

**LAKESHORE
ALTERNATIVE
ELEMENTARY
SAN FRANCISCO**



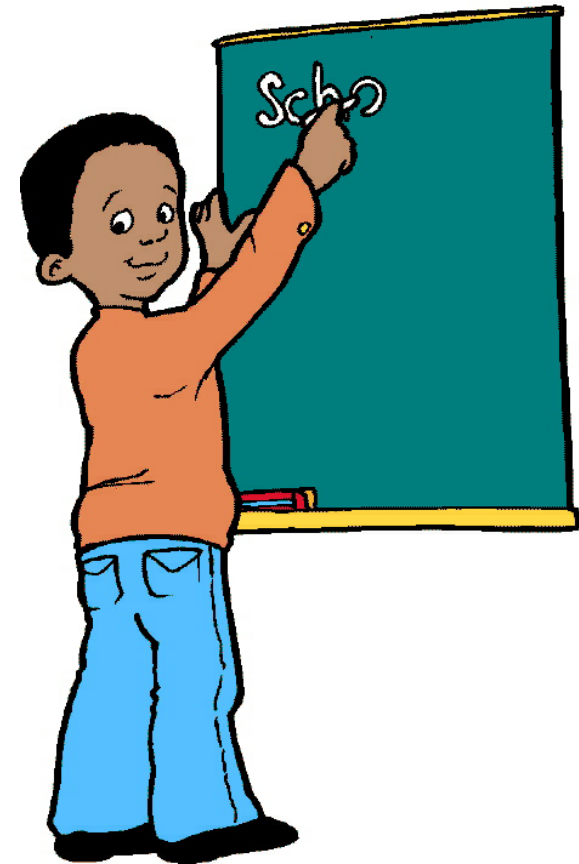
**ALL ABOUT
KINDERGARTEN
A PARENT'S GUIDE**



Enjoy Your First Year at Lakeshore Elementary School!

We are very proud of our school,
our teachers, and our active parent community.

This booklet was assembled
as a cooperative effort between parents
and kindergarten teachers.

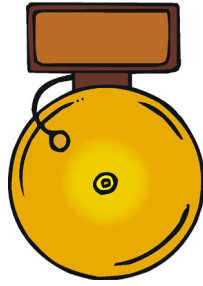


Welcome to Kindergarten at Lakeshore Elementary School!

This booklet contains general information
about our day-to-day kindergarten operation.
We hope that it answers some of your questions
and that it will serve as a useful reference
throughout the school year.

Daily Schedule

9:20 a.m.	Arrival Playtime on the kindergarten yard
9:30 a.m.	Class begins Morning Meeting/Calendar Work Time
10:50 a.m.	Morning Recess (snack time)
11:10 a.m.	Work Time
12:00 p.m.	Lunch
12:20 p.m.	Lunch recess
1:15 p.m.	Rest Time (first few months of school) Work Time
2:15 p.m.	Afternoon Recess
3:00 p.m.	Work Time Plan Do Review Circle/Sharing Time
3:35 p.m.	Dismissal



Useful Names and Numbers

Kindergarten Teachers

Rita Gelini	Room 4
Cathy Wilkinson (SDC)	Room 6
Laura Palacio	Room 8
Mary Kabala	Room 10
Athena Lafferty	Room 12

School Principal

Lindsey Keener	
School Office Phone	415/759-2825
Fax	415/753-8812

Other School Numbers

PTA Answering Machine	415/664-3590
Everyday Magic	415/681-9168

School Address

220 Middlefield Drive
San Francisco, CA 94132

Website

www.lakeshoreelementary.org

Your Classroom Parents (fill in names & numbers here)



Lakeshore Lingo

Room Parent

A room parent helps to organize other parents to meet the class's volunteer support needs. These may include holiday party planning, scheduling parents to attend regular activities like Motor Perception and Library visits, supporting special activities such as field trips, and serving as liaison for school-wide PTA functions that need parent volunteer support (e.g., Halloween, Multicultural Night, Spring Fling, the Silent Auction, etc.) Room parents do not need to be able to spend time in the classroom. The more room parents a class has, the better.

