



Zzzz Sleep Zzzzz

Did you know that 10-13 hours of sleep is recommended for 5 year olds? Getting a full nights rest will benefit your child's attention, behavior and memory. When packing your child's lunch remember to include brain food such as fruits, vegetables and protein!



Screen Time

With our ever changing technology it is important to remember that kids are still kids! Please be mindful of the amount of time your child is spending on the tablet or iPod. Children aged 5 are recommended no more than one hour of screen time a day. Also consider adding apps that benefit your child's academic and social development.



Preparing for Kindergarten

Students should be ready to sit in their seats for extended periods of time. Another important part of coming to kindergarten is learning to ask for help, kiddos should know they can talk to any adult they see on campus. Academically, teachers hope that kiddos come to Kinder able to recognize and write their names, know the names of letters in the alphabet and count to 10.



Free Time

Although children benefit from structured time, it is also important to plan in untrusted, unscheduled time for children to play, create and make decisions.



Kindergarten Here We Come...

Kindergarten Schedule

The daily schedule varies by campus but the subjects stay the same. Everyday kindergarteners spend 1 hour on Literacy Centers, about 1 hour on Phonics and Handwriting, 30-45 minutes on Math, 30 minutes on Shared Reading and about 30 minutes on Science/Social Studies and 30 minutes of Play Time. All kindergarteners get one Special Area class teach day. The Day also includes lunch and two recesses.



Preschool Schedule

Here at Preschool our goal is to develop those social skills that are needed in Kindergarten. Social skills such as regulating emotions, expressing feelings, sharing, and following directions are all skills that are expected in Kindergarten. Children work on and practice these skills every day in Preschool.



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What is Kinder Readiness?

Kinder Readiness refers to the ideal skills children gain before starting Kindergarten. Some of these skills include, shape, number and letter recognition, cutting, counting, listening to directions and social skills such as expressing feelings.

