

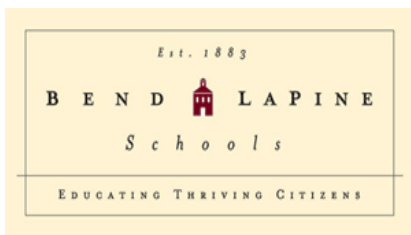
# Kindergarten Program



# Parent Handbook

Bend—La Pine Public Schools

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Revised  
 February  
 2016

## Welcome!

On behalf of all the teachers and staff in Bend-La Pine Schools, I want to welcome you and your child to kindergarten. This is a time of both excitement and apprehension for many parents and children, so please let us know if you have questions or concerns. We are excited to join you as partners, helping your child continue on a learning journey that lasts a lifetime!

Gary Timms  
Executive Director, Elementary Programs

## Admission Requirements

### Age Requirements

Children who are **five years old on or before September 1** are eligible to enter kindergarten according to the guidelines set by the State Department of Education. If you have questions, you can see our district policy on the Bend-La Pine Schools website, under the “Parents” tab.

An official record of birth must be submitted at the time of registration.

### Oregon Law Immunization Requirements

For attendance at public, private, or parochial schools through the 12<sup>th</sup> grade, and at certified day care centers, children must be:

- Fully immunized as required, **or** In the process of receiving immunizations, **and**
- Have accurate and complete immunization records on file with the school or day care facility to assure that requirements are met.
- Records must be on a Certificate of Immunization Status form, **or** Have a medical or non-medical exemption on file on the Certificate of Immunization Status form.

The numbers of doses of each vaccine required for a student to be fully immunized are listed below:

- 5 doses of Diphtheria/Tetanus/Pertussis (DTaP),
- 4 doses of Polio,
- 1 dose of Varicella (chickenpox), or documentation of disease
- 2 doses of Measles/ Mumps/Rubella (MMR) or
- 2 Measles, 1 Mumps, and 1 Rubella
- 3 doses of Hepatitis B
- 2 doses of Hepatitis A

A child WILL NOT be allowed to enroll in school without at least **one dose** of DPT, OPV, MMR, Hepatitis B, Hepatitis A and Varicella. The child must also be in the process of receiving the rest of the required doses of these immunizations.

## Attendance

Regular attendance at school and arriving on time for class prepare kindergarten students to be successful and ready for the first grade. Attendance and punctuality help students develop positive attitudes towards school and good habits for a lifetime. Additionally, much of what is taught in kindergarten is hands-on and cannot be sent home or done at home. When your child misses class, he or she is missing important activities and learning opportunities. Doctor or other appointments should be scheduled outside school hours.

## Health

Your child's success in school depends on many factors, one of which is health. Most five year olds need 12 to 13 hours of sleep every night. Rested children are more successful and better able to cope with the demands of school activities.

Proper nutrition, with a special emphasis on a good breakfast, is a must to enable children to become eager learners. If your child has had a fever and/or has been throwing up within the previous 24 hours, please do not send the child to school. Germs are spread easily between children. It is best to keep your child home until feeling better so the illness will not be spread to others. Minor illnesses such as a runny nose or a slight cough should not keep your child out of school. A note stating the cause of the absence must accompany your child when the child returns to school.

## School-Based Health Center Program

The Bend-La Pine School District provides three health centers for the district, located at Ensworth Elementary School and Bend Senior High School in Bend and La Pine Community Campus in La Pine. **The three centers serve all children aged 0-18 who reside in the district. Children DO NOT NEED TO BE ENROLLED in the schools to receive services!**

The health centers use nurse practitioners who can provide children with comprehensive "well child" exams, immunizations, diagnosis and treatment of illnesses, and prevention information to help parents keep their children healthy and ready to learn.

Visit fees are based on family size and income with discounts for those who qualify. All insurances can be billed, including the Oregon Health Plan. Health care is also provided for those who have other assigned providers.

During the summer, the clinics are opened for regular hours. For more information, call the Center at Ensworth (541-323-3850), Bend Senior High School 541-408-9534) or the Center in La Pine (541-536-0400).

## Policy for Dispensing Medications at School

If it is **medically necessary** for your child to be given medication at school in order to attend, parents must adhere to the following school district policies and state laws with regard to those medications.

