

**WELCOME
TO
KINDERGARTEN!**

PARENT ORIENTATION NIGHT

2026

VINAL ELEMENTARY SCHOOL



A Day In the Life of A

KINDERGARTENER



BUS

- Kindergarten sits at the front of the bus
- Bus Expectation meetings with all students 3x a year
- ½ Day students can also ride the bus



SPECIALS

- Art
- Physical Education
- Technology (students take out books during this time)
- Music



HELPFUL HINTS

- Communication Folder
- Notes for dismissal (email both teacher & school secretary)
- School supplies (link coming)
- Backpack



LUNCH & SNACK

- Allergy Safe classrooms
- Menu of lunches posted on website for the month
- Can bring lunch from home or get a school lunch (free)

A SAMPLE SCHEDULE

8:45

Arrival

8:55

Soft Start

9:10

Morning Meeting

9:30

Academic (Math/ELA)

10:00

Specials

10:45

Snack

11:00

Academic (Math/ELA)

12:30

½ Day Students Leave

12:35

Lunch & Recess

1:30

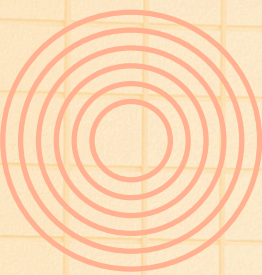
Quiet Time

1:45

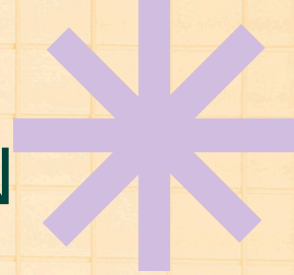
Purposeful Play/Reinforcement of Skills

3:20

Dismissal



WHAT YOUR CHILD WILL LEARN IN KINDERGARTEN (ACADEMICALLY)



HELPFUL TIPS

These are the skills that your child will work to develop over the course of the school year. We meet students where they are and work from there. Many children enter with no academic skills and that is okay!



READING

- Phonological Awareness
 - Rhyming, Syllable Clapping, Blending & Segmenting
- Phonics
 - Letter ID, Letter/Sound Correlation, Word/Sentence Reading
- Vocabulary
 - Word Knowledge
- Comprehension

WRITING

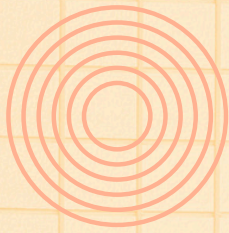
- Handwriting
 - Language/formation of upper and lower case letters
 - Language/formation of numbers
- Become a writer/illustrator through narrative, opinion and informative writing
 - Draw, dictate and write for various purposes routinely
 - Add labels to illustrations and details to writing
 - Capitalization, ending punctuation, and phonetic spelling (matching letters to sounds)

SPEAKING, LISTENING & LANGUAGE

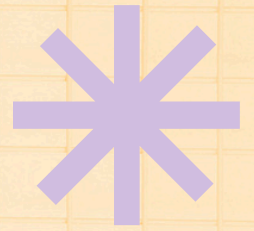
- Participate in collaborative conversations in groups and partners about kindergarten topics
- Understand grade appropriate grammar/vocabulary
- Describe familiar people, places, things, events with relevant details
- Ask questions to seek help, clarify or get more information

FINE MOTOR SKILLS

- Hold pencil correctly
 - Print upper and lowercase letters
 - Write numbers 0-20
 - Manipulate scissors appropriately
- 



WHAT YOUR CHILD WILL LEARN IN KINDERGARTEN (ACADEMICALLY)



MATH

COUNTING & CARDINALITY

- Number names
- Counting in sequence
- 1:1 correspondence, comparing number values
- Counting numbers to 100

NUMBERS & OPERATIONS

- Working with numbers 11-19 to gain foundations for place value.

OPERATIONS & ALGEBRAIC THINKING

- Understanding addition as combining numbers and subtraction as taking apart numbers

COUNTING & CARDINALITY

- Describing/comparing measurable attributes classifying objects and counting the number of objects in each category

GEOMETRY

- Identify and describe 2-D and 3-D shapes (squares, circles, triangles, rectangles, hexagons, cubes, cones, cylinders and spheres)
- Analyze, compare, create and compose shapes



HOW CAN I PREPARE MY CHILD FOR KINDERGARTEN?