Classroom Volunteer

A classroom volunteer does not have to be a room parent. These parents come into the classroom to provide extra hands for the teacher, and help to organize special projects if requested by the teacher. Classroom volunteers may or may not work with children depending on the teacher's needs and the parent's preferences.

PTA Membership Funds

The Lakeshore PTA supports many different school-wide events and funds materials, supplies, equipment, and enrichment programs. Money donated and raised by parents via PTA membership and fundraising are one reason our children enjoy many opportunities for learning that would not be possible without them.

PTA Classroom Funds

The PTA administers classroom funds which teachers use at their discretion to pay for supplies, field trips, and special events. These funds are separate from PTA membership and fundraising money.

The First Day of School Things To Do



DO make sure your child has plenty of rest and a good breakfast before school.

(Breakfast is available in the cafeteria every morning if you are unable to ensure this at home.)

DO review with your child what will happen before and after school (who will meet them, when they will see you, etc., and what they should eat for snack and lunch).

DO make sure that your child is wearing his/her Kindergarten ID Tag, so everyone knows what class he/she is in and where he/she is going after school. (If you didn't get one at Orientation, get one at the Kindergarten reception table on the first day of school.)

DO allow your child to go to the classroom alone, so that the separation will be smooth and quick as possible. Resist the temptation to follow them into class—this only makes things more difficult for everyone.

DO encourage your child to treat others with respect and kindness in the classroom, on the playground, and traveling to and from school (Do this everyday).

What to Send to School

Please send a book bag or backpack with your child to carry papers to and from school each day. Be sure to label all of your child's belongings, including backpacks and lunchboxes.

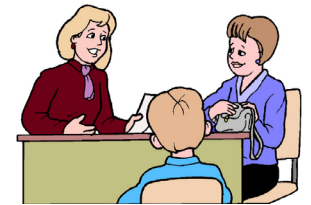
Send one or two healthy snacks (fruit, cheese, crackers— no sweets) packed separately from your child's lunch and clearly labeled for the morning and afternoon recess times.

Consider sending a little gift for the classroom on the first day of school. We have found that it gives children a sense of belonging. Some suggestions include: a plant, paper towels, Kleenex, liquid hand soap, craft sticks, feathers, jiggle eyes (for puppets), stickers, 1" correction tape (Post-It Correction and Cover-Up Tape) for when we make mistakes, Handi-Wipes, 1-Gallon Zip-Lock bags, or any other useful supplies. See your individual classroom wish list for specific request ideas from your child's kindergarten teacher.



Communicating with Your Child's Teacher

Your child's teacher will spend the first several weeks of school getting to know your child and his or her classmates. The first opportunity for parents to see the classroom and ask questions is at the Kindergarten Open House the week before school begins. In mid to late September, there is a school-wide Back to School Night, where teachers present information on the curriculum, special class activities, and their approach to teaching. These are both good times to ask general questions and to get a feel for your teacher's expectations and teaching style.



An important opportunity to communicate with the teacher is at the Parent-Teacher conferences held in the late fall. Your teacher will provide you with detailed information on your child's adjustment and progress in the classroom, and you will have an opportunity to ask specific questions about your child.

Your child's teacher will sometimes be available for brief, informal discussions after school. She will appreciate hearing any comments your child has made about kindergarten. Of course, if anything is worrying your child about school, you should let the teacher know so that you can work together to solve the problem.

Developmentally Appropriate Practice

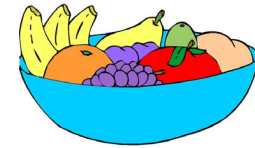
Lakeshore follows a teaching philosophy called "developmentally appropriate practice". This is based on two main ideas: First, children's growth and learning follow predictable patterns during the first nine years of life. Second, each child is an unique person with an individual timing of growth, an unique personality and learning style, and his or her own natural aptitudes, family background, and experience, all of which influence his or her learning.

