



Kindergarten Connection

"My New School
Community"



Community School of Davidson
Mrs. Humphries Class
September 5, 2011

Willoughby Wallaby Woo, an elephant sat on you! Willoughby wallaby Wee an elephant sat on me! This week we have worked on learning each other's names and learned about writing our own names in the "school" way (a capital letter only at the beginning.) We will have also had some fun playing with language as we rhyme, clap syllables, count letters and study phonograms. We will begin our work with Marvelous Me this week. Each week one or two children will be celebrated and we will spend extended time getting to know each child. We will also use the letters in that child's name to help us learn about letter formation, letter names and sounds.

Counting Collections The beginning understanding of mathematics comes from being able to count quantities of objects. The great thing about this is that kindergarten children are natural collectors! They love to collect rocks, buttons, shells, matchbox cars, stuffed animals, littlest pet shop pets, beads etc. A great way to do homework in kindergarten is to have your child count collections of objects – pennies, pencils, candles, noodles, cereal pieces, etc. We learned about counting strategies this week and ways to keep track of our counting. While some children are working on counting objects to 15 others are working on larger numbers. Here are some strategies we discussed: moving objects to count instead of just looking at them or pointing to them, saying one number for one object, lining up objects or otherwise organizing them before or during counting, rechecking by counting again to confirm the amount and remembering the number of objects counted. One place kindergarten kids sometimes get "tricked" is while counting in the teens. Practice this with your child by having him or her slow down and attend to the difference between thirteen and fourteen. These are often articulated as "firteen, firteen" when counting quickly or sometimes fourteen is skipped entirely.

Homework for Kindergarten This week we will begin sending home a book each night for a nightly read aloud. The purpose of this is four-fold. First of all, reading is fun! It is a lovely way to share some snuggle time, some giggles and some rich conversation. Secondly, your child will begin the practice of being responsible for bringing something home and something back to school each day. I encourage you to make this your child's responsibility. The putting in and taking out of the reading bag may seem like an insignificant thing, but you are actually laying the groundwork for future routines and responsibilities. As children age through school, this gradual taking on of responsibility increases and I promise the time you take now to set up routines and procedures will pay off big time in future years. I encourage you to have a place for the book bag and a routine for unpacking and repacking, with your child gaining more and more responsibility. I would expect that for most children this would be an independent process by about December. Please resist the temptation to completely do this for your little one. Helping your child develop independence is crucial to future school success and also develops your child's "I Can Do It" attitude. Thirdly, this nightly reading is setting your child up for future reading success. The U.S. Department of Education in its report *Becoming A Nation of Readers* states "The single most important activity for building the knowledge required for eventual success in reading is reading aloud to children." Finally, the importance you place on this simple nightly reading task communicates volumes to your child about the importance you place on his or her school work. When children get the message that success in school is a high priority in your family, kids will internalize that value and their behavior will align. It is really simple now, but I promise if you establish these routines and priorities in kindergarten you will thank yourself in middle and high school.

Just say NO to W- Sitting!!! Why criss-cross applesauce? Have any of your children complained about having to sit with crossed legs on the carpet and anytime we are on the floor? I want to take a moment to explain this to you, so that you can help with this at home. During whole and small group instruction I do ask children to sit criss-cross instead of W-sitting (sitting with bottom between legs and legs bent backwards.) W-sitting is highly discouraged by orthopedists and can be an indicator of core body stability issues. If your child likes to regularly W sit, please read this article

<http://www.pediatricservices.com/parents/pc-22.htm> I have other articles posted on my website that goes into further detail and other seating options until the core is strong enough for prolonged criss-cross sitting.

Our new poses for our exercise game this week are:

Jet Plane Cat



Down Dog



Have your child try these at home. They can be quite difficult to perform correctly while also holding balance. Sometimes kids modify the pose in order to gain balance – this is especially true of the surfer pose from last week. In addition to wonderful fun, these poses are great work for the core of the body. Here is an interesting article about the importance of a strong core body in children
<http://www.livestrong.com/article/174296-core-strength-training-for-kids/> There is a connection between a weak core body and stamina/ control during writing task.

Snacks/Lunches

Yay for you! Lunches and snacks this week have been nutritious and have provided good source of protein. One suggestion would be to let your child have some input into lunch choices. We have had a few unhappy eaters this week because they did not like or did not expect an item in the lunchbox. Usually when this happens we help the child write you a note to communicate this. It would also be helpful if you would mark snack, so that your child is clear about which items you intend them to eat for this. On-line hot lunch orders are available on the CSD website www.csdnc.org. (follow these links elementary school, for our parents)