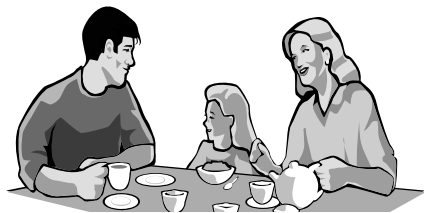


ENCOURAGING WORDS

Positive communication promotes a healthy attitude toward school. Talk to your child about the school day. Try these tips for starting positive discussions:

- What was your favorite part of the day?
- What made you laugh today?
- Tell me about a story you read or heard.
- Teach me about something you learned today.
- Tell me about something you did with a classmate today.



Helpful Hint:

Avoid asking questions that only require yes/no answers.

RESOURCES

Your first contact for school concerns is the classroom teacher. The teacher can either assist you or direct you to other school resources.

Resources may include:

- School Administrator
- School Counselor
- Health Technician
- School Nurse
- Reading/Mathematics Specialist
- School Secretary
- Community Agency School Services (CASS) Coordinator



Frederick County Public Schools
Office of Counseling and Student Support
7515 Hayward Rd.
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Best Practices for a Positive Beginning

*Pre-Kindergarten
Kindergarten*



*Created by
FCPS Elementary Counselors*

***Starting school is an exciting time for children and their families!
We all play an important role in a child's success.
Help your child get off to a great start by following these helpful hints.***



Home Routines

Start the day off right...

- Allow enough time for your family morning routine
- Establish a consistent wake-up time
- Serve a healthy, unhurried breakfast
- Dress for the weather
- Brush hair and teeth
- Make sure your child has book bag, lunch and necessities

End the day on a good note...

- Plan sharing time with your child
- Allow time for play; limit TV and video games
- Allow time for homework

Plan for tomorrow...

- Pack book bag
- Prepare clothes
- Create quiet bedtime rituals (brush teeth, take a bath, read a book, lights out)
- Establish a consistent bedtime providing 10-12 hours of sleep

Arrival/Dismissal Tips

- Be consistent with which mode of transportation (i.e. bus, car, walking) your child uses
- Encourage your child to ride the bus if one is provided
- Plan for your child to arrive 10-15 minutes prior to the official start time (if your child eats breakfast in school, allow an additional 15 minutes)
- Please notify the school of transportation changes

Lunchtime

- Reinforce table manners
- Pack containers that your child can open
- Include utensils in packed lunches
- Plan healthy lunches your child will eat
- Help your child learn his/her school-issued meal ID number if buying lunch at school
- Consider pre-paying for meals at www.cafeprepay.com



Building Independence and Responsibility

- Build confidence by sticking with the "Kiss-n-Go" plan, avoid lingering and allow your child to walk to the classroom independently
- Provide clothing that your child can easily manage
- Encourage your child to use the bathroom without help
- Give your child opportunities to make choices about clothes and lunch items
- Work with your child on becoming independent with basic needs [blowing nose, tying shoes, bathroom behavior (flush and wash)]
- Directly involve your child in planning and preparing for school

Attendance

Attendance is the single most important factor in a student's success in school. Help ensure your child's success with daily attendance and on-time arrival. In the event of absence, FCPS requires a note upon return. Instill the importance of education: Plan family vacations around the school calendar.