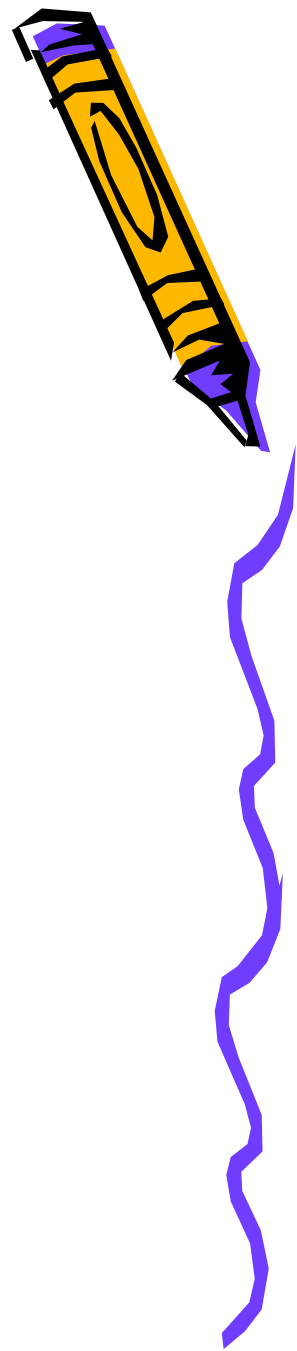


# Welcome Parents!!!

## Kindergarten Kickoff

Mills Park Elementary School

- Mike Regan: Principal
- Anne Pauls: Assistant Principal
- Melinda D'Angelone: Assistant Principal Intern
- Teri Armstrong: Counselor (Primarily K - 2)
- Nancy Stavrakakis: Counselor (Primarily 3 - 5)
  - Moira Conlon: School Social Worker
  - Kristen Johnson: School Psychologist
- Rachel Hintermeister: School Psychologist Intern
  - Tammy Hudson: Nurse



These next days and weeks  
will be filled with a lot of  
emotions...



How are you feeling???

You're not alone!



# It is natural for children to experience some FEARS ABOUT SCHOOL...



- Who's going to help me?
- Will I miss home?
- Will the other kids like me?
- Will the teacher like me?
- What happens when I have to go to the bathroom?
- Who's going to meet me after school?



# Ease those fears by sharing in the EXCITEMENT!!!



- Arrive on time & leave cheerfully.
- Be consistent with modes of transportation & communicate changes.
- Show your interest by regularly asking about school activities & attending school events.
- Listen to what your child has to say.
- Give positive messages by assuring him/her that everything will be ok.
- Ask open-ended questions that encourage dialogue.
- If you would like to speak to your child's teacher, please make an appointment. Most meetings with parents will be virtual at this time.
- Check your child's backpack daily! Important information can be sent home any day, although most information will be sent in TUESDAY folders.

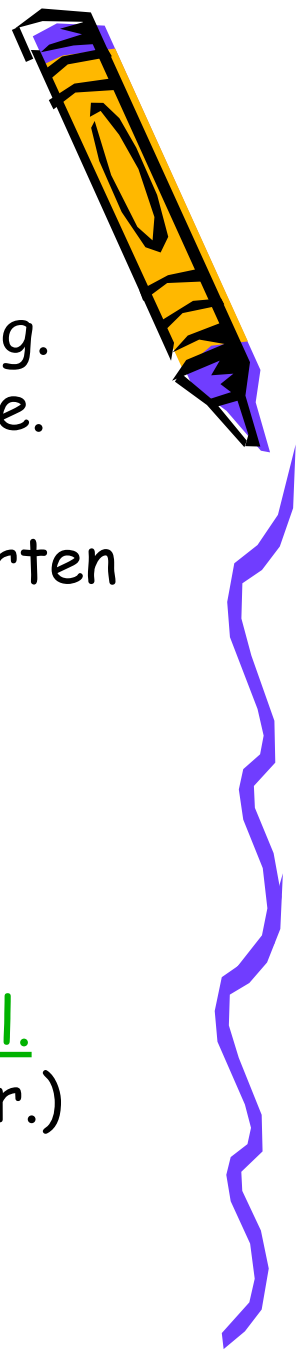


# Stay Healthy

- ~Make sure your child knows proper hand washing.
  - ~Practice wearing a mask over your face and nose.
  - ~Teach them independent bathroom routines.
  - ~Send them in well rested. Children in Kindergarten usually need 10-12 hours of sleep each night. Bedtime routines are very helpful!!!
  - ~Eat together as a family, limit fats & sweets, provide healthy meals & snacks.
  - ~Children should not come to school when sick.
- Refer to [WCPSS Covid 19-Safe Return to School.](#)  
(When in doubt, reach out to your child's teacher.)



