

## PreK ORIENTATION

### Welcome: Goals

1. Positive learning experience, developing self-help skills such as unpacking backpack, hanging up backpack and coat, toileting and washing hands, taking care of own belongings, learning to be a kind friend and develop social skills such as helping a friend, learning to problem solve and share, manners, taking turns, self control and beginning to develop listening skills and academic skills, develop a positive self image and a love of learning, following directions
2. Beginning to say prayers, Sign of the Cross, Hail Mary, Our Father, Guardian Angel prayer
3. Positive transition into school, developing independence and coping skills
4. Learning to express feelings
5. Beginning writing and reading skills, journals, writing names, when ready writing words, reading classmates names-jobs
6. Beginning math and science skills, counting to 10, calendar, weather, painting, coloring mixing colors, block play, building structures, ramps, trains, dinosaurs

Communication Folder, Birthdays and Birthday Book, Snacks and Food allergies, Lunch, Newsletter, Calendar, Notes from the Office, Uniforms

Things to Work on over the Summer: independent toileting and hand washing, coughing and sneezing into elbow and using tissues, opening snacks, containers and lunch box, dressing self and practice putting on shoes and coats, resting quietly, meeting new people

Morning Drop Off Routine and Dismissal, After Care, Bus

August: Begin to practice ready for school, establish a bedtime routine, read story or calm down activities, establish a morning routine and practice getting up at a certain time, breakfast, dressing, packing lunchbox and snack, etc. Sitting for Circle Time, pretzel legs

Please let us know if there are any issues we should know about, bathroom, sensitivity to noise, clothes, allergies, new baby, etc.

### Helpful Websites:

[Zerothree.org](http://Zerothree.org) - suggestions about preparing your toddler for preschool/prekindergarten

[Theotbutterfly.com](http://Theotbutterfly.com) and [sensorysmarts.com](http://sensorysmarts.com) - sensory issues such as clothes, noise, delays and more

[Verywellfamily.com](http://Verywellfamily.com) - bathroom issues, fears of using public restrooms, flushing toilets, noise, etc.

Please contact me with any questions: [mtremblay@spxschool.org](mailto:mtremblay@spxschool.org)