



June, 2023

Dear Parents,

PreK is a new adventure and milestone for your child and I want him/her to be as comfortable as possible with the transition to a new school and teachers.

**Helping your child *be as independent as possible and feeling prepared*** will help make the transition a bit smoother for all of you. Now is the time to practice:

- independent toileting and handwashing skills
- coughing and sneezing into elbows and proper use of tissues
- having your child pack and unpack his/her backpack and open snack packages, containers and lunch boxes
- dressing and putting shoes and socks on independently

All of these things help your child feel confident and ready for success.

August is the time for:

- establishing a bedtime routine and a morning routine
- reading a story or playing a calm activity or game to help your child's body and mind calm down before rest time or bedtime
- trying new foods for snack or lunch

Some helpful websites that can make transitioning into a new school a bit easier for your child are:.

- [ZeroToThree.org](http://ZeroToThree.org) - suggestions about preparing your child for preschool
- [Theotbutterfly.com](http://Theotbutterfly.com) and [sensorysmarts.com](http://sensorysmarts.com) - suggestions on how to deal with some common sensory issues such as clothes, noise, delays and more
- [Verywellfamily.com](http://Verywellfamily.com) - suggestions on handling bathroom issues, fears of using public restrooms, flushing toilets, noise, etc.

Some academic skills to practice with your child:

Read every day for at least 15 minutes. Talk about the front cover and ask what he/she thinks the story is about. Look for clues in the pictures and make predictions, name some letters and look for them in the text, talk about what happened in the story when you have finished reading.

Look for letters or numbers on cereal boxes, placemats, etc. Practice singing and saying the alphabet, slowing down at L,M,N,O,P. Practice naming the letters in your child's first name. Form letters and numbers using play dough or modeling clay. Look for letters and numbers when you are grocery shopping or looking at menus.

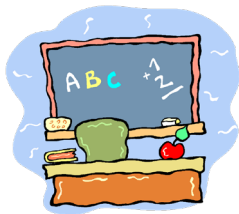
Take walks on the beach and explore the tide pools, go for walks and look for interesting bugs or animal tracks, work in the garden together, go for bike rides, use your imagination and come up with your own adventures. Most importantly, enjoy this time together, relax, laugh and have fun!

Enjoy your summer and all that Cape Cod has to offer!

I am looking forward to seeing all of you again at the play dates. Please contact me via email if you have any questions or concerns.

God Bless you and your families.

Maryann Tremblay



## PreK SCHOOL SUPPLY LIST

\* Change of clothes (blue pants or shorts, white shirt, socks and underwear... **please label all items with your child's name** and place in a zip lock bag with your child's name on the bag)

\*Backpack, not too small please. It will need to hold a lunchbox, a small blanket and stuffed animal and papers. Thank you.

- 2 Boxes of Kleenex tissues
- 1 package of napkins
- 3-4 rolls of paper towels
- 1 box of sandwich or snack baggies
- 1 box/package plastic spoons
- 1 box Band-Aids

All PreK children need to purchase a mat for rest time through SPXS. The cost is \$40.00. These can be purchased during at our Play Date in August.

Due to frequent hand washing I will be asking families to donate paper towels throughout the school year. Three/four rolls of paper towels per family will be a good start for the beginning of the year. I will also be asking for paper products throughout the school year. Thank you in advance for your support and generosity.

If you have any questions, please contact me at [mtremblay@spxschool.org](mailto:mtremblay@spxschool.org) or call the office. Thank you.

Maryann Tremblay  
Pre-Kindergarten Teacher  
M.Ed ECE

**St. Pius X School**  
**Pre-Kindergarten**  
**Summer Reading List Suggestions**

The children entering Pre-K in September are encouraged to share and enjoy a book with their parents every day. Picture books are an excellent source for family enjoyment, and they provide the child with the opportunity to tell a parent the story. I recommend 15 – 20 minutes of reading time each day. The following is a recommended list to assist you when selecting books for your child. **HAPPY READING!**

**Timothy Goes To School** by Rosemary Wells

**Berenstain Bears Go To School** by Stan & Jan Berenstain

**Just Me and My Friend** by Mercer Mayer

**Froggy Goes To School** by Jonathan London

**Love You Forever** by Robert Munsch

**Friends** by Helme Heine

**When I Was Little** by Jamie Lee Curtis

**A Teacher for Bear** by Anne Marie Pace

**Dinosaur Starts School** by Pamela Duncan Edwards

**I Need A Lunchbox** by Pat Cummings

**Leo the Late Bloomer** by Robert Kraus

**What I Like About You** by Colleen Ludington

**The Kissing Hand** by Audrey Penn

**A Pocket Full of Kisses** by Audrey Penn

**Chrysanthemum** by Kevin Henkes

**Clifford** books by Norman Bridwell

**Madeline** books by Ludwig Bemelmans

**Llama Llama Misses Mama** by Anna Dewdney

**1, 2, 3 ZooBorns** by Andrew Bleiman

**Chicka Chicka 1, 2, 3** by Bill Martin Jr.

**Five Little Monkeys Jumping on the Bed** by Eileen Christelow

**Five Little Monkeys Go Shopping** By Eileen Christelow