

# Welcome to Kindergarten!

Here is information and tips to know before beginning kindergarten at Forest Park this September. Questions can be answered on school tours or when you meet your child's teacher.

## Lunch Information

- Students have 25 minutes to eat lunch. There are teachers to assist at lunchtime.
- Students can bring lunch from home or purchase a school lunch in the cafeteria.
- Visit <https://www.pps.net/nutrition> to learn more about school lunches and add money to your student's account.
- Practice opening containers, lunch boxes and packages independently.
- Repackage hard-to-open items into kid-friendly containers for easy access.
- Send a separate drink with the lunch--practice opening this independently.
- Don't be surprised if a few leftovers come home. Students are excited to talk and meet new friends in the cafeteria!
- Label all lunch boxes and water bottles.

## Additional Considerations

- Make sure your child can use the bathroom unassisted.
- If you can, try to practice in public restrooms. Show them how to use the bathroom: stall, urinal, sinks. Get them used to the sound of flushing a public toilet.
- Send a leak-proof, classroom water bottle each day. Water only--no juice or milk.
- Pack a small, healthy snack each day. Please no containers of applesauce or yogurt--squeeze pouches are okay.

## Transportation

- Discuss with your student how they'll be going home so they know.
- All kindergarteners will be released to an adult (teacher or parent) at the end of the day for safety.
- End of the day dismissal options: Lobby pickup, School Bus, Private daycare, Kidspace.
- Visit <https://www.pps.net/bus> for school bus information.

## Classroom Information

- There are no supplies to purchase--the teacher has them to start the year.
- Students do need an elementary-sized backpack that can flatten to fit in classroom lockers.
- Clearly label all jackets and coats with your student's name.
- It may not hurt to put a change of clothes in a ziplock in your child's backpack for accidents & spills.

## School Transition

- The first weeks can be tough. They'll come home excited, tired and hungry. Allow time and space for your child to process all this new excitement.
- This is a big step for parents too. If you need to cry, please wait until they're in the school. Your tears will worry them. We promise to love and take care of them too!