CVUSD
CONEJO VALLEY UNIFIED SCHOOL DISTRICT

May 12, 2026

TK and K PARENT INFORMATION

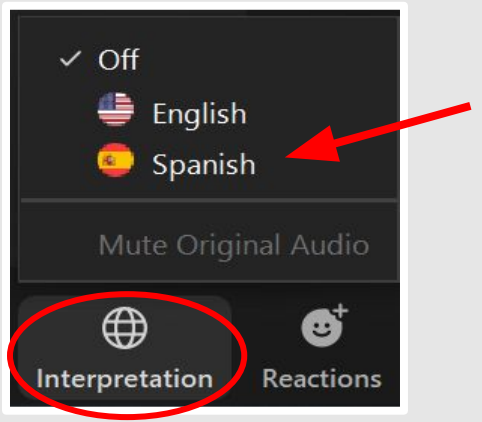


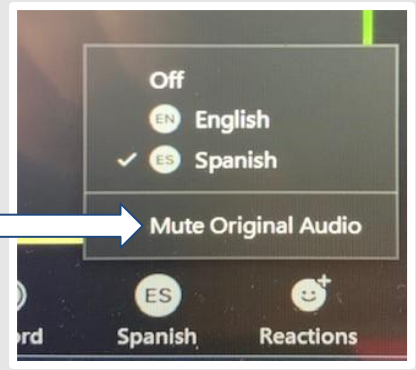
Would you like Spanish/English interpretation?

¿Le gustaría interpretación al español/inglés?

Click on the interpretation icon in your Zoom window and choose "Spanish", then click on "Mute Original Audio"

Haga clic en el icono de interpretación en su pantalla de ZOOM y escoja "Spanish" luego haga clic en "Mute Original Audio"





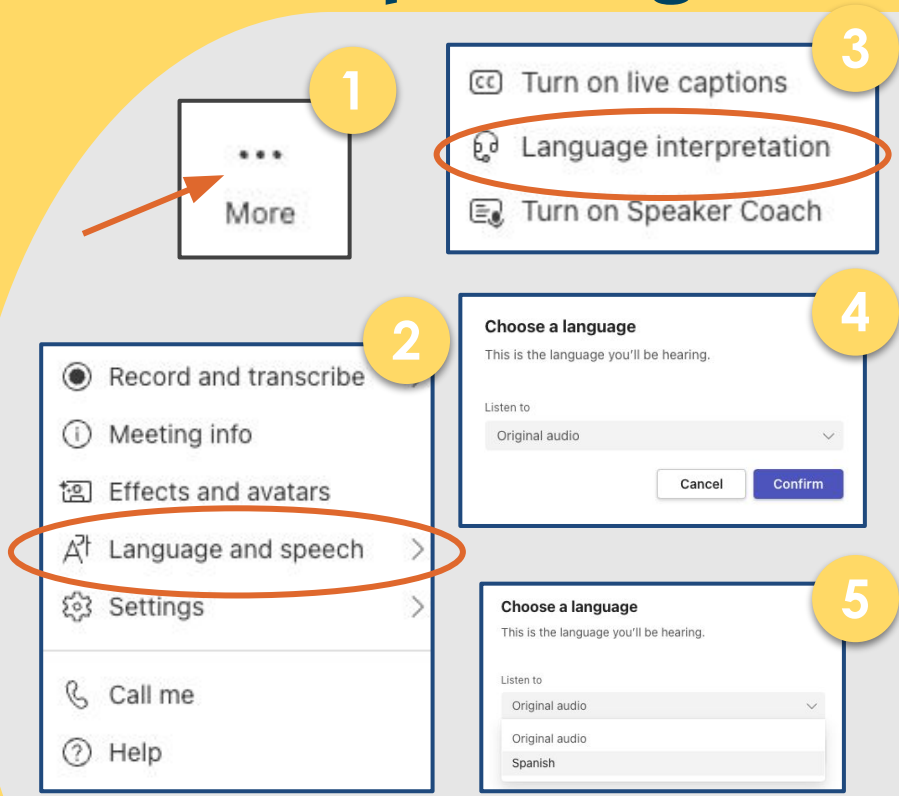
Q and A in Chat

Would you like Spanish/English interpretation?

