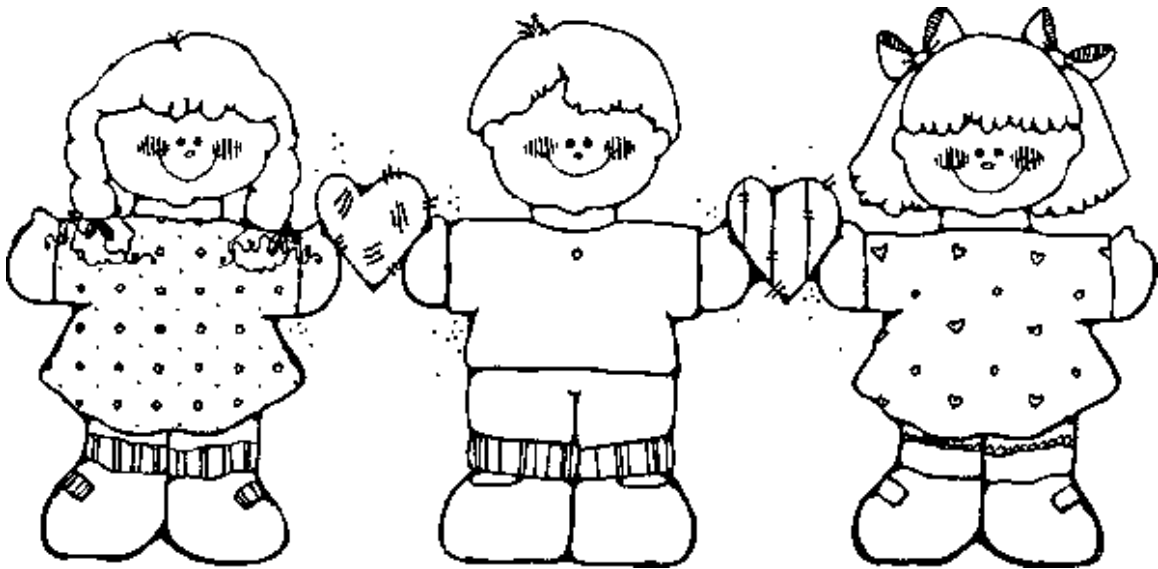


# Kindergarten Parent Information



**Eugene 4j School District  
Howard Elementary School  
[www.howardelementary.org](http://www.howardelementary.org)**

# Is Your Child Ready for Kindergarten?

You should be able to answer YES to most, if not all, of the following questions. The items with a NO answer should be areas of focus prior to your child starting Kindergarten in the fall.

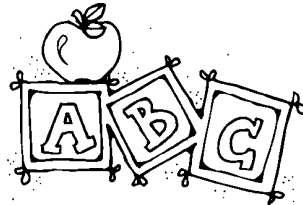
- Can your child repeat simple sentences?
- Can your child follow single directions?
- Can your child identify that two items are the same?
- Can your child sit and listen to a story for approx. 5-10 minutes?
- Can your child balance on one foot for approx. three seconds?
- Can your child sustain a conversation with an adult?
- Can you tell if your child is left or right handed?
- Is your child toilet trained?
- Can your child separate from a parent for a period of time?
- Can your child hop?
- Can your child count objects to five?
- Does your child share when playing with others?
- Does your child participate in conversations with other children?
- Can your child connect two dots?
- Does your child know his/her ABC's?
- Does your child know his/her first and last name?
- Can your child hold a pencil or crayon?
- Can your child cut with scissors?

## Preparing for Kindergarten (Activities for you & your child)

Your child begins learning from birth. Fun learning experiences at home, preschool, and in the community are interesting for children, and prepare them for school success. What can you do to help your child get ready for kindergarten? The following list is a helpful guide:

- Have lots of conversation with your child every day. Children learn to use language by experiencing language. Your child needs lots of talking to and listening.
- Expose your child daily to songs, rhymes, and music.
- Read to your child everyday. Your child should be able to sit and listen for about ten minutes. Visit the public library.
- Model writing. Your child will enjoy watching you writing words and can learn a great deal about writing just by observing you.
- Teach your child to follow basic common courtesy rules. Some examples are: keep your hands to yourself and walk indoors.
- Have your child practice using words instead of gestures when communicating with others.
- Provide opportunities for your child to ask and answer questions.
- Provide frequent opportunities for your child to socialize with other children successfully: sharing, taking turns, etc.
- Encourage your child to use crayons, pencils, scissors and glue.
- Keep those little hands busy!
- Practice counting objects, orally, to ten. When your child can do this easily, practice counting higher.

- Help your child learn to write his/her first name correctly (first letter upper case, remaining letters, lower case).
- Write stories together. Have your child dictate a story to you as you write down the words. This helps children to link language with the written word and when your child adds an illustration, the story becomes a personal accomplishment to be read and shared with family and friends.
- Pick out letters on signs, license plates, etc. as you run errands. Draw attention to print on packages, in stores, everywhere.
- Have your child tell you a book's story just from looking at the pictures.
- Set aside a special place for your child to write. Create a writing box filled with materials; blank cards and paper, envelopes, markers, pencils, and crayons.
- Magnetic and plastic letters make great toys for playing with writing. A word processor provides wonderful exposure, too.
- Play rhyming games together.
- Your child can help to sort laundry; pairing socks, matching shoes, etc. Separating laundry into loads is fun, too (whites, colors, etc.).
- Your child can set the table before mealtime. Practicing one-to-one correspondence is important: a plate for each person, a fork for each, counting out the correct number of items.



