
KYRENE DEL CIELO



# FIRST DAY *checklist*

## NIGHT BEFORE

- Set out clothes
- Pack backpack
- Pack lunch and a cold water bottle
- Print out "First Day" signs for pictures
- Set bedtime a little earlier than normal
- Set an alarm (or two!)
- Charge phones and cameras
- Read a good "back to school" book/story
- Ask your child what they are excited about

## MORNING OF

- Wake up earlier than normal
- Have a healthy breakfast at home or school
- Finish packing bags
- Take "First Day" photos
- Arrive a little early
- Follow instructions for drop-off and pick-up
- Try to stay calm and reassuring
- Remind your child of what to expect after the school day

# WHAT'S

IN MY

# BACK

# PACK?



1

1

Jacket / Sweater

2

Homework Folder / Notebook

3

Water Bottle

4

Lip Balm / Hand Sanitizer

5

Writing Supplies / Pouch



2



3



4



5



**Kyrene offers a variety of athletic opportunities for 6-8 students.**

More information available at [kyrene.org/athletics](https://kyrene.org/athletics)

**Quarter 1:**

Girls Volleyball (C)  
COED Wrestling (NC)

**Quarter 2:**

Boys Basketball (C)  
Girls Flag Football (C)  
Boys Soccer\* (C)  
Boys & Girls Cross Country (NC)  
COED Cheer/Spirit/Step\* (C)

**Quarter 3:**

Boys Volleyball\* (C)  
Girls Soccer\* (C)  
Girls Softball (C)  
Boys Flag Football (C)

**Quarter 4:**

Boys Baseball (C)  
Girls Basketball\* (C)  
Boys & Girls Track & Field (NC)

**(C)** = cut

**(NC)** = non-cut

\* Indicates change in quarter from 2024-25

Ready to  
**COACH?**

Interested in coaching middle school sports? Training is provided, and no prior experience is required!

Email [athletics@kyrene.org](mailto:athletics@kyrene.org) for more information!

# FIRST DAY OF SCHOOL TIPS FOR PARENTS/GUARDIANS

When kissing and hugging your child(ren) goodbye for the day, let them know that school is a safe and fun place and that you, the parent, are confident they will have a good day!

**PRINCIPAL KINGSLAND** KYRENE DEL CIELO



Don't worry!  
Your child will  
be well taken  
care of.

**PRINCIPAL ANDERSON**  
KYRENE DE LA MIRADA  
LEADERSHIP ACADEMY



Just be patient and  
remember that for some  
people, this is their first  
time being at a school.

**PRINCIPAL GIBSON**  
KYRENE DE LA SIERRA



Let your student see  
your excitement, but  
not your nerves.  
They will match your  
energy. We will take  
good care of them!

**PRINCIPAL DR. ROSS**  
KYRENE DE LA ESPERANZA



Middle school can be a challenging time—we all remember how tough those years were for us, too. Give yourself some grace and know that the next three years will bring tremendous growth for your child. Be patient; it's coming.

**PRINCIPAL MCCARTHY**  
KYRENE AKIMEL A-AL



# ENGAGED & EMPOWERED

# SIMPLE WAYS FOR FAMILIES TO GET INVOLVED THIS YEAR

When families and schools team up, students win. From inbox tips to in-person connections, here's how you can stay involved in meaningful ways this year.

- 1 Read your emails from the school and your teacher(s).
- 2 Come to a PTO meeting to learn more about the school year events.
- 3 Look for opportunities to volunteer (*PTO Events, Book Fair, Art Masterpiece, Class Parties, Site Council.*)



**PRINCIPAL KINGSLAND**  
KYRENE DEL CIELO

Subscribe to the school newsletter and make sure to check out the school PTO webpage!

**PRINCIPAL GIBSON**  
KYRENE DE LA SIERRA



1

Join PTO, Watch D.O.G.S., and volunteer in the classroom as well as attend school events and Monarch Night Outs.

**PRINCIPAL ANDERSON**  
KYRENE DE LA MIRADA  
LEADERSHIP ACADEMY



2

3

Read all communications from the school, teachers, PTO, and Kyrene. Attend PTO meetings and events. But most of all, talk with your student every day about their day.

**PRINCIPAL DR. ROSS**  
KYRENE DE LA ESPERANZA



4

5

Get involved in our PTSO and Site Council! We would love to have your voice as we plan exciting events for the upcoming school year!

