



# Kindergarten Round Up

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Anchorage School District



Namaste مرحبا Bem Vindo Selamat Datang  
Croeso Willkommen  
Bienvenidos Bienvenue Welcome Bienvenidos أهلا وسهلا  
Benvenuti Welkom Bem Vindo  
Bienvenue مرحبا Welcome Welkom Croeso  
Bienvenidos أهلا وسهلا مرحبا أهلا وسهلا Namaste  
Selamat Datang Welcome Bienvenue Bem Vindo  
Willkommen Benvenuti Willkommen Selamat Datang Croeso  
добре дошъл Benvenuti Willkommen  
Καλώς ήλθατε Benvenuti

# Kindergarten Transition

*excitement, worry, hesitation,  
concern, scared, hopeful, happy,  
thankful, sad, grateful, joy,  
anticipation*

Staff introductions and  
information

Fall registration and school  
activities

A day in kindergarten

How you can help at home

Ways to help your child  
transition smoothly

# ASD Staff



- **Preschool Director:** Chelsea Mauro
- **Preschool Supports:** Kimmer Ball, Beth Snyder, Molly Hayes, Katherine Staples
- **Principal Rep:** Deanna Beck, Northwood Elementary
- **Front Office Rep:** Pam Johnson, Elementary Education
- **Kindergarten Teacher Rep:** Alexa Mestas, Tyson Elementary/ Chantelle Filoialii, Nunaka Valley
- **Nurse** - Lanaee Dunn, Chester Valley

# Front Office

## What information do you need to registration for kindergarten?

- [www.asdk12.org](http://www.asdk12.org) → Families Tab→Enrollment→New Students→Pre-Enrollment
  - Beginning July 15, 2021

### Meet Requirements

- Resident of Muni of Anchorage
- 5-years-old on or before Sept. 1, 2021

### Find My School

<https://apps.asdk12.org/AddressBoundary/2018SchoolFinder.aspx>

### Gather Documents to Upload

- Proof of residency in Muni of Anchorage
- Immunization records
- Birth certificate



# Returning Students

- Re-enroll through Q/Parent Connect
- Can access enrollment for 21-22 beginning April 26, 2021

## All Students

*Apply for free/reduced lunch after July 1, 2021 at [www.asdk12.org](http://www.asdk12.org) →  
Departments → Student Nutrition*

# Nurse

## What medical information do you need to provide to the school?

- Health History Form and current immunization record
- Allergy information - Student Nutrition menus/ingredients available online
- Medical history
- Emergency contacts
- Forms and policies: <https://www.asdk12.org/Domain/1216>

*Physical exams are not required for school entry.*



# KEEP ASD SYMPTOM FREE



## At Home Health Screening for Parents and Guardians

Ask these questions at home before sending students to school. Anyone who answers "yes" to one or more of these questions must not enter the school or participate in a school sport or activity.

**1** Within the last 10 days, have you been diagnosed with COVID-19 or had a positive test for the virus?

**2** Have you had any of these symptoms in the last 24 hours?

- Fever (defined as a temperature 100.4F or higher)
- Chills
- New trouble breathing or shortness of breath
- New cough
- Diarrhea
- Abdominal pain
- Vomiting
- Fatigue
- Joint pain
- Muscle aches or body aches
- New rash
- Loss of taste or smell
- Sore throat
- Headache
- New congestion
- New runny nose

**3** Do you live in the same household or have you had close contact in the last 14 days with someone who has tested positive for COVID-19? Close contact counts if you have been within 6 feet for more than 15 minutes (cumulative over 24 hrs), or if someone from public health contacted you to let you know you are a contact.

*Note: If a child or staff member lives with someone else who was named as a contact, it is okay for the child or staff member to go to school. We do not quarantine contacts of contacts.*

STAY HOME or go home immediately if the answer is YES to one or more questions above. The next step is to call a doctor and consider getting tested for COVID-19. Do not go to the doctor's office without calling first. Seek emergency care immediately for difficulty breathing, chest pain, confusion, sleepiness, or other severe problems.

Parents / guardians should follow the Return to School Options pathway (see reverse) to determine when to send students back to school. DO NOT send student to school with any of the above symptoms.



Anchorage School District

Learning All Students Do. Service to Life.

www.asdk12.org

# When should your child stay home?



# Returning to School

## Return to School Options

For Anyone with COVID-19 Symptoms or a Positive COVID-19 Test Result:

1

If you test positive, stay home for 10 days after your first symptom or positive test, whichever is earlier. After 10 days, you may return to school when you have not had a fever in 24 hours without fever reducing medicine, as long as your other symptoms are improving.

2

If you test negative, you may return to school once you have not had a fever in 24 hours without fever reducing medicine as long as your other symptoms are improving.

3

If you do not get a test, stay home for 10 days. You may return after 10 days if you have not had a fever in 24 hours without fever reducing medicine as long as your other symptoms are improving.

4

If your healthcare provider determines your symptoms are from something else, you may return to school with a note from your provider as long as you have not had a fever in 24 hours without fever reducing medicine and your other symptoms are improving.