**You are your child's first teacher.** Experiences you provide now will help your child start school successfully. Every day is a discovery day, with opportunities to find out new things about the world and how it works. With your help, your child can become an enthusiastic, life-long learner!

# Keeping Kindergarten Children Safe

Each child coming into kindergarten should know:

- Her/his full name, address, and telephone number.
- Parents' full name.
- What traffic lights mean.
- How to cross streets safely; i.e., stop and then look both ways before beginning to cross.
- Parent's approval is required to go to another child's home after school.
- Not to accept a ride or get in a stranger's car.
- Clear, simple after-school routines are important to establish.

**Please:** Whenever there is a change in the routine, be sure to notify the teacher.

## Healthy Children Learn Best

When youngsters are sick, they need to stay at home. If your child has any of the following symptoms, please do not send her/him to school:

- Fever of 100 degrees or more (children should stay home until the body temperature has remained normal for 24 hours)
- Vomiting
- Runny nose
- Swollen glands
- Sore throat or a persistent cough
- Severe headache
- Earache
- Rashes



If your child has a communicable disease, s/he should not come to school. Common childhood communicable diseases include: measles, mumps, chicken pox, whooping cough, strep throat, and scarlet fever. Please call the school to inform them when your child has a communicable disease. For questions about immunizations and other school health concerns, call 4J Health Services at 541-790-7217.

# Enrolling My Child In Kindergarten

These items will be necessary to enroll your child:

**Enrollment Form**, completed with a minimum of one emergency contact other than parent(s).

**Proof of Birth Date (MANDATORY)**

- ORIGINAL Birth Certificate with embossed seal or on watermarked paper
- Passport
- Matricula Consular card
- Oregon Health Plan Document (original, not copy)

**Or TWO of the following:**

- Hospital Record Form
- Women's Infant/Children Program ID card
- Food Stamp ID card
- Social Security ID information that accompanies the SSN card

**Proof of Address** (i.e. EWEB bill, phone bill, rental agreement MANDATORY)

**Completed Immunization Record with a minimum requirement of the following:**

- 1 Diphtheria/Tetanus
- 1 Polio
- 1 Hepatitis B
- 1 Hepatitis A
- 1 Varicella or date of disease (Chicken Pox)
- 2 Mumps, Measles, Rubella combination
- The following will be required to be up to date by February: 5 Diphtheria/Tetanus, 4 Polio, and 3 Hepatitis B

**Physical Exam Form (MANDATORY)**

**Parent Health Evaluation Form**

**Transportation Request Form (MANDATORY - if living further than 1 mile from school)**

If a physical exam is a financial hardship, please contact the school nurse or one of the Health Centers at the four high schools for an appointment (North Eugene 541-790-4445; Sheldon 541-790-6644; Churchill 541-790-5227; South Eugene 541-790-8020)

## Regarding Special Needs

### What to do if my child has special educational needs:

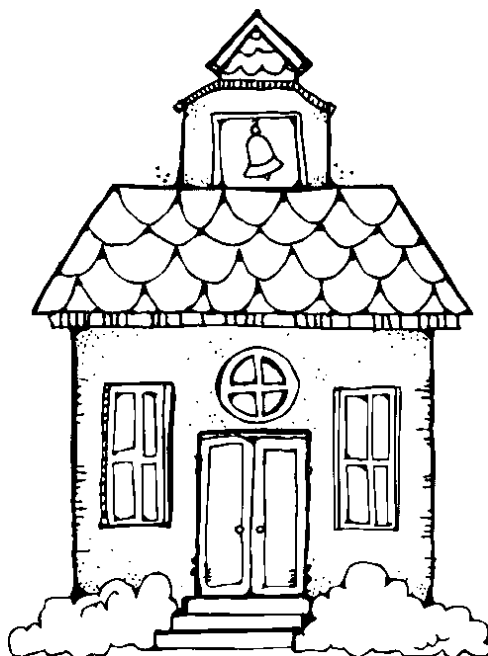
The 4J Early Intervention Team helps create a smooth transition into kindergarten for children with special needs. The team can help determine if children are eligible for special education programs and find the most appropriate program for each student.

If you think your child may need special educational services, please contact the team at 541-790-7800.

### What to do if English is difficult for me to understand:

District 4J has language specialists who are available to help non-English speaking parents to participate in meetings with school people. Your child's kindergarten teacher and the building principal are eager to have you actively involved in her/his beginning school experiences.

If you would like the assistance of a language specialist, call 541-790-7145 or the school's English Language Learner teacher at 541-790-4900.



