

Welcome to



First Grade

A Guide for Parents of First Graders

Shamona Creek Elementary School

Welcome to First Grade!

Your child is about to embark on another "first" milestone - **FIRST GRADE!**

This is such an exciting time in your child's life. It is when they become one of the "big kids". It can also be a time filled with many questions for first time first grade parents. We thought a parent's guide to first grade would be a helpful resource. You will find information about:

- Typical day
- Preparing your first grader
- Recess/playground rules
- Cafeteria information
- Dismissal procedures
- What did you do today?
- Social skills information
- Other helpful information
- Volunteer opportunities

We hope you find this information useful, whether you are a newcomer or a "seasoned veteran". Please remember this is meant to be a general guide. If you have any specific questions, please don't hesitate to contact your child's teacher.



A Typical Day

Students are expected to be at school at 8:45. If they arrive earlier, students should report to the multi-purpose room and will be dismissed from there to the classrooms. School starts at 8:55. If a student arrives after 8:55, the parent escorts the student to the office and signs a tardy slip. That slip will admit the pupil into class.

8:55-9:00	Morning announcements
9:00-11:00	Classroom instruction
11:05-11:20	Morning, recess; students will bring a nutritious snack from home to eat before or after recess. Don't forget to send a snack on the days they buy lunch! Some snack suggestions: crackers, pretzels, fruit, cheese, raisins, graham crackers, vanilla wafers, granola bars, Ritz bits, marshmallows, goldfish and popcorn. Please try to avoid sugary snacks such as candy, cookies, and gummies. Our lunch is not until 12:45. A healthy snack helps rejuvenate us halfway through the morning.
11:20-12:45	Classroom instruction
12:45-1:30	Lunch and afternoon recess
1:35-2:25	Encore subject areas (art, music, gym, library)
2:30-3:15	Classroom instruction
3:20	Dismissal



Preparing Your First Grader for First Grade

Many things that you do at home on a daily basis will help your child the most. The activities described below benefit all children:

- Read to your child every day. Set aside a special reading time. Tell your child you look forward to and enjoy your reading time together. Children who are read to - READ!
- Listen to your child. Oral language experience is also a foundation for literacy.
- Make time to play with your child.
- Solve problems with your child, instead of for him/her.
- Have your child count everything and anything - together predict before counting.
- Write stories out as your child dictates them. Children love to see their ideas in print.
- Encourage your child to write - grandparents love to get these treasures!
- Praise your child whenever possible - be specific with your praise.
- Talk with your child about school and everyday events.
- Supervise homework. Give your child a quiet place to work, and check that assignments are completed.
- Make homework a "top priority."
- Help your child establish homework habits that promote responsibility.
- Read and discuss schoolwork with your child.
- Provide materials for creative projects (e.g., crayons, pencils, paper, paint, scissors, etc.)
- Limit your child's television watching. Turn the television on for a specific show, and then turn it off immediately after the show is over.
- Limit your child's video game playing time - use a timer or have it be an earned privilege.
- Encourage exercise and good nutrition.
- Broaden your child's horizons by taking him/her to parks, museums, libraries, zoos, and historical sites. All these places offer fun learning experiences.
- Tell your child education is important - encourage your child to do well in school.
- Children do not know intuitively how to behave - kindly but firmly teach your child.

- Help your child get a library card from the public library - make sure you have a library card too! Take your child to the library as often as possible and share what you have read together!
- Model how to pick out interesting books to read and keep them in a special place.
- Write notes to your child. Leave them to be found in special places - under pillows, in lunches, or in favorite books.
- Encourage your child to keep a scrapbook about a subject that interests him/her or about places visited on family trips.
- Give your child a calendar to write down special events and mark off each day.
- Give your child specific duties at home to perform on a regular basis.
- Invite your child to help you prepare dinner.
- Cook or bake together to teach about counting, measuring and patterns. Play games that involve comparing sizes, shapes, and lengths.
- Subscribe to a children's magazine in your child's name - great gift idea!
- Look up words in the dictionary with your child.
- Encourage your child to show his/her schoolwork to your friends or relatives.
- When traveling, read road signs with your child. Discuss what they mean.
- Show your child how to use a yardstick ruler, and tape measure to measure things around the house.
- Show your child how to tell time.

HUG YOUR CHILD EACH AND EVERY DAY!



Recess / Playground Rules

General Rules:

Respect others

No rough play

No pushing, kicking, or grabbing

No football or tackling

Walk on the mulch areas

No use of the green snake

No use of the rings

No use of the area closest to the school

No use of the monkey bars

Swings:

Sit and swing straight

Wait on the edge of the mulch for a turn on the swing

Count to 100 when waiting for a turn on a swing

Slides / Equipment:

One at a time on the slides, stepping stones, and rock climber

Go up the slide steps only

Feet need to be first when going down the slides

Sit while going down slides

Follow the direction of the arrows on the equipment

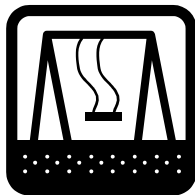
Field Area:

No touching/hanging on soccer nets

Bathroom Passes:

Teacher have bathroom and nurse passes

Please direct these needs to a teacher on duty



Cafeteria Information

Information about the computerized Point of Sale (POS) lunch account system will be sent home at the beginning of the school year. However, if you want a heads up, please go to www.dasd.org (Departments, Food Services, For Parents) for general cafeteria account information. This is the safest way for your child to purchase lunch/snack/milk throughout the year. It eliminates lost lunch money and keeps the lunch line moving.

