

Steps to School

Your Source for Kindergarten Readiness in Durham County

Steps to School

Welcome to the spring/summer edition of the Steps to School newsletter, a quarterly pre-k parent newsletter focusing on transitioning to kindergarten. Each issue focuses on a different area of early learning and includes information, activities, events and resources. This newsletter highlights activities that aim to help your child transition into kindergarten and local resources, camps, and programs available this summer.



Preparing for Kindergarten

As your child prepares to start kindergarten it can be an exciting and emotional process for both you and your child. As they leave a familiar setting, such as your home, a preschool class, or child care program, they are getting ready for a new school, a new teacher, new friends, and new experiences everyday. There are many activities your family can do this summer to help your child transition into kindergarten. One of the most important is to visit your child's school before the first day. This is a wonderful chance for you and your child to learn more about the place they will be spending their days. During the visit, talk with your child about how exciting kindergarten is and what you remember from when you were in elementary school. Children love to hear about when their parents were little. Visit fun places at school like the kindergarten classrooms, cafeteria, music and art rooms, library, gym, and the playground. Visiting the school together can make the school a safe place for your child and ease some of those first day nerves.



Additional transition activities:

- Set up a play date with neighborhood kids who will be starting kindergarten.
- Practice "cafeteria-style" eating at a local restaurant.
- Allow your child to practice opening food packages.
- Adjust your child's sleep schedules several weeks before school begins – remember that a child needs about 10 hours of sleep each night.
- Help your child choose a special school bag and label it with his or her name.
- Choose a special spot in the house to complete homework together and to place school things each night.
- Talk about what will happen at kindergarten, including what will be new and what will be the same.
- Add a favorite family photo to your child's book bag for them to keep at school.
- Be positive – kindergarten days are the best days!

Summer Camp Information

Child Care Services Association distributes a Summer Options Guide that provides key information on how to select a summer program that best fits your family and child's needs and interests, as well as listings of camps across the Triangle area and beyond. It is available online at: www.childcareservices.org/fs/finding.html#summeroptions

Durham Parks and Recreation Camp Guide 2011

www.ci.durham.nc.us/departments/parks/pdf/summer_camp_wrapper.pdf

Carolina Parent Camp and Education Fair

www.carolinaparent.com/directories/camps/campedfair.php

Durham County Public Library

www.durhamcountylibrary.org

Main Library

300 North Roxboro Street

Durham, NC 27701

919-560-0100

Hours: Monday, Tuesday and Thursday 9 a.m. – 9 p.m.

Wednesday 9 a.m. - 6 p.m.

Friday 2 – 6 p.m.

Saturday. 9:30 a.m. – 6 p.m.

Sunday 2 – 6 p.m.

How Can I Help My Child Ease Those First Day Jitters?

Positive attitudes go a long way – your child will feel your confidence in his/her ability to succeed. It is important that you are happy and excited about your child starting kindergarten. Your child will follow your lead.

Choices are empowering – let your child make choices about school clothes, food and school supplies. This can help him/her feel more confident and in control.

Breakfast is fuel for your child's body – a good way for your child to have energy throughout the day is to give him/her a healthy breakfast.

Morning rush can be avoided – waking up with enough time to get ready for school makes your home more relaxed. Setting out clothes and supplies the night before works well for many families.



Editors

The Steps to School Newsletter is a joint publication of Durham's Partnership for Children 919-403-6960 (www.dpfc.net) and Durham Public Schools 919-560-2000 (www.dpsnc.net/kindergarten), part of a collaborative Transition to Kindergarten Initiative.



Get Ready for Kindergarten!

Upcoming Events

Countdown to Kindergarten

Free to incoming Durham Public Schools families!

Friday, August 5th

5:30pm-8:00pm

North Carolina Museum of Life and Science

Kindergarten Registration

Register now for the 2011-2012 school year!

Books about Kindergarten

Look Out Kindergarten, Here I Come!

By Nancy Carlson

Froggy Goes to School

By Jonathan London

The Berenstain Bears Go to School

By Stan and Jan Berenstain

Annabelle Swift, Kindergartner

By Amy Schwartz

Mrs. Bindergarten Gets Ready for Kindergarten

By Joseph Slate

Look for activities for each of these books on the DPS Kindergarten Website: www.dpsnc.net/kindergarten