

## Orodha ya Utayari wa Shule

Utayari wa shule unaelezea ujuzi, maarifa, na tabia ambazo mtoto anahitaji ili kufanikiwa shuleni. Hii inajumuisha maeneo ya ukuaji wa kimwili, kiakili, yanayoweza kubadilika, na kijamii/kihisia. FCPS inatambua kwamba watoto hukua na kukua kwa viwango tofauti na ujuzi hutofautiana kulingana na mtoto. Tafadhali kumbuka kwamba sharti pekee la kuingia shule ya chekechea ni kwamba mtoto awe na umri wa miaka 5 ifikapo tarehe 1 Agosti au kabla yake.



### MAARIFA YA JUMLA NA HISABATI

	• Hupanga na kuainisha vitu
	• Hubainisha kufanana na tofauti
	• Hutambua rangi za msingi
	• Huhesabu katika mfuatano hadi 30
	• Huhesabu seti za vitu hadi 10
	• Hulinganisha vitu na nambari hadi 10
	• Hutambua, hutaja, na kunakili maumbo ya msingi (ikiwa ni pamoja na duara, mraba, pembetatu, mstatili)
	• Anauliza maswali kama vile nani, nini, lini, wapi, kwa nini, na vipi
	• Anaelewa dhana rahisi za wakati (usiku na mchana, leo, jana, kesho)



### AFYA NA USTAWI WA KIMWILI

	• Anakula lishe bora
	• Anapata mapumziko ya kutosha
	• Hupokea chanjo zote zinazohitajika na mitihani ya kimatibabu (fizikia, meno na macho)
	• Hukimbia, kuruka, kupanda, na kufanya shughuli zingine zinazokua kwa kasi kubwa misuli na kutoa mazoezi
	• Hutumia penseli, krayoni, mkasi, na rangi na hufanya shughuli zingine zinazosaidia kukuza misuli midogo



### MAENDELEO YA KIJAMII NA KIHISIA

	• Hucheza na kushiriki na watoto wengine
	• Hufuata sheria na taratibu rahisi
	• Huelezea mahitaji na matakwa yake mwenyewe
	• Huonyesha udadisi na motisha ya kujifunza
	• Huchunguza na kujaribu vitu vipya
	• Hutengana kwa urahisi na wazazi na familia
	• Inafanya kazi vizuri peke yako
	• Hushughulikia kazi na hutafuta msaada anapokabiliwa na tatizo



### LUGHA NA MAWASILIANO

	• Huzungumza kwa sentensi za maneno matano hadi sita
	• Anaimba nyimbo rahisi
	• Hutambua na kusema mashairi rahisi
	• Anajua jina lake kamili
	• Anasoma na kuandika jina lake mwenyewe
	• Anajua anwani ya nyumbani, nambari ya simu, na siku ya kuzaliwa
	• Anajua jinsi vitabu vinavyofanya kazi
	–Tofauti kati ya picha na chapa
	–Vitabu husomwa kutoka mbele hadi nyuma
	–Chapisha kutoka kushoto kwenda kulia, juu hadi chini
	• Hutambua maandishi yanayojulikana kutoka kwa mazingira (ishara za trafiki, nembo za duka, kama vile Target, McDonald's, na Walmart; lebo za chakula)
	• Husikiliza na kujibu hadithi wanazosomewa
	• Hutumia michoro na michoro kuelezea mawazo
	• Hutumia picha kusimulia hadithi
	• Husoma herufi za alfabeti
	• Hutambua herufi kubwa na ndogo za alfabeti



### USTADI WA KUJISAIDIA

	• Hutumia choo bila msaada Hufunga na kufungua nguo zake
	• Hufunga na kufungua nguo zake (zipu, viatu, jaketi) bila msaada
	• Hujilisha mwenyewe kwa kutumia vyombo
	• Husaidia kuweka vitu vya kuchezea au nguo pembeni
	• Hufuatilia mali za kibinafsi
	• Hufunika mdomo au pua wakati wa kupiga chafya au kukohoa

Pata rasilimali za ziada kwa ajili ya utayari wa shule katika: [Go.fcps.net/SchoolReadiness](http://Go.fcps.net/SchoolReadiness)



Tumia orodha ya ukaguzi kukusaidia wewe na mtoto wako kufuatilia ujuzi aliojifunza. Weka alama ya tiki katika kila kisanduku mara tu mtoto wako atakapokamilisha shughuli za ujuzi huo.

**Imarisha upendo wa kujifunza kwa kuufanya uwe wa kufurahisha na wa kuvutia.**

## 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](http://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.**