**PRINCIPAL MCCARTHY**  
KYRENE AKIMEL A-AL



# Community Education

## WHERE **WORK** MEETS **PLAY**

### Get Paid to Have Fun!

No Nights or Weekends  
9 Paid Holidays and Generous Time Off  
Supportive, Energetic Environment  
Shared Passion for Serving Students

### Become a Leader!

Club Leaders  
Preschool Instructional Assistants  
Program Coordinators

Apply online at [kyrene.org/careers](https://kyrene.org/careers)

or email us at [nmadril@kyrene.org](mailto:nmadril@kyrene.org)



**NOW HIRING FOR THE 2025-26 SCHOOL YEAR!**

# MIDDLE SCHOOL mythbusters

## MYTH 1

Academic pressure in middle school will overwhelm my child.

## FACT

While expectations do grow, academic rigor is introduced at a manageable pace. Support is available through tutoring and advisory periods, and social-emotional supports help build resilience, confidence and healthy study habits as they grow.

## MYTH 2

Parental involvement changes in middle school—and might not be as necessary.

## FACT

Parental involvement is just as important, though it may look different. Instead of classroom help, it may mean checking in on homework, attending school events, or simply talking about their day and friendships.

## MYTH 3

Middle school is just like high school—just earlier!

## FACT

Middle school is a bridge built specifically for early adolescents. These years focus on building confidence, emotional regulation, and social skills, while allowing for greater independence in class selection and personal interests.

# FIRST DAY IN A FEW WORDS

PRINCIPAL DR. ROSS

## UNDERRATED SCHOOL SUPPLY:

BACKPACK

## CAN'T DO WITHOUT:

POSITIVITY

## THE FIRST DAY OF SCHOOL IS:

EXCITING!

## MY GO-TO PHRASE:

BEST DAY EVER! (ALSO APPLIES TO DAYS 2 THROUGH 180.)

## UNDERRATED SCHOOL SUPPLY:

A GOOD QUALITY PENCIL

## CAN'T DO WITHOUT A:

WATER BOTTLE

## THE FIRST DAY OF SCHOOL IS:

EXHILARATING

## MY GO-TO PHRASE:

WELCOME TO MIRADA! WE ARE SO HAPPY YOU ARE HERE!

## UNDERRATED SCHOOL SUPPLY:

ERASER

## CAN'T DO WITHOUT A:

WATER BOTTLE

## THE FIRST DAY OF SCHOOL IS:

ORGANIZED CHAOS

## MY GO-TO PHRASE:

EVERY DAY AFTER TODAY WILL GET THAT MUCH EASIER

PRINCIPAL ANDERSON

PRINCIPAL GIBSON

## UNDERRATED SCHOOL SUPPLY:

KLEENEX

## CAN'T DO WITHOUT A:

WATER BOTTLE

## THE FIRST DAY OF SCHOOL IS:

FULL OF POSSIBILITIES!

## MY GO-TO PHRASE:

BE CONFIDENT - MAKE NEW FRIENDS!

## UNDERRATED SCHOOL SUPPLY:

A REUSABLE WATER BOTTLE

## CAN'T DO WITHOUT:

OUR EXCEPTIONAL STAFF!

## THE FIRST DAY OF SCHOOL IS:

A WHIRLWIND

## MY GO-TO PHRASE:

IT'S GOING TO BE A GREAT YEAR!

PRINCIPAL KINGSLAND

PRINCIPAL MCCARTHY



# ON THE ROAD TO LEARNING

## SAFETY TIPS FOR BUS RIDERS

### AT THE BUS STOP

Arrive at the stop early, and stand at least 6 feet (or three giant steps!) away from the curb while waiting for the bus.

### GETTING ON & OFF THE BUS

Students should always wait for the bus to come to a complete stop before boarding and deboarding. Cross in **front** of the bus, and make eye contact with the driver. Students should **never** cross the street behind a bus.

### SEATBELTS, EVERYONE!

All Kyrene buses are equipped with seatbelts! Students should always fasten seatbelts when aboard a bus.

### ADHERING TO BUS RULES

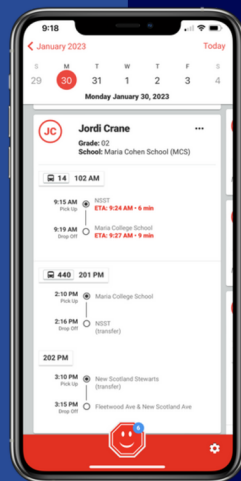
To ensure the safety of other students and staff, students should always be respectful and responsible while on the bus.