¿Le gustaría interpretación al español/inglés?

Follow the steps to the right to access Spanish interpretation.

Siga los pasos a la derecha para acceder a la interpretación en español.



Welcome and Introductions



Rebecca Coger

TK Teacher

Julie Kirby

TK Teacher

Julia Wallen

Kindergarten Teacher

Kelly MacDonald

Kindergarten Teacher

School Info

Acacia Magnet School for Enriched Learning:

- Schoolwide Enrichment Model (SEM)
  - Enjoyment
  - Enthusiasm
  - Engagement
    - Develop talents in children
    - Provide broad range of advanced enrichment
    - Provide advanced follow-up based on strengths and interests



Agenda

- Getting Ready for TK & K
- Reading Together
- Around Town: Engagement & Enrichment
- The Importance of Sleep
- Accepting No: Doing What You Don't Want to Do
- Taking Turns and Sharing
- Preparing for the First Day of School





Getting Ready for TK and K

Getting Ready for TK and K

SOCIAL EMOTIONAL

- Let your child play!
- Read books about going to school
- Encourage independence
- Encourage consistent hygiene skills



LANGUAGE

- Read together
- Sing together
- Talk together
- Give your child simple, step-by-step directions to follow



MOTOR SKILLS

- Practice large muscle movements
- Encourage using small muscle movements
- Encourage writing, drawing, and coloring
- Practice using scissors
- Work with them to learn to write their name



ACADEMICS

- Sing, read, and talk about the alphabet
- Talk about colors and shapes
- Count numbers up to 30
- Teach them their full name, your name, and phone number



SCREEN TIME

- Limit screen time
- Quality screen time
- The YouTube Trap
- Watch shows <u>with</u> them
- Time and place for devices



Reading Together





Reading Together

When you sit close to your children and read aloud, you show them that reading is fun. As they look and listen, they learn a lot about how books work and how people read. They learn new words and ideas from the stories.

Read to Them Everyday

Finding time to read together can be a challenge. Here are some ideas...

- Bedtime
- Running errands
- Everyday items
- Keep it up!



Before You Read

- Choose books together
- Find a special place
- Talk about the pictures



While You Read

- Be dramatic!
- Invite them to join in
- Ask questions
- Point to the words



After You Read

- Talk about the story
- Make connections
- Create your own version



Additional Tips

- Introduce the author
- Pace your reading
- Build new vocabulary
- Draw a picture
- Have fun!









Integrate Reading in Your Routine

- Read everything!
- Bring books wherever you go
- Arrange related day trips
- Visit your local library
- Play games with words & letters
- Describe what you are doing



Around Town: Engagement & Enrichment

Around Town: Engagement & Enrichment



At the Pool

- Pack the bag together & let them choose what to bring
- Talk about wet clothes and dry clothes
- Jump up and down in the water while counting
- Sing rhymes to them about fish, ducks, and other water animals
- Have them act out being different water animals
- Try things that might be hard for them the first time (head under the water, swimming to the wall, etc.)

Around Town: Engagement & Enrichment



At the Beach

- Pack the bag together & ask them to carry something themselves
- Build together in the sand - let it collapse and have that be fun!
- Watch the interaction between the sand and the water
- Make them aware of how sand in the air can bother others
- Give them warning times for leaving and stick to it
- Collect shells and sort them by color, type, or size

Around Town: Engagement & Enrichment



In the Car

- Counting and singing
- Saying rhymes, thinking of rhyming words
- Finding colors
- Environmental Print: numbers and letters
- Noticing license plates, U-Haul trucks, and billboards

Around Town: Engagement & Enrichment



At the Park

- Encourage safe risk-taking
- Play next to them some of the time, but also give them space to explore
- Bring things they may need to share with others like a ball or action figures; encourage them to let other children play with their things, knowing they will get them back
- Try different parks in our area
- Practice pumping legs on the swing and count aloud during front and back motion
- Practice waiting for a turn on a piece of equipment