- A signed permission form (Authorization for Medications Administration by School Personnel), available at the school office, must be completed **by the parent**.
- Prescription medication **must always** be brought to school **by the parent in the original prescription container**. (It is a violation of state law and district policy to dispense medication in baggies, etc.) Pharmacies will print duplicate labels so the medication given at home and school may both be kept in prescription-labeled containers. Non-prescription medications also must be brought to school **by the parent** in their original containers. Dosage guidelines on the package must be age appropriate for your child.
- Prescription and non-prescription medications will be given **only** if they are medically necessary for the student to remain in school.
- All medications **must** be brought to school and returned home **by the parent**. This will help insure safety for other students. Empty medication bottles may be sent home with the student, but once refilled, they must be returned **by the parent**.
- Changes in your child's medication or dosage must be received in writing at the office. School staff may not act on your verbal requests to change medication amount or frequency. If it is a prescription medication, any change must be noted on a new prescription label or written instructions from the prescribing physician must be received by the school.
- Students with asthma may carry their inhalers with them. Students with severe allergic reactions may keep epi-pens with them.

Copies of the Medication Administration Manual and Bend-La Pine School District Policy are available in each school office for your review.

## Orientation

Kindergarten orientation helps your child experience his or her first day in a smaller group, and it also provides opportunities for teachers to assess students' learning needs. (Please note that no kindergarten bus will be running during orientation days.) Each school has its own orientation schedule, which the school will share with you. Also, be sure to check with your child's school for specific procedures about drop off, length of stay and pick up at the end of the kindergarten session. ***Please be prompt in picking your child up.*** Supervision is not provided beyond the normal session times. This is true throughout the school year.

## The First Day of School

The first day of kindergarten should be a positive and exciting experience for your child. Parents can play an important role in this wonderful event in their child's life.

Arrive on time, but not too early since a long wait may add to your child's tension. Leave cheerfully and don't linger. Your child will adjust quickly to the new and fascinating world of kindergarten. If you show apprehension, your child will follow your lead. If you have an enthusiastic outlook, your child will have the same. Show support and encourage discussion of how your child feels about school. Teachers care how parents and students feel.

Plan for your child's needs:

- Clothing should be simple, safe and sturdy...not too tight, and ***everything must be clearly labeled with your child's name.*** For the sake of added personal safety, please label clothing on the inside of the garment rather than on the outside, where your child's name may be obvious to strangers.
- Prepare for weather by listening to daily weather reports on school mornings, or call 541-323-SNOW (English) or 541-355-0044 (Spanish). Totebags or backpacks are necessary for carrying books and supplies to and from school.
- If you send a note to the teacher or send money to school, put the items in an envelope and write the child's name, as well as the purpose of the envelope's contents, on the outside of the sealed envelope. Pin the envelope to your child's shirt or place it in his/her backpack.
- Be sure your new kindergartner knows where to go at the close of the school day. Make sure written instructions are left with the teacher and school. Please make certain that at least two emergency telephone numbers are left at the school office in the event you cannot be reached if your child should become ill at school.

## Working Together

An Open House will be held either during the week preceding the first day of school, or during the first few weeks of school. The Open House gives parents an opportunity to meet the teacher and find out about the kindergarten program. Becoming acquainted with your child's teacher enhances communication between the home and school.

Parent volunteers are an important factor to the success of the kindergarten program. Ask your child's teacher how you may participate. The school district requires that a volunteer background check be done on every volunteer at school. Information regarding volunteering in our schools, as well as the Online Volunteer Application, are available on the Bend-La Pine website under the "Parents" tab.

Students will enjoy showing you the work they bring home. They love having a special place to display their artwork. Personal rate of growth is the most important factor in judging progress rather than comparing their work with that of other children.

Parent-Teacher Associations play an active role in supporting classroom activities. Please consider joining!

## Progress Reports

You will receive a progress report for your child each semester. Besides progress reports, your child's school has parent conferences in the fall and spring. For conferences, Spanish-speaking parents will have translators available to ensure effective communication between the parent and teacher. You will be notified of the times for conferences with your child's teacher. The mutual sharing of information through conferences promotes a better understanding of the student's progress, so we strongly encourage parent participation! In addition, please contact your child's teacher at school whenever necessary.

## Safety

Emphasize the importance of your child going directly to school and coming directly home from school. ***Students must have a note from their parents if there is to be any change in their normal routine after school.*** Children are easily confused. Please do not rely on verbal instructions to your child.