\*\*Please let your child's teacher know if your child is out sick.





# Plan Ahead!



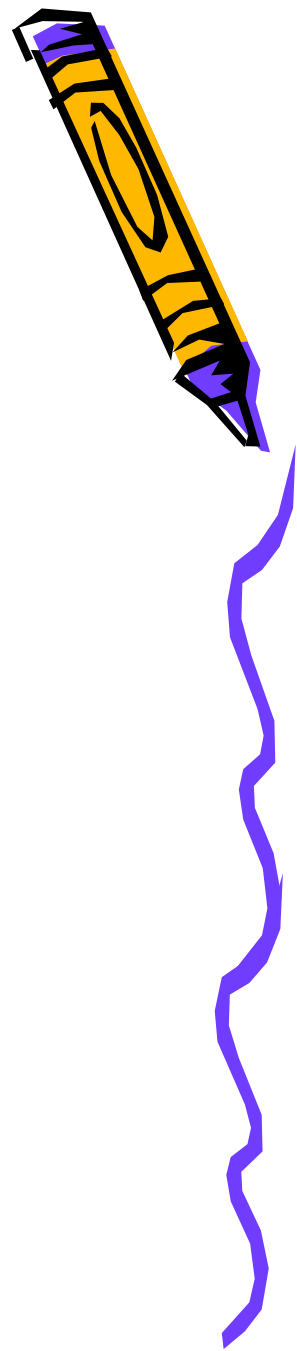
- Dress in layers (for air conditioning, heat, & outside weather).
- Label all hats, coats, sweaters, mittens/gloves, lunchboxes, extra set of clothes, etc...
- Send a healthy snack and refillable water bottle with your child each day.
- Communicate all transportation changes with your child's teacher.



# What is a Typical Kindergarten Day Like?

- Morning work
- Math
- Literacy Time
- Specials- Art, Music, P.E., Media, Computers
- Lunch
- Recess
- Writing
- Social Studies/Science

Your child's teacher will share the exact schedule with you.



# Fostering Independence



- Quick positive goodbyes at the carpool or bus drop off points
- Finding the Classroom
- Zippers, shoes, and coats, oh my!
- Cleanliness & Caring for Self
- Following multi-step directions
- Important Information:

Name, Address, Phone #, Bus  
or Carpool #





# Parent/Teacher Communication

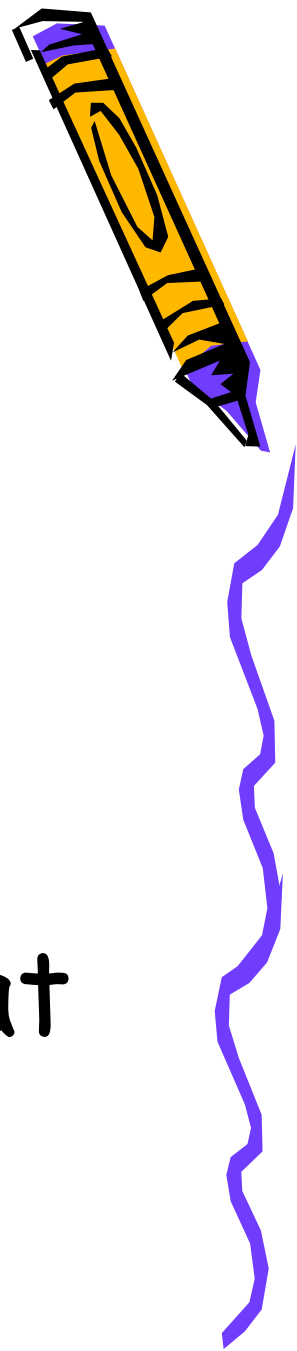


It's essential and should happen on a regular basis!

- Notes & newsletters
- E-mail & phone calls
  - Conferences
  - Report cards



We'll believe half of what  
they say about you...



...if you believe half of what  
they say about us!!

