

PRESCHOOL PRESS



A Publication of the Anchorage School District STeP Center and
the Early Childhood and Elementary Special Education Department

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In This Issue. . .

In this issue of Preschool Press you will find articles for parents of preschool children on the following topics:

- * Frequently Asked Questions: Kindergarten
- * Tips for Summer Safety
- * Developing a Love of Reading
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- * Upcoming Events and Opportunities

About The Preschool Press

This publication is designed for preschool families in the Anchorage School District. It is mailed each month. E-mail subscriptions are also sent out so if you wish to receive this mailing, contact: loutrel_barbara@asdk12.org or call 742-3868.

Past Copies of the Preschool Press can be found on www.asdk12.org/dept/step

Frequently Asked Questions: Kindergarten

Question: Do I need to register my child for kindergarten since s/he is already attending preschool?

Answer: Every child, regardless of whether they are currently enrolled in an ASD school must register on August 7-9, 2007. Register at the school your child will be attending. Students who are not registered will NOT be placed on a class list prior to the first day of school. Here's the registration schedule:

August 7, 8, 9 ... 9am-3:00pm

Evening Registration: August 8.... 7pm-9:00pm

Question: What do I need to bring for registration?



Answer: Kindergartners must be 5 years old on or before September 1. Documents required for registration:

- * Birth Certificate (copy acceptable)
- * Current immunization records: (www.asdk12.org/Parents/index.asp#new)
- * Physical examination: (www.asdk12.org/Parents/index.asp#new)
- * Current physical and mailing address and phone numbers of students and parents
- * Names and phone numbers of emergency contacts and individuals who may pick up the child from school
- * Copies of legal papers if there is a custody situation

Please bring your child's ASD ID number OR tell the school that you child was enrolled as a preschooler, so they do not create a second ASD ID number.

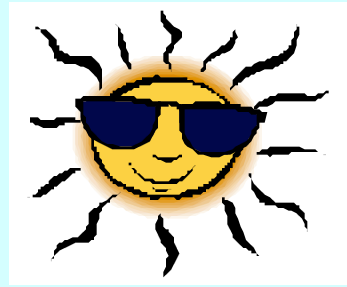


Question: Will I get to meet my child's teacher?

Answer: Kindergarten teachers will meet individually with parents and students for a brief orientation and assessment activities the week before school starts (August 22-27, 2007). During the orientation conference, parents will complete a questionnaire and students will participate in several activities. The first day of school for kindergarten is August 28, 2007.



Tips for a Safe Summer



Ah, summer: Splashing in the pool, rolling down a hill, capturing bugs with a butterfly net, and triking up and down the driveway. Summer is high season for fun - but it's also the number-one time for accidents and injuries. In fact, nearly three million kids will wind up in the emergency room this summer. Here's how to make sure yours isn't one of them:

Bring on the beverages: Going too long without fluids can lead to fatigue, dizziness, and headaches. So for every hour of outdoor play, host a drink break to prevent dehydration - even if your child says s/he's not thirsty.

Beware of bugs: Nothing puts a damper on a summer day faster than a bee sting. To deter bees and wasps, dress your child in light-colored solid fabrics (bees are attracted to dark colors and loud prints). In case s/he gets bitten anyway, take a minute to learn how to treat bee stings and insect bites. If your child is playing in grassy or wooded areas, dress in closed shoes (not sandals), long pants, and a long-sleeved shirt, and tuck pants into socks to safeguard against leg bites. For added protection, apply an insect repellent containing 8 to 10 percent DEET to clothing, socks, shoes, and - sparingly - on exposed skin (though never on the face). At the end of the day, thoroughly examine her skin and scalp for ticks. Call the doctor if you find a tick that may have been in place longer than six hours or if your child develops a bull's-eye-shaped rash or a fever.

Go for the gear: Up to 75 percent of kids' bicycle-related deaths could be averted by wearing a helmet. Also make sure that the helmet fits properly. It should be centered on the top of the head with the strap buckled and snug enough that it doesn't rock back and forth or side to side.

Be water-wise: What's summer without the sound of kids splashing in a pool, lake, or at the beach? Even so, a child can become submerged in seconds, lose consciousness in two minutes, and sustain permanent brain damage in only four minutes - the time it takes to grab a towel, answer the phone, or sign for a package. So never leave your child unattended in or near water (including small "kiddie pools" with just a few inches of water) - even for a *second*. The same rule applies if s/he's wearing water wings or has taken swim classes, which often gives parents a false sense of security. Also, don't assume that your partner is watching - always designate a "lifeguard" when kids are in or near the water.

Slather on the sunscreen: Because your child's tender skin is so susceptible to sunburn, it can take just ten minutes to turn redder than a boiled lobster. Even in Alaska-it could happen!