Our teachers set up the classroom and tailor their teaching methods according to these ideas. For kindergarteners, this means that classrooms are set up so that the children can learn through observation, hands-on exploration, experimentation, play, and social interaction.

The teacher serves as the organizer and facilitator of group learning, emphasizing natural application of skills and concepts in ways that are meaningful to the children. Reading, writing, math, and science concepts are introduced through open-ended, hands-on activities.

Children practice new skills in a combination of large group, small group, and individual exercises. The teacher observes and assesses children's progress on a continuous basis, adjusting her teaching to meet individual and group needs.

Healthy Snacks



Your child will need plenty of energy for the long demanding day at kindergarten. The best snacks are those that will both fill them up and provide lasting energy.

Snacks high in protein and complex carbohydrates are best. Foods like cheese, nuts, fruit (fresh or dried), and whole grain crackers, rice cakes, etc. provide these nutrients.

Chips and sweets like cookies, fruit drinks, and sodas will fill a child up, but don't last very long in their system.

If your child is a picky eater, involve them in finding healthy snacks that they enjoy. Help them to develop good snacking habits – they will feel better and be better learners.

Money



Please do not allow your child to bring money to school unless it is for a specific purpose such as lunch money.

Candy



Candy and gum are not allowed at school. They are distracting and messy.

Clothing

Your child should wear simple, comfortable, washable clothes to school. Pants are encouraged for girls. Dressy shoes and clothing inhibit movement and make children less independent. Children need to be able to dress, undress, and keep track of their clothing themselves.

Children should wear tennis shoes on Motor Perception (physical education) days.

Please label all jackets and outer clothing clearly.

Please send boots with your child on wet days, as we will go outside if weather permits, and the ground is often damp during the rainy season. Please label your child's boots.

DO NOT allow your child to wear expensive jewelry to school. Losing it can be very upsetting.



Learning at Home

You are your child's most important teacher. You can influence and support school success in many ways, including the following:

Talk positively about the school experience. Show interest in your child's school experience.

Talk positively about teachers, education, and homework. Be a role model—continue learning.



Let your child teach you.

Help your child find ways to apply his or her learning to everyday life.

Encourage your children to read at home—read to them and be sure they see you reading. Ask them to read to you.

Develop a consistent discipline approach. Use positive parenting methods that teach your child responsibility and cooperation.

If you have concerns about your child's learning based on what you see at home, speak with the teacher or principal. The earlier problems are identified, the sooner they can be addressed.

Homework

The purpose of homework is to reinforce classroom learning. Your child should spend approximately 20 minutes on homework each night.

Your child will have nightly reading assignments and monthly homework calendars designed to accustom him or her to doing regular work at home.



Parents can encourage good study habits by establishing a regular homework routine, as follows:

Set a regular time and place for homework.

Schedule homework time for when you or your child's caregiver can supervise.

Make sure your child understands the assignments.

Be a homework consultant, not a tutor or enforcer.

Don't do your child's homework. Make sure they understand that homework is their responsibility.

Sign and date your child's homework after you have checked to see that it is finished.

Praise your child for a job well done. Encourage your child to do his or her best, and comment on improvements he or she has made.

Follow up on assignments by asking to see homework returned by the teacher. Look at the teacher's comments to see if your child has done the assignment correctly.

Please send a change of clothing to school in a clearly marked container such as a shoebox. Please include underwear, socks, a shirt, and extra pants in case of bathroom accidents or spills. Container clothes should be washed and returned to school if they are worn home.

Children should **NOT** wear backless sandals, or other shoes which are not sturdy or securely attached to the foot. They can be unsafe in a play setting.



Attendance/Illness

It is important that your child arrive at school on time. Class begins at 9:30 a.m. Morning meeting time is one of the most important parts of the school day.

