

Welcome  
to Pre-K!

# My School



**This week, children will be introduced to their classroom, their teacher, their classmates, and to the school campus.** By the end of the week, children will begin to feel right at home in their new school family. To help us get to know your child better, please complete and return the "Getting to Know Your Child" questionnaire. We are looking forward to an exciting year together!



**Each week, we will be learning many new words.**

We will focus on one special word each week called our "Word of the Week." We will use this word many times during our classroom day. Try using this word at home, too. You might say to your child: *Can you tell me the names of some of your classmates? What did you do at school today with your classmates?*

## Word of the Week

classmates • compañeros de clase

*Classmates are members of the same class.*

**This first week of school will be very exciting for your child** with so many new things to learn including new school routines. We will be talking about routines your child does at home to get ready for school, such as getting dressed, eating breakfast, and brushing teeth. Review with your child how he or she gets ready for school. Ask: *What do you do first? Next? Last?*

**We will also learn new school routines** that will be a part of your child's daily experience with his or her School Family. These routines will include:

- Uniting together during the morning **Greeting Circle**
- Exploring at **Practice Centers**
- Listening to **Read-Aloud** stories
- Exploring new **Math** ideas
- Dancing and singing during **Music and Movement**
- And so much more!

**Our special classmate is Fanny Frog.**

She is a lovable frog puppet that children will interact with daily during their classroom experiences.



**S.T.A.R.**

Smile  
Take a deep breath  
And  
Relax

**Throughout the year, your child will learn calming strategies.**

These strategies will help your child learn to manage feelings and deal with them in appropriate ways. Review S.T.A.R. breathing with your child: *Take in a deep breath by inhaling through your nose as if smelling a flower. Then pretend to blow out a candle as you exhale and let the air out.*

**Coming Next Week: We will learn about our amazing bodies!**