*Content for this filer borrowed with permission from the Alaska Department of Education and Early Development's Smart Start 2020 website.*

**Anchorage School Board:** Elisa Vakalis, President

Margo Bellamy

Dave Donley

Alisha Hilde

Andy Holleman

Starr Marsett

Deena Mitchell

**Superintendent:** Dr. Deena Bishop



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@DrDeenaBishop



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# Family Meetings + Kindergarten Academy

August 17 - 23, 2021

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- Welcome you into our school and district!
- Build connections
- Answer questions
- Support transition into kindergarten
  - Schedule Family Meetings in August
  - Plan for your child to attend K Academy



# Kindergarten

- What do classrooms look like?
- What is the daily schedule?
- What will my child be learning?



# Neighborhood Curriculum/Sample Schedule

## Reading, Math, SEL, [others]

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- Reach for Reading
  - Heggerty
- Go Math!/Ready Math
- Second Step/Connected & Respected
- Handwriting Without Tears
- Science/Social Studies

## Sample Schedule

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- Reading/Writing
- Math
- Specials
- Lunch/Recess
- W.I.N.
- SEL

# Special Education Services

Currently attending a special education preschool program

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- Special education services will continue into Kindergarten
- Kindergarten transition meetings in the spring
- Kindergarten transition information forwarded to receiving school

# Developmental Screenings

Concerned about your child's development prior to starting school?

- Talk to your pediatrician
- Hearing, vision, and growth (height/weight) screenings are performed on all Kindergarten students and at various grades thereafter
- Talk to your child's teacher upon starting
- Unsure? Contact Early Intervention Services at 742-2657

# Sleep Matters



## Regular bedtime

Sleep Needs	
Toddlers (1-3 years)	12-14 hours
Preschoolers (3-5 years)	11-13 hours
School-aged (5-12 years)	10-11 hours
Teenagers	8.5-9.5 hours
Adults	8 hours (generally)



## Attendance Matters

# Attend to Achieve



Kindergarten students who attend school regularly:

- Score roughly 20% higher in reading
- Score 25% higher in math
- Are less likely to be retained
- Are less likely to have behavior difficulty in school
- Are more likely to maintain positive attendance habits!



# Children Begin Learning at Home

## Supporting a Strong Foundation

Children thrive when their parents and other family members talk, play, draw or 'write', go places and read with them together.

- Strengthens language and vocabulary
  - Increases curiosity
  - Builds a strong sense of self
  - Support the ability to express ideas and needs
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# To get ready for Kindergarten...

## 10 Ways to Get Ready For Kindergarten

- 1.** Create a routine over the summer. Set a bedtime (8 p.m. is great!) and stick to it.
- 2.** Have your child practice writing his/her first name or practice writing uppercase letters.
- 3.** Use counting in daily activities. Count how many steps it takes to get to the mailbox or the park. Count out fruit, napkins, cups, etc.
- 4.** Take your child with you to the grocery store, post office, and library. Talk with him/her about what he/she is seeing, hearing, and touching. It's all part of learning.
- 5.** Visit your local library and help your child get a free library card. Then use the card to visit the library each week and borrow a book.  
Talk about the books you read. Ask questions like:
  - What was your favorite part of the story?
  - Which part did you like the least?
  - Throughout the story ask your child what he/she thinks will happen next and why.
- 6.** Let your child practice independence by allowing him/her to make certain choices ("Do you want an apple or a banana?") and by encouraging him/her to try new things. Encourage problem solving!
- 7.** Set a limit to the amount of screen time for your child. One hour or less per day is recommended.
- 8.** Prepare a "study spot" for your child and supply it with crayons, paper, scissors, and other kindergarten "tools." Set aside time each day for your child to draw or write there. Once school starts, this can become the time and place where your child does his/her homework.
- 9.** Help your child know or be able to do the following before he/she enters kindergarten:
  - Know name, address, and telephone number
  - Use the bathroom independently and button and zip clothes
  - Share and play with other children. This will help your child adjust to the new kindergarten setting
- 10.** Read, read, read (in any language)!



Anchorage School District  
Division of Early Childhood Care & Education



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@asd\_info @DrDeenaBishop



@anchorageschooldistrict

# Read with your Child



Children who are read to at home daily enjoy a substantial advantage over children who are not.

Children who are read to frequently are more likely to:

Count to 20 or higher

Write their own names

Read or pretend to read

The more types of reading materials that are in the home, the higher students are in reading proficiency.

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# Social- Emotional Skills



Regulate emotions

Follow directions

Play well with others

Solve small problems

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# Kindergarten Transition

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Activities to help ease you and your child into kindergarten classrooms:

- Visit your child's new school inside and out together (when possible)
- Talk about transitions
- Create routines
- Read books about going to school
- Encourage independence
- Complete and return the 'All About Me Book' from your school
- Celebrate transitions into kindergarten
- Develop a plan for the first day

# Questions?

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Feel free to continue using the Q&A function!