Lunchtime is one half hour followed by a fifteen-minute recess.

Your child will be provided with a pin number. Please help her/him learn this number. When you send in money for your child's lunch account, please place it in an envelope with your child's name, class, and pin number.

At the beginning of the year, fifth grade buddies will guide students through the lunch line until they feel comfortable to purchase lunch on their own. Additional staff and volunteers will be available to help student learn this routine.

Your child will be sitting with her/his classmates at an assigned table. Students will be encouraged and expected to use appropriate table manners and clean up after her/himself.

Please label your child's lunch box with her/his name.



Dismissal Procedures

If your child is going to go home in any other way than your original transportation arrangements, your child **MUST** bring in a note.

School policy is to send your child home on his/her regular mode of transportation if the teacher does not receive a note. If an emergency change occurs during the day, please notify the office.

During the first two weeks of school, fifth grade buddies will be assigned to escort your child to the buses.

As outlined in the parent handbook, all students being picked up must be signed out on the sign out sheet outside the office window.

In the event of a change in dismissal time, parents will be notified via a phone chain that will be established in the beginning of the year.

You may sign up for notification of arrival or dismissal changes at the transportation link at www.dasd.org.



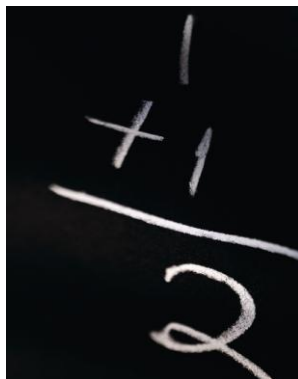
What Did You Do At School Today?

That age old question!!!

Every day parents ask their children what they did at school. Every day students answer, "Oh, nothing" or "Stuff" or "I can't remember."

Try asking these specific questions to get real and informative answers:

- What was something nice you said to a friend today?
- What did you do in math?
- What good book did your teacher read to you today?
- Who did you play with at recess today?
- What did you write about today?
- What was your favorite part of the day?
- How are you going to make tomorrow even better?
- What centers did you go to?
- Who did you sit beside at lunch today?
- What did you learn in science?



Social Skills Information

In general, most children entering first grade know how to:

- Take turns and share - this is a key to learning patience and respecting the rights of others
- Work in groups - successful group activities require kindness and cooperation - important skills for success in first grade
- Follow directions - your child can remember instructions and carry out tasks after being told once
- Show respect - this includes respect for both the teacher and other students
- Ask for help - first graders are able to ask for and give help
- Express feelings - generally, first graders can say out loud that they are sad, happy, worried, etc.

You can help your child develop good social skills!

- Build self-esteem - children who feel good about themselves do better in school. Say things like "I'm glad to be your parent" and "You did a great job on that project" early and often.
- Promote social growth - encourage your child to play with other children in the neighborhood and participate in community activities.
- Include your child in family projects - have your child help you prepare a special meal or plan a family gathering.
- Set a positive example - show what it means to be caring and to get along with others.
- Talk with your child often - be sure to ask about school each day. It shows that you think school, and your child, are important.

Remember, you are your child's most important role model.



Other Helpful Information

General Supplies

Here is a list of general supplies you will need for your first grader. Specific lists will be posted on individual teacher websites over the summer. Most teachers will also send a list with a letter of introduction later in the summer.

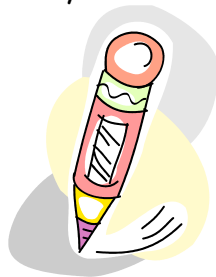
- Please send a back pack to school with your *child everyday*. Mark your child's name on it with a permanent marker. ***Be sure to put their names on all other belongings also, including lunchboxes, coats, hats, etc.***
- An adult-sized t-shirt with your child's name on the front and back. The smock will be used for art class. Use permanent marker to apply name in bold letters on the shirt.

Birthday Celebrations

With the implementation of the District Wellness Policy, the 1st grade teachers recommend birthday celebrations with non-food items. However, we do want to celebrate each child's birthday and acknowledge each student's special day. Other options such as erasers, glue sticks, pencils, bookmarks, reading to your child's class or donating a book to your child's classroom library are possible substitutes for food items. The birthday student's name will be read over the morning announcements and will be posted on the scrolling sideshow on the TV. The birthday child may also wear a silly hat letting everyone know that it's their birthday. We feel this will make each child feel special while providing the most effective learning environment.

Conferences

1. You will be able to sign up for the first trimester conferences on Back to School Night.
2. First trimester conferences will be scheduled for early December.
3. Specific times will be available in your child's classroom on Back to School Night.



Volunteer Opportunities

First grade needs help during morning recess and lunch/recess.

Recess duties involve monitoring morning recess to help our first graders stay safe. We ask that you make a commitment on a regular basis. If you can commit to once a week, once every two weeks or even once a month, we want you!

LUNCH/RECESS duties include helping during lunch then accompanying the children outside for afternoon recess. Students often need help opening juice boxes or packaged lunches and additional adult hands are very helpful. First graders sometimes need to be reminded to continue eating lunch since they have a limited time frame. If you can make a commitment on a regular basis we would be deeply grateful.

You will be asked to sign up for these volunteer opportunities at the beginning of the school year. We will also ask you for specific days and the frequency that you can volunteer. Please give this some thought and volunteer!

You may also have the opportunity to help as a homeroom parent for your child's classroom. Special events such as parties and field trips will also require additional help.