Around Town: Engagement & Enrichment



At the Mall

- Make a list or a plan for what you will be doing
- Look at the mall map at home or at the mall
- Stay in the order of the plan (which should include waiting for something fun for them)
- Give them a small amount of money and go to a store they can spend it by making choices; have them carry their own item
- Check the order of your plan/list often and ask them to recall what is next
- Use first-then language

Around Town: Engagement & Enrichment



At an Amusement Park

- Give them a map to hold for themselves
- Use first-then language
- Let them make choices within reason
- Point out colors and patterns
- When you are waiting in line, play I Spy, 20 questions, or Guess the Character game

Around Town: Engagement & Enrichment



At a Restaurant

- Talk about the food options and let them decide
- Have them order for themselves with the server
- Try for no devices - converse with them while you wait for the food, or plan when they will and won't have devices
- Ask for a children's menu to color on, or bring coloring sheets, books, or a game with you

Around Town: Engagement & Enrichment



At a Campsite or on a Hike

- Have them help with packing and setup
- Plan a scavenger hunt
- Tell stories at the campfire and let them make up a story or remember a story
- Use prompts like “My favorite ___ is ___.”
- Bring paint to paint rocks or leaves
- Collect things on a nature walk; use the materials to sort, count, or make their name out of the objects

Around Town: Engagement & Enrichment



At the Grocery Store

- Ask them to help you find things on your shopping list
- Read the list to them: what the item is and can they help you locate it
- Ask, “Can you help me find the green apples? Can you help me find the cereal?”
- Have them keep count of how many items are in the cart



The Importance Of Sleep

The Importance of Sleep

- Reduced sleep leads to a reduced capacity to do well in school.
- Kids who don't get enough sleep might even be mistaken for having ADHD. Many of the symptoms are the same – kids running low on sleep are:
  - less able to concentrate
  - more easily distracted
  - more hyperactive or impulsive
- Kids of all ages have a harder time learning when they don't get enough sleep.

https://childmind.org/article/encouraging-good-sleep-habits/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-04-18&utm_content=encouraging-good-sleep-habits

The Importance of Sleep

What is the recommended amount of sleep a child should get?

The American Academy of Pediatrics recommends:

- Infants under 1 year: **12-16 hours**
- Children 1-2 years old: **11-14 hours**
- Children 3-5 years old: **10-13 hours**
- Children 6-12 years old: **9-12 hours**
- Children 13-18 years old: **8-10 hours**

https://www.hopkinsallchildrens.org/ACH-News/General-News/The-importance-of-sleep-for-kids

The Importance of Sleep

- Establishing a consistent bedtime routine is important.

- The routine should ideally start at the same time every night.
  Ex: As soon as the sun goes down, start to "wind down" the household.

- Dim the lights an hour before bed.
  - If your child uses a night light, consider a dim, warm-colored light, rather than a bright, white, cool-colored light.

- Stop use of electronics/screens at least an hour before bed.
  - Blue light from TV screens, computer screens, and phones suppresses melatonin levels and delays sleepiness.

https://childmind.org/article/encouraging-good-sleep-habits/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2023-04-18&utm_content=encouraging-good-sleep-habits

The Importance of Sleep

- Limit caffeine, including chocolate and soda.

- Relax before bedtime.
  - Take a warm bath, or do a quiet family activity such as reading a short book.
  - Avoid scary TV shows, movies, or computer games before bed so your child feels safe at night.

- If your child wakes up during the night, walk them back to their room with as little commotion as possible.

- Set a wake up time for when your child is allowed to leave their room.

https://raisingchildren.net.au/toddlers/sleep/better-sleep-settling/sleep-better-tips

Accepting No: Doing What You Don't Want to Do



Accepting No: Doing What You Don't Want to Do

No one likes to do what they **do not want to do** and no one likes to hear **"no"**, yet these are important **life skills** that we need in order to be **successful.**

At home, we can talk and negotiate with our children. A teacher in a classroom with many children often does not have that luxury.