### NEW APP ALERT!

Kyrene is launching a new and improved app for tracking your child's school bus. The Stopfinder app is an easy-to-use, all-in-one tool that provides accurate information about bus routes and locations.

Learn more at [kyrene.org/transportation](https://kyrene.org/transportation)



## THE FUTURE IS BRIGHT YELLOW! DRIVE FOR KYRENE

Paid Training to Earn CDL

Full, Comprehensive Benefits

*Arizona State Retirement (with employer match)*

*Free medical plans, dental and vision*

Rewarding Opportunities with Kids

Split Schedules & Part-Time Positions Available

Supportive, Fun Environment

APPLY ONLINE AT [KYRENE.ORG/CAREERS](https://kyrene.org/careers)

OR EMAIL US AT [ALEDESMA@KYRENE.ORG](mailto:ALEDESMA@KYRENE.ORG)



## Create a Shared Plan for Success

Start your school year strong by downloading and completing our [Strategies for Success Worksheet](#). This simple tool gives families a chance to listen, connect, and plan ahead. Even small actions, like agreeing on a consistent bedtime or talking about school goals, can have a big impact on attendance, attitude, and academic success.

## Don't Go It Alone

They say it takes a village to raise a child, and the school year is no exception. Use our [Partnership Plan Worksheet](#) to identify the trusted adults who can support your child throughout the year. Whether it's help with transportation, homework, or support during tough times, building your "village" now can prevent attendance barriers later and ensure your child feels supported from day one.

## Stay on Track

From holidays to early release days, knowing the school calendar helps families plan ahead and avoid missing valuable instructional time. Small steps—like syncing your digital calendar or posting a printed version on the fridge—can reduce stress and help keep students on track all year long. Download and print the [Kyrene Academic Calendar](#) and post it somewhere everyone at home can see!

## Stay Healthy, Stay Present

The first few weeks of school often bring an increase in illnesses. Help your child stay healthy by encouraging regular handwashing, maintaining sleep routines, staying hydrated, and eating nutritious meals. These habits not only support wellness but help reduce preventable absences.





# NOW HIRING

## DISTRICT OFFICE

### Administration

Assistant Director of Finance

### Community Education

Club Leaders & Program Coordinator  
Instructional Assistant - Preschool

### Education Support Professionals

Accounting Specialist  
Behavior Intervention Specialist  
Buyer  
Sign Language Interpreter

### Facilities/Warehouse

Day Porters  
Facilities Technician

### Information Technology

Information Tech. Specialist, Data Mgmt  
Information Tech. Specialist, User Support  
Senior User Support Technician

### Transportation

Bus Drivers & Monitors  
Van Drivers

## SCHOOL-BASED

### Internships

Paid Student Teachers

### School-Based Openings

AVID Tutor  
Health Assistant  
Instructional Assistants (Incl. Senior & Special Ed)  
K-5 and 6-8 Teachers  
Physical Education Teachers  
Playground/Lunch Duty/Crossing Guards  
Preschool Assistant  
Resource Teachers (Incl. CCB/CCD)  
Spanish & Dual Language Teachers

## The Perks

- Full Benefit Eligibility at 30+ hrs/wk
- Competitive Compensation
- Participation in AZ State Pension
- Paid Holidays, Generous Paid and Sick Time
- \$500-\$1,000 Stipend for 2025-26 School Year



[kyrene.org/careers](https://kyrene.org/careers)

# HOW WAS SCHOOL? CONVERSATION STARTERS FOR THE FIRST WEEK



Keeping open lines of communication with your child(ren) is one of the most powerful ways to support their emotional well-being and academic success. Talking about their day, whether it's the best moment or the toughest one, helps students process experiences, build self-awareness, and feel supported at home.

Of course, some kids are eager to share every detail, while others—especially as they get older—may need a little more time or creative prompting. Try asking open-ended questions during relaxed moments. The goal isn't always to get a full report, but to let them know you're always ready to listen.

## PROMPTS FOR GRADES PREK-2

What made you laugh today?

Did you help a friend or teacher today?

What was the most fun thing you did?

## PROMPTS FOR GRADES 3-5

Who did you sit with at lunch?

What is one thing you're excited to do tomorrow?

What was something that challenged you today?

## PROMPTS FOR GRADES 6-8

What part of your day felt the most similar or different from last year?

Did you connect with anyone you didn't see over summer? Meet anyone new?

What class or elective are you most interested in so far?