(The answers may surprise you)

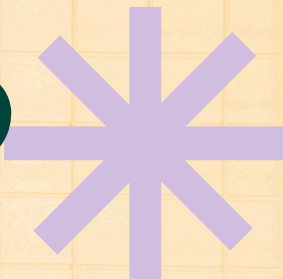
The most important skills that your child enters with are social and emotional in nature. Here are some tips to help you prepare your child for kindergarten:



TIPS TO PRACTICE

- ✓ Independence & Self Care at Home
- ✓ Encourage your child to independently dress, take their coat on and off and hang it up, use the bathroom without assistance and wash their hands without constant reminders, and put on their own shoes
- ✓ Spend time without devices at the dinner table and have them clear their own dishes
- ✓ Your child should be independent with blowing their nose and wiping after toileting
- ✓ Be sure they are also comfortable asking an adult for help when necessary
- ✓ Following directions and flexibility. Give them 1-2 step directions and have them follow through. A little struggle is okay! Your child should also have practice with not always winning or being first, as well as sharing and taking turns.

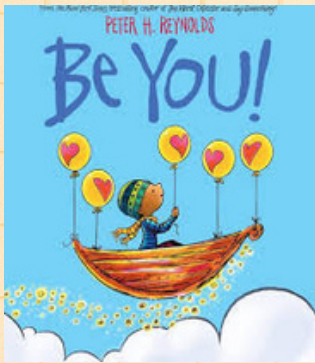
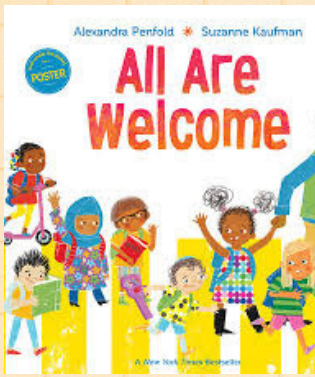
HOW CAN I PREPARE MY CHILD FOR KINDERGARTEN?



TIPS TO PRACTICE CONTINUED

- ✓ A little patience goes a long way. Try telling your child a story without them interrupting. Students should have practice with sitting and attending to a task for 5-10 minutes.
- ✓ Teach responsibility. Start transferring small responsibilities over to your child, if you haven't already. Have them clean up their toys when they are finished playing and have them fill their water bottle and hang up their jacket. Even when it may be easier for you to complete these tasks, let them accept the responsibility.
- ✓ Develop and follow routines. Both morning and night time routines are beneficial.
- ✓ Read aloud to your child. Get your child a library card, take them to the library to check out books, and be sure to read to your child every day.
- ✓ Engage in meaningful and playful activities.
- ✓ Acknowledge and label feelings. Your child may express being nervous about starting school, not wanting to go or, alternately, feeling very excited to start school. Whatever they feel, take time to appreciate where they are. The following book titles may be helpful as they tackle this transition.

BOOK RECOMMENDATIONS FOR PRE ACADEMIC SKILLS



-ALL ARE WELCOME BY ALEXANDRA
PENFOLD

-BE YOU! BY PETER REYNOLDS

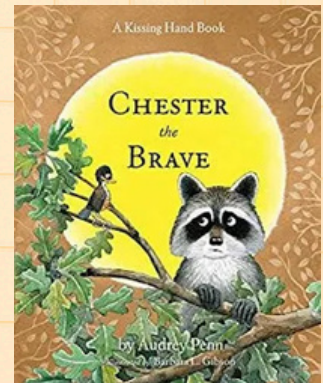
-IN OUR CLASSROOM: HOW WE
LEARN AND PLAY IN OUR
OWN WAY BY DIANA SCHUDA



-WHAT DOES IT MEAN TO BE KIND?
BY RANA DI ORIO

-KINDNESS IS MY JAM BY EMILY
HAYES

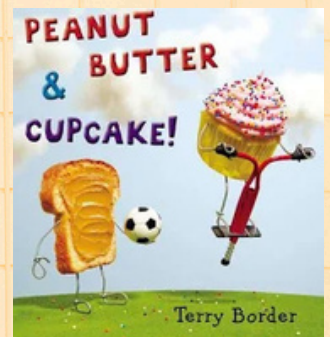
-THE MAGICAL YET BY ANGELA
DITERLIZZI



-IN MY HEART BY JO WITEK

-CHESTER THE BRAVE BY AUDREY
PENN

-PEANUT BUTTER & CUPCAKE BY
TERRY BORDER



-THE NIGHT BEFORE KINDERGARTEN
BY NATASHA WING



OVERVIEW

The transition to kindergarten from preschool or daycare is an important step in the life of a child. Working on these social emotional skills at home will prepare your child for Kindergarten.

