

Urutonde rwiteguye kwishuri

Kwitegura gutangira ishuri bisobanura ko umwana aba afite ubumenyi, ubwenge n'imyitwarire bikenewe kugira ngo atsinda neza mu ishuri. Muri ibyo harimo ubuzima bw'umubiri, imitekerereze, kumenyera, ururimi n'imikuriri ishingiyeye ku mibanire n'abandi n'amarangamutima. FCPS izirikana ko abana bakura mu buryo butandukanye kandi ubumenyi bugenda butandukana kuri buri mwana. Zirikana ko igisabwa nyamukuru gusa kugira ngo umwana atangire amashuri y'incuke ari uko agomba kuba yujuje imyaka 5 ku itariki ya 1 Kanama cyangwa yarayujuje mbere yaho.



Ubumenyi rusange n'Imibare

• Atoranya ibintu kandi akabishyira mu byiciro
• Abasha kumenya ibisa n'ibibusanye
• Amenya neza amabara y'ibanze
• Abara guhera kuri zero kugeza kuri 30
• Abara imbumbwe z'ibintu kugera ku 10
• Ahuza ibintu n'imibare kugeza ku 10
• Amenya, akavuga amazina, kandi agakoporora imiterere y'ibanze (harimo uruziga, kare, mpandeshatu, urukiramende)
• Abaza ibibazo nka inde, iki, ryari, hehe, kubera iki na gute
• Yumva neza ibijyanye n'igihe (ijoro n'amanywa, uyu muni, ejo hashize, ejo hazaza)



Ubuzima n'imibereho myiza y'umubiri

• Arya indyo yuzuye
• Araruhuka bihagije
• Ahabwa inkingo zose zisabwa ndetse akanakorerwa ibizamini by'ubuzima (umubiri, amenyo n'amaso)
• Ariruka, agasimbuka kandi agakora ibindi bikorwa bituma yongera ingano y'imikaya minini binatuma akora imyitozo
• Akoresha ikaramu y'igiti, umukasi kandi asiga amabara ndetse agakora ibikorwa bituma yongera ingano y'imikaya mito



Iterambere ry'Imibereho Myiza n'Iterambere ry'Amarangamutima

• Akina n'abandi bana kandi bagasangira
• Akurikiza amategeko yoroheje n'ibikorwa bihoraho byoroheje
• Abasha kugaragaza ibyo akeneye n'ibyo ashaka
• Agaragaza ko agira amatsiko n'umurava wo kunguka ubumenyi
• Ashakisha kandi akagerageza ibintu bishya
• Atandukanya ababyeyi n'abagize umuryango mu buryo bworoshye
• Yikorana neza
• Yitabira imikoro kandi agasaba ubufasha ahuye n'ikibazo



Ururimi no guhana amakuru

• Avuga interuro zizizwe n'amagambo atanu kugera kuri atandatu
• Aririmba indirimu zoroheje
• Amenya neza kandi akavuga insubirajwi zoroheje
• Azi amazina ye yose
• Asoma akanandika amazina ye
• Azi aderesi yo mu rugo, numero ya telefone n'itariki y'amavuko
• Azi icyo ibitabo bimara –Itandukaniro riri hagati y'inyuguti n'amafoto –Ibitabo bisomwa uherye imbere ugana inyuma –Inyuguti zandikwa ziva ibumoso zigana iburyo, uva hejuru umanuka hasi
• Azi inyuguti akunda guhura na zo (ibyapa byo mu muhanda, ibirango by'amaduka nka Target, McDonald's na Walmart, ibirango by'ibiryoyi)
• Atega amatwi kandi agasubiza inkuru asomerwa
• Akoresha uburyo bwo gushwaratura no gushushanya kugira ngo agaragaze ibitekerezo
• Akoresha amafoto mu kubara inkuru
• Avuga inyuguti n'inyajwi
• Azi neza inyuguti nkuru n'inyuguti nto za Alufabe



Ubumenyi bwo kugira ibyo yifasha

• Akoresha umusarani nta muntu umufashije
• Yifungira akanifungurura imyambaro (imashini, inkweto, ikote) nta muntu umufashije
• Yigaburira akoresheje ibikoresho byo ku meza
• Afasha mu kwigizayo ibikinisho n'imyenda
• Akurikirana ibikoresho bye bwite
• Apfuka umunwa cyangwa amazuru mu gihe yitsamiye cyangwa akoroye

Rebera andi makuru ajyanye no kwitegura kugana ishuri kuri: Go.fcps.net/SchoolReadiness



Ifashishye urutonde rw'ibisabwa kugira bigufashe wowe n'umwana wawe gukurikirana ubumenyi yungutse. Shyira akamenyetso kuri buri kazu mu gihe umwana wawe akoze ibikorwa bijyanye n'ubwo bumenyi.