Your child should not stay at home because of a minor, non-contagious ailment – but must stay home when acutely ill or contagious. Children with thick green or yellow discharge running from their noses should remain at home until completely well. Children who are excessively tired or who have had a fever in the past 24 hours should stay home. We urge cooperation in the interest of your child and his or her classmates.

When your child is going to be absent, please call the school office at **759-2825** that morning to inform the school of the reason for the absence. Any illnesses must be reported so that we are aware of them – particularly any communicable illness or condition which might affect other children. (You will be notified of such illnesses and conditions if they involve someone in your child's class.)

A child who becomes ill at school will be sent to the school office so they can rest until someone comes for them. Parents will be notified immediately.



Birthdays

We do celebrate birthdays for each child in class unless the child's family prefers otherwise. We celebrate on the actual day or the one that is closest during the school week. Those children who have summer birthdays have a special celebration near the end of the school year.

If you wish to send a snack for your child's birthday, please remember that something simple is best. Not every family can manage an elaborate spread—please be considerate.

If you provide sweets such as cupcakes, please be sure there is enough for each child to have one. Provide a few extras in case one is dropped. Please avoid sticky treats (no frosting, please)!



Field Trips

From time to time through the school year, educational field trips maybe arranged for your child's class. In order for a child to attend a field trip, a parent or guardian must have signed a trip-specific permission slip, which includes destination, departure and return times.

The teacher will send a reminder before each trip, including a permission note to be signed and returned. We ask that you please return the signed note immediately.

On most field trips, parent drivers are needed to transport children. This is one way that you can contribute directly to your child's kindergarten experience.



Children will be released only to adults whose names are listed on the Emergency and Release permission forms. Teachers must be notified by note or phone when children are to be released to any other adults.

Children will be released to adults only. Please do not send other children to pick them up.

Please notify your child's teacher if your child will be late because of an appointment or will be picked up at other than regular dismissal time.



Toys

Your child should leave his or her toys at home. No toys are allowed except on special sharing days.

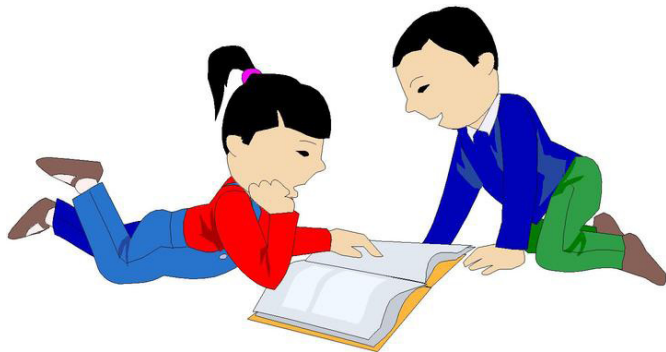
Knives, toy guns, or any other toy weapons should not be brought to school at any time.

Books from home are welcome. Please be sure they have your child's name on them.

Unfortunately, we cannot guarantee return of personal items. Things sometimes are misplaced with so much activity going on in kindergarten.

Book Orders

Book order forms are sent home periodically. Classrooms receive free books based on the amount ordered. If you decide to order books for your child, you may pay either in cash or by check. Please make the checks out to the book club.



Parents in the classroom

After the first few weeks of school, parent presence and assistance is welcome in the classroom. Here are a few guidelines to help things go smoothly:

Before you visit, speak with the classroom teacher about her needs. Some teachers prefer to schedule parent visits in advance so they can prevent too much overlap and can plan ahead for times when they will have “extra hands”.

Let the teacher know if you are comfortable working with children or if you would like to help with “background” tasks such as homework, packet assembly, copying, etc.

Remember that your presence must not be distracting to your child or the class as a whole. Minimize adult conversation. Remember that there is limited space and furniture and that the children must have priority.

Be kind in your choice of words and actions. Avoid sarcasm, irony, harsh or threatening words, or criticism. These can be confusing and frightening to children who do not know you.

