

# Kindergarten Top 10 List



## 1. Independence

Help your child become more independent over the summer. If they go to summer camp, daycare, or other activities consider having them begin carrying their own bag or lunch all the way from home into their activity. Kindergarteners clothing should be 100% independent. When back to school shopping be sure that they can button and unbutton their own pants and zip their own jackets. Many kinder students cannot tie shoes yet. Please look for shoes that Velcro or have laces that do not need to be tied until your child masters this skill.

## 2. Materials

Please help set your child up for success by getting them a FULL SIZE backpack. This should EASILY fit a standard size folder. (No toddler backpacks please.) Please practice with your child at home putting their folder in their backpack, zipping, unzipping, and unpacking. They should be able to pack and unpack their bag without assistance.

## 3. Responsibility

Begin setting routines and responsibilities so that they already know what to do when school begins. Have them carry their own belongings in public areas, practice a morning routine, and practice independent dressing.

## 4. Lunchtime

Throughout summer consider buying "lunchbox items" so that your child can practice opening them on their own. Fruit cups, juice pouches, yogurt tubes, chip bags, and snack baggies are all good items to practice. Also practice with your child which parts of their lunch can be thrown away and which items (forks, reusable containers) should be put in their lunchbox and brought home.

## 5. Belongings

Please be sure to label EVERY personal item your child brings to school. Please label: water bottles, backpacks, lunchboxes, jackets, gloves, hats, scarves, snack containers, and anything else that your child might bring to school. If an item has a first and last name we make every effort to return the item. (Exception: community school supplies for classroom do not need to be labeled.)

## 6. Restroom Readiness

Kindergarteners should be FULLY INDEPENDENT in using the toilet. Please practice with them using the restroom, cleaning themselves, flushing, cleaning up any mess made, and washing their hands. Please also practice with buttons, snaps, and zippers. All students should have a spare set of clothing (shirt, pants, underwear, socks) in a gallon baggie at the bottom of their backpack at all times in case of accidents or spills.

## 7. Brain Food

Breakfast starts students' day off right. Please help them have breakfast at home, or ask about our school breakfast program. Also, Kindergarten has a snack every day. Please be prepared to send your child with a snack to school each day. This should be something easy (not messy) to eat.

## 8. Sleep Habits

If your child takes a daily nap you might consider phasing it out over the summer or moving it later in the day so it would line up with an after school nap. Kindergarten does not have a nap time, so students will be more prepared for that transition if it is phased in slowly. Also it is recommended that kindergarteners get 10-12 hours of sleep every night. As school approaches begin helping your child get into the routine of a bedtime and wakeup time. This way they will be ready to jump into the routine of school.

## 9. Practice Patience

In Kindergarten students are expected to sit and listen for short periods of time. Help your child be prepared for this by practicing with them at home. Have them sit still with a calm body as you read them a story or consider taking them to story time at a library this summer to practice.

## 10. Emergency Information

Before school starts AND continuing all through the year, please ALWAYS update your emergency information (phone numbers, names, address) in the office as it changes. This ensures that we are able to contact you if needed during the day. Also, please remember if your child has a fever they may not return to school until they are FEVER FREE WITHOUT FEVER REDUCING MEDICINE for 24 hours.

Have a great summer! We can't wait to see you in August!