Accepting No: Doing What You Don't Want to Do



Learn by Playing:
The "Yes, Teacher" Game

- Have your child pretend to be the teacher and ask you to stop playing with something.
- Respond quickly and answer, "Yes, teacher!" Say aloud what you are thinking to help you comply:
  - "My teacher will be really proud of me!"
  - "I can follow directions."
  - "I stopped right when my teacher asked."
- Switch roles and have your child be the student. Praise your child for responding quickly.

*Practice using challenging situations: stopping an activity before you are finished, moving from something fun to something not as fun, etc.

Accepting No: Doing What You Don't Want to Do



Validate and Praise

- Let your child know that doing what you do not want to do and hearing "no" is hard, but with practice they will get better and better at it.
  - Shift from a "power struggle" to a "skill"
- Help your child develop thoughts that give them a good feeling about complying quickly.
- Teach your child an appropriate way to voice concerns in a classroom.
  - Talking with the teacher at recess, after the lesson, etc.
- Praise your child for doing things they don't want to do, but need to or for accepting "no." Ask your child at the end of the day: "What hard things did you do today?"

Taking Turns Sharing



Taking Turns and Sharing



Taking turns and sharing are important social skill that help children learn to share and cooperate with others.

- Patience
- Empathy
- Self-control
- Respecting the rights and feelings of others

Taking Turns and Sharing



Showing a Good Example

- Model taking turns
- Use verbal prompts
- Practice waiting
- Give positive reinforcement



Preparing for the First Day of School

Preparing for the First Day of School



TWO WEEKS BEFORE

- Talk about what to expect
- Get them excited about new friends
- Visit the school together
- Create a new morning routine
- Let them pick supplies or a special outfit
- Discuss what rules might be different

Preparing for the First Day of School



ONE WEEK BEFORE

- Practice your new morning routine
- Practice going to the school
- Keep talking about what to expect
- Remind them of rules and expectations
- Ask them how they are feeling

Preparing for the First Day of School



THE BIG DAY

- Lay their clothes out the night before
- Give yourself extra time
- Pack favorite/special foods
- Show them where everything is
- Say goodbye appropriately

Scan for an article with more ideas!

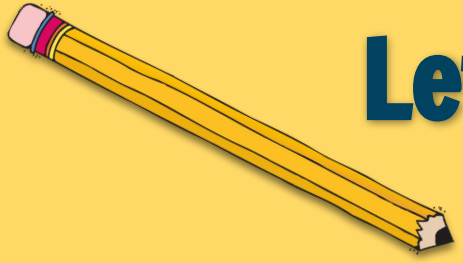
Do's

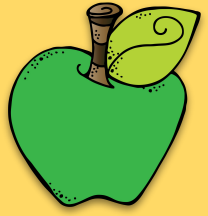
- Be consistent
- Use calm, neutral tones
- Use first-then language
- Allow disappointment, sadness, frustration

Don'ts

- ✗ Give in after begging or crying
- ✗ Get compliance through anger or frustration
- ✗ Bribe or negotiate
- ✗ Over-sympathize or avoid those feelings

Let's Go To School!!





DAILY 4



1 Read Together



2 Practice Skills



3 Present Challenges



4 Play with Purpose

Pre-Activities to Do at Home



Clickable Resources

- Alphabet
- Letter Formation
- Letter Formation with arrows
- Shapes
- Colors
- Numbers
- Number Formation
- Sorting
- Name

Pre-Activities to Do at Home

Fine Motor Activities

Weaving sun craft

Rainbow necklace

Ocean clip cards

Zoo counting clip cards

Fine motor jellyfish

Build ice cream cones

Fizzing rainbows

Make a fizzing ocean

Clothespins to match the colors of the fish



Color matching jellyfish

Fine motor octopus

Fine motor treasure hunt

Make an ice painting

Fill the pool noodles

Make a prism suncatcher

Fine motor skills number activity

Adding rubber bands to pool noodles