Beat the heat: As tempting as it may be, *never* leave your child in the car while you dash into a store or business no matter how short.

Don't assume your playground is safe: What would summer be without daily trips to the playground? Be careful not to let your guard down here, though - every year, nearly 500,000 kids are treated for playground-related injuries. A fall from even a low structure onto concrete or hard ground, for instance, can cause broken bones or head injuries, so frequent playgrounds with mulch, wood chips, sand, fine gravel, or rubber matting materials. Another key to playground safety: appropriate dress. Loose threads, drawstrings, and hooded clothing can catch on equipment and pose a strangulation hazard. To avoid this danger, dress your child in close-fitting but comfortable clothes, free of drawstrings or other extraneous material.

Buckle up: Summer is the season for road trips, both long and short. But don't leave the driveway until your child is strapped safely in the car seat.

Prevent painful rashes: When your family is hiking or exploring wooded areas, teach your child to steer clear of plants that may cause rashes or itchy spots. In Alaska we have plants such as Devil's Club or Cow Parsnip. To be on the safe side, dress your child in long pants and a long-sleeved shirt before heading into the woods. Keep in mind, too, that s/he doesn't have to make contact with the plant itself - touching clothes or shoes that have urushiol (the irritating oil that causes allergic reactions) on them can be enough to cause a painful outbreak. So be sure to wash clothes and shoes after a day in the woods.

Source: <http://parentcenter.babycenter.com/refcap/preschooler/psafety/64862.html>

Developing a Love of Reading

A home filled with reading material is a good way to help kids become enthusiastic (and proficient) readers. The seeds to grow a love of reading can be planted during early childhood. If you are not sure about good book selections for your young child, your local librarian can offer suggestions about age-appropriate books.

Here are some other tips to help your child develop a love of reading:

Keep a varied selection of reading material. Collect cloth books, board books or books with mirrors and different textures for very young children. Young children can also look at illustrations in books and ask questions as they follow along while you read.

And don't limit reading material to books. Kids might also enjoy:

- o magazines (for kids)
- o audio books
- o postcards from relatives
- o photo albums or scrapbooks



Keep reading material handy. Keep sturdy books with other toys for easy exploration.

Books near the changing table and high chair can be helpful distractions for younger kids at appropriate moments. Plastic books can even go in the bathtub. Keep books next to comfy chairs and sofas where you cuddle up so you can read after meals and naps.

Create a special reading place. As kids grow, keep age-appropriate books and magazines on shelves they can reach in their favorite hangouts around the house. Create a cozy reading corner, and encourage kids to use it by setting up "reading corner time" each day.

It is important to remember that not all young children enjoy being read to. Do not be discouraged if your active child does not want to sit for stories. Keep offering the opportunity. Your child may learn to appreciate this activity over time.

Summer Preschool Storytime

Call to get information on Preschool Storytime at the library or local bookstores:

Anchorage Municipal Libraries:
Call to get information on their Storytimes

Z.J. Loussac: 343-2975
Chugach-Eagle River: 694-2500
Mountain View: 272-4867
Samson-Diamond: 343-4049
Scott & Wesley Gerrish Library:
343-4024



Borders Books:
1100 E. Dimond Blvd
344-4099

Barnes & Noble Bookstore
200 E. Northern Lights Blvd.
279-7323

Title Wave Books
1360 W. Northern Lights Blvd.
278-9283



Upcoming Events & Opportunities

Midnight Sun Assistive Technology Conference 2007

*Hosted by: Assistive Technology of Alaska (ATLA)
Anchorage Egan Center
August 7th to 9th, 2007.*



*Website link: <http://www.akatconf.com>
Email: information@akatconf.com*

*Questions: Coordinators Inc. (907) 646-900
Sun for this one of a kind opportunity, all while visiting the beauty of Alaska.*

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Email: information@akatconf.com*

*Questions: Coordinators Inc.
(907) 646-900*

Preschool Sports & Stories
May 24-June 7
10-11am
Kincaid Park Chalet
Ages 3-5 yrs.
\$5 a class or \$14 a session
max enrollment: 8

Call Shannon Koszarek: 343-6566



"Supporting Families Who Care for Children with Special Health Needs"

Stone Soup Group:

Fetal Alcohol Spectrum Disorders training:

FASD 101:

Wednesday, June 13, 12-4 pm
Wednesday, August 15, 12-4 pm
Mondays, October 15 and 22, 6-8
Monday, December 3, 12-4 pm

FASD 201:

Mondays, May 14 and May 21, 6-8
Wednesday, September 12, 12-4

For more information call:

907) 561-3701
or toll-free 1-877-786-7327