Mufashe kunguka kunguka ubumenyi ubikora mu buryo bushimishije kandi butuma abigiramo uruhare.

School Readiness Checklist

School readiness describes the skills, knowledge, and behaviors a child needs to be successful in school. This includes physical, cognitive, adaptive, and social/emotional developmental areas. FCPS recognizes that children grow and develop at different rates and skills vary by child. Please remember that the only prerequisite for entering kindergarten is that a child is 5 years old on or before August 1st.



GENERAL KNOWLEDGE AND MATHEMATICS

<input type="checkbox"/>	• Sorts and classifies objects
<input type="checkbox"/>	• Notices similarities and differences
<input type="checkbox"/>	• Identifies basic colors
<input type="checkbox"/>	• Counts in a sequence up to 30
<input type="checkbox"/>	• Counts sets of objects up to 10
<input type="checkbox"/>	• Matches objects with numerals up to 10
<input type="checkbox"/>	• Recognizes, names, and copies basic shapes (including circle, square, triangle, rectangle)
<input type="checkbox"/>	• Asks such questions as who, what, when, where, why, and how
<input type="checkbox"/>	• Understands simple concepts of time (night and day, today, yesterday, tomorrow)



HEALTH AND PHYSICAL WELL-BEING

<input type="checkbox"/>	• Eats a balanced diet
<input type="checkbox"/>	• Gets plenty of rest
<input type="checkbox"/>	• Receives all required immunizations and medical exams (physicals, dental and vision)
<input type="checkbox"/>	• Runs, jumps, climbs, and does other activities that develop large muscles and provide exercise
<input type="checkbox"/>	• Uses pencils, crayons, scissors, and paints and does other activities that help develop small muscles



SOCIAL & EMOTIONAL DEVELOPMENT

<input type="checkbox"/>	• Plays and shares with other children
<input type="checkbox"/>	• Follows simple rules and routines
<input type="checkbox"/>	• Expresses own needs and wants
<input type="checkbox"/>	• Shows curiosity and motivation to learn
<input type="checkbox"/>	• Explores and tries new things
<input type="checkbox"/>	• Separates easily from parents and family
<input type="checkbox"/>	• Works well alone
<input type="checkbox"/>	• Attends to tasks and seeks help when encountering a problem



LANGUAGE & COMMUNICATION

<input type="checkbox"/>	• Speaks in five- to six-word sentences
<input type="checkbox"/>	• Sings simple songs
<input type="checkbox"/>	• Recognizes and says simple rhymes
<input type="checkbox"/>	• Knows own full name
<input type="checkbox"/>	• Reads and writes own name
<input type="checkbox"/>	• Knows home address, phone number, and birthday
<input type="checkbox"/>	• Knows how books work
<input type="checkbox"/>	–The difference between print and pictures
<input type="checkbox"/>	–Books are read from front to back
<input type="checkbox"/>	–Print moves from left to right, top to bottom
<input type="checkbox"/>	• Recognizes familiar print from surroundings (traffic signs, store logos, such as Target, McDonald's, and Walmart; food labels)
<input type="checkbox"/>	• Listens to and responds to stories read to them
<input type="checkbox"/>	• Uses scribbles and drawings to express ideas
<input type="checkbox"/>	• Uses pictures to tell a story
<input type="checkbox"/>	• Recites the letters of the alphabet
<input type="checkbox"/>	• Identifies upper- and lowercase letters of the alphabet



SELF-HELP SKILLS

<input type="checkbox"/>	• Uses the toilet without help
<input type="checkbox"/>	• Fastens and unfastens own clothing (zippers, shoes, jackets) with-out assistance
<input type="checkbox"/>	• Feeds self using utensils
<input type="checkbox"/>	• Helps put away toys or clothes
<input type="checkbox"/>	• Keeps track of personal belongings
<input type="checkbox"/>	• Covers mouth or nose when sneezing or coughing

Access additional resources for school readiness at:

Go.fcps.net/SchoolReadiness



Use the checklist to help you and your child keep track of the skills they have learned. Place a check mark in each box once your child has completed the activities for that skill.

Foster a love of learning by making it fun and engaging.