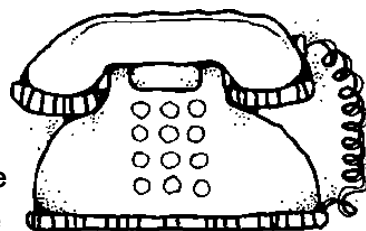
## Maintaining Effective Communication

Parents are their children's most important teachers and advocates. Throughout kindergarten, it is very important for parents and the teacher to communicate closely with one another to help insure a positive introduction to school. Consider the following possibilities:

Visit your child's classroom periodically. Parents are always welcome to spend time in the classroom. Such visits give parents a chance to see how their children interact with others in a learning situation.

Volunteer in your child's classroom. Additional adults to help out can be a welcome resource for the teacher.

Schedule an appointment to talk with your child's teacher. If you have questions about your child's kindergarten experiences or have information for the teacher, schedule a time to talk with her/him. The appointment could be handled face-to-face or over the telephone.



Use a safety pin to pin a note to your child's clothing. If there is information or a request that you want the teacher to receive first thing in the morning, pinning a note to your youngster's clothing is effective.

Drop-ins are not an effective way to communicate important information. There are just too many distractions that can interfere. Scheduling an appointment to meet or talk on the telephone is more effective.



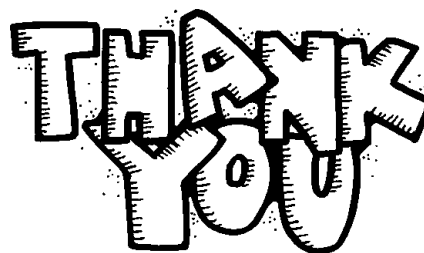
# Volunteering

One of the best ways for parents to sense being strongly connected to their child's kindergarten experience is to volunteer to help the teacher. There are a number of benefits to being a volunteer:

- You may get to know the other children with whom your child interacts.
- You may get to know the parents of other kindergarten children.
- You may get to know other members of the school staff.
- Your child will be proud knowing you made some contribution to a class activity and that you value his/her education.

Not all volunteers spend time in the classroom every week. There are lots of ways to volunteer:

Make cutouts at home  
Help with a school event  
Help with treats or supplies for parties in class  
Help with the library  
Do one-to-one reading  
Help with transportation on a field trip  
Share a special talent with the class  
Get involved in the school's Parent Teacher Organization



Talk with the teacher and together find some way that will work for you.

**All volunteers are required to have a background check on file. Please visit the office to pick up for the form if you do not receive one at the time of registration. Forms can also be found on the 4j website at [www.4j.lane.edu/schools/volunteers](http://www.4j.lane.edu/schools/volunteers).**

## Books That Should Be Read To Children Before KG ☺

Martin, Bill Jr. and John Archambault Chicka Chicka Boom Boom

Martin, Bill Jr. Brown Bear, Brown Bear, What Do You See?

Carle, E. The Very Hungry Caterpillar

Carle, E. The Very Quiet Cricket

Carle, E. The Very Busy Spider

Keats, E. The Snowy Day

London, Froggy series

Numeroff, L. J. If You Give a Mouse a Cookie

Numeroff, L. J. If You Give a Moose a Muffin

Numeroff, L. J. If You Give a Pig a Pancake

Numeroff, L. J. If You Take a Mouse to the Movies

Rey, H. A. Curious George series

Rosen, We're Going on a Bear Hunt

Sendak, M. Where the Wild Things Are

Shaw, N. Sheep series

Wood, A. and J. The Big Hungry Bear

Wood, A. and J. The Napping House

Wood, A. and J. Quick as a Cricket

Books by Dr. Seuss

Nursery Rhymes & Fairy Tales



## Children's Books to Enhance Learning

Anno, M. (1975) Anno's Alphabet

Bayer, J. (1986) A, My Name is Alice

Cameron, P. (1961) "I Can't," Said the Ant

dePaola, T. (1999) Andy, That's My Name

Degen, B. (1983) Jamberry

Ehlert, L. (1989) Eating the Alphabet: Fruits and Vegetables from A to Z

Elting, M. (1980) Q is for Duck

Kirk, D. (1999) Little Miss Spider

Kirk, D. (1998) Miss Spider's ABC

Lobel, A. (1990) Allison's Zinnia

Marzollo, J. (1989) The Teddy Bear Book

Marzollo, J. (1993) I'm Tyrannosaurus

Most, B. (1996) Cock-a-Doodle-Moo

Most, B. (1980) There's an Ant in Anthony

Raffi, (1987) Tingalayo

Rankin, L. (1991) The Handmade Alphabet

Slate, J. (1996) Miss Bindergarten series

# Resources for Parents

## Suggested Authors

Elkind, David

Ellison, Sheila and Barnett, Barbara Ann, Ph.D.

Goleman, Daniel

Grant, Jim

Trelease, Jim

## Web Sites

Education

<http://www.parent-education.com>

Is Your Child Ready for Kindergarten

<http://www.parent-education.com/about.html>

Early Childhood

<http://earlychildhood.com>

Family Education

<http://familyeducation.com>

Eugene 4j School District

<http://www.4j.lane.edu>