



AUGUST 31, 2018

KINDERGARTEN FRIDAY POST

WHAT'S HAPPENING IN KINDERGARTEN?

Dear Parents,

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 and please no juice**). 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!

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>

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.

Reminders

Please remember to send a sweater or jacket, labeled with your child's name, to school for cold mornings.

- **Please do not park in the round about on the back side of the classroom. The 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 6th. THIS IS A MANDATORY MEETING! We ask that children stay home with another adult.**
- **NO SCHOOL on Monday, September 3rd.**
- 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 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!