BOARD GAMES

Playing board games and reading recommended books helps with:

- Turn taking (not always being first)
- Losing (and managing that feeling)
- Being a good sport
- Making mistakes

SOCIAL EMOTIONAL LEARNING

SKILLS

- Separation Anxiety
- Frustration Tolerance
- Self Regulation
- Self Awareness
- Self Control
- Social Awareness
- Managing emotions & feelings
- Resiliency & flexibility

REGULATION

Kids will learn to recognize their feelings and learn how to cope with them. To help at home, you can read books, teach breathing strategies, and model how to ask for help.

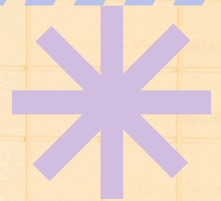
RESILIENCY

Making mistakes is part of learning, and flexibility and resilience are overcoming those mistakes.

Acknowledging your mistakes and how you can fix them is a great way to model flexibility and resilience.

Also, noting the difference between a big problem and a small problem helps kids to put their mistakes in perspective.

Book & Game Recommendations for SEL Skills



Game Recommendations

Jenga
Memory Matching
Musical Chairs
Candyland
Go Fish
Chutes & Ladders
Simon Says
Red Light/Green Light



Book Recommendations

Breathe Like a Bear by Kira Willey

Waiting is Not Easy by Mo Willems

Beekle by Dan Santat

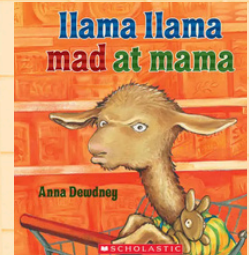
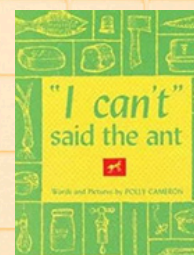
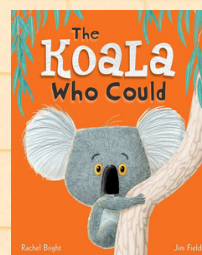
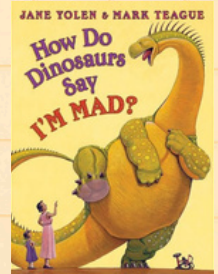
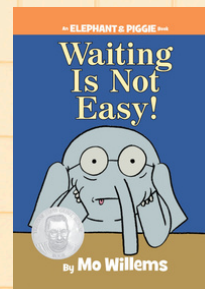
How Do Dinosaurs Say I Am Mad by Jane Yolen

Wemberly Worries by Kevin Henkes

The Koala Who Could by Rachel Bright

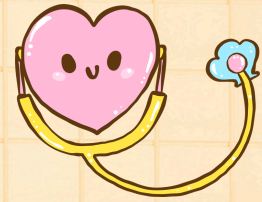
"I can't" said the ant by Polly Cameron

Llama Llama Mad at Mama by Anna Dewdney





From the Nurse



Health Requirements

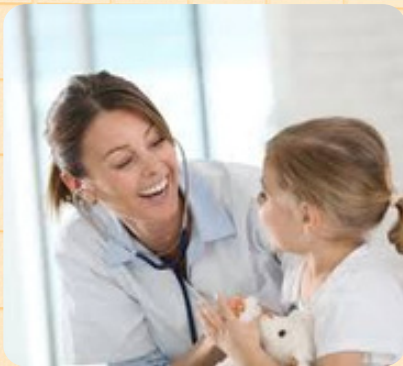
- Submit your child's 2026 physical (if the student's physical is in the fall, then please send in the 2025 until they have their 2026 physical)
- Proof of a prior lead screening result
- Completed Immunizations or religious exemption form:
 - DTAP(4-5), Hep B(3), Polio(4-5), MMR(2), Varicella(2)

Allergies/Health Concerns

- If your child has any health concerns, the nurse should be aware of them. Please reach out to talk about those before the start of the school year.
- Students with Life-Threatening Allergies: We will need a two-pack of EpiPens for school, in addition to a MD allergy action plan from the provider.



Skills to Practice at Home



- Your child should know how to wipe their face after lunch without prompting and blow their nose without assistance.
- Additionally, being comfortable getting dressed (accidents happen) and using the bathroom independently
- Please keep an extra change of clothes and underwear packed to keep for emergencies.
- Be sure they are comfortable asking an adult for help when they need it!

We can't wait to see you when school begins!

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kristen.isola@norwellschools.org

