



Dear Parents-

September 1, 2017

Our first full week of Kindergarten was great. It has had its challenges, but we are working on adjusting to being at a new school, with new rules and making new friends. With time, we will get into a smooth routine and life in Kindergarten will truly begin.

One of the most important adjustments of being in Kindergarten is establishing a routine at home. This includes going to bed early (**8:00 p.m. or earlier**), having a big protein rich breakfast and packing a protein rich lunch (**please limit snacks with a lot of sugar**). This will help your child have a great day at school. Skipping breakfast can make kids feel tired, restless, or irritable, which can lead to off behavior. Choosing breakfast foods that are rich in whole grains, fiber, and protein may boost kids' attention span, concentration, and memory. Sugary breakfasts are not ideal for keeping your child going. A good breakfast would be: eggs, oatmeal, breakfast meat, waffles or toast with peanut butter and low sugar jam, Greek yogurt or cottage cheese with fresh fruit, a protein shake, etc...This is a very important year in school. Let's work together to make it a positive one!

This week we had a great time learning what makes a good friend. We made friendship buddies, David portraits and friendship owls. Next week, we will read Chicka Boom and make Chicka Boom trees, counting books, along with making alphabet buddies.

A few things to consider for at home enrichment are: practicing letter sounds and recognition, number recognition and writing letters and numbers. We do this in class, but there is a lot to learn and not enough time in the day to reinforce it as much as it is needed. If you see that your child is struggling with these concepts, please take a little extra time to practice them at home. This will allow for a more positive transition to school based learning.

THANK YOU if you've already contributed to the WCA SMART Fund! We rely on these funds to purchase everything you see in the classroom that supports teaching and learning including art supplies, field trips, snack, etc... Your donation also supports the Art teacher, the Music teacher, the Library and all the programs that aren't funded by state funding. You can donate online or in the main office.

To make a donation online, please go to <http://www.WillowCreekAcademy.org/donate>

Reminders

- Please have your child wear short sleeve uniform shirts on hot days. Layers are great!
- Please do not park in the round about on the back side of the classroom. The day class buses need to get through in the morning.
- Parents are welcome and encouraged to stay for the first 20min of school to help their child with their morning work.
- The classroom opens at 8:15.
- BACK TO SCHOOL NIGHT IS ON SEPTEMBER 7th. **THIS IS A MANDATORY MEETING!** We ask that children stay home with another adult.
- NO SCHOOL on Monday, September 4th.
- Please send a change of clothes in a labeled zip lock bag. (It does not have to be a uniform). If we don't have a change of clothes, you will be called to bring them if an accident occurs.
- Students are encouraged to have a small water bottle at their tables. The water bottle must have a non leaking

mouthpiece to drink from.  . Water bottles without a mouthpiece  spill and make a huge mess. Thanks for your co-operation!

Have a great weekend!