***Without a written note, children will be required to follow their normal routine after school.***

Please remind your child of the following safety factors:

- Never accept gifts or rides from strangers.
- The police officer is the child's friend and helper.
- Cross streets safely.

Help your child learn his/her first and last name, street address and phone number.

## Speech and Language Development

Generally speaking, your child should be:

- Talking by age 2
- Intelligible by age 3
- Using beginning sentences by age 3
- Using short sentences by age 3
- Using vowels and consonants in his/her speech
- Using accurate sentence structure by age 5
- Using normal sounding volume, voice quality and rate throughout developmental stages
- Confident about his/her speech

### A Few Language Building Suggestions

- Put words in your everyday actions and activities. This really builds vocabulary. Model correct grammar and sentence structure.
- Encourage discussions at home about family activities, sequence of daily routines and current events.
- After watching a television program or reading a story, talk about other possible endings, what happened first, next, last, etc.
- When giving directions, see that you have your child's attention before making your request. Use words and phrases your child understands. Try to be positive. Say "do this" instead of "don't do that."
- Let your child know you appreciate good efforts in the areas of speech, language, listening and following directions.

## Healthy Beginnings

Is your child's vision, hearing and speech okay? Your child's health and development from birth to age four is key to your child's success in school. Healthy Beginnings offers **free** health and developmental screenings for all children in Deschutes County. Healthy Beginnings tests children in the following areas: vision, hearing, speech and language, motor skills, concepts, wellness and safety, dental, behavior and nutrition.

The screening is for children from birth to the age of four years and their parents. Children are welcome to attend, whether or not they have health insurance. Healthy Beginnings' goal is to assure parents that their children are developing appropriately or, if needed, to make referrals to organizations and the medical community for in-depth evaluation and treatment. If you are interested, please call Healthy Beginnings at 541-383-6357 for an appointment.



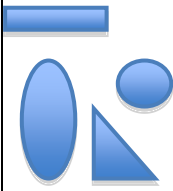
## Before School Starts

Considerable learning takes place before school begins. Following are some experiences parents can provide that will enable children to make an easier transition from home to school.

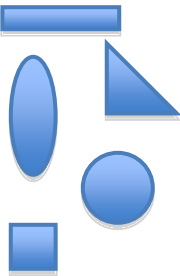
- Provide opportunities to make friends with other children. It may help to leave your child at a friend's house for an occasional morning or afternoon.
- Practice with your child the safest way to and from the bus stop, or to and from school, if walking.
- Teach your child his/her full name, address and telephone number.
- Self-esteem is important. Encourage activities in which your child can be successful.
- Read to your child and encourage the expression of ideas through drawings, dramatics and other activities.
- Talk with your child about any doubts or fears your child expresses about school, and explain that there will be friendly people at school to help them.
- Give your child responsibilities such as:
  - Putting toys away
  - Hanging up clothing
  - Doing small, simple jobs such as helping set the table, putting away books and magazines, etc.
  - Going to the restroom alone and washing hands afterwards
  - Dressing him/herself, tying shoe laces, putting on boots, zipping coat

The summer calendar of ideas for parents follows. It offers a variety of activities to help prepare your child for kindergarten.

## Summer Calendar of Things To Do - June

Think of words to rhyme with "sun."	Name 10 things that are blue.	Sing the A-B-C song.	Go to the library and check out books.	Find 5 different shapes of leaves. Find 5 different sizes of rocks.	Make an alphabet book. Can you make every word on a page begin with the same letter?	Go for a walk and collect pine cones. Arrange them from largest to smallest.
Use your calendar and identify left, right, top, and bottom of the page.	In a tray with ¼" of sand or salt, write words or letters in it with your fingers (good for fine motor development and letter recognition.)	Say 3 words that rhyme with June.	How many colors can you find in your kitchen? Learn a nursery rhyme.	Go on a sound hunt. Can you find 5 things that make a certain sound (squeak, pop, etc.)	Add to your alphabet book.	Make jello with your parents – measure the ingredients.
Take a piece of sandpaper. Use a thick crayon to draw a letter on sandpaper.	Have your child tell you how to make a peanut butter sandwich and do exactly what they say.	Find 5 unusual rocks. Put them in order by weight (guess). For finer discrimination, use a kitchen scale.	Try to find rocks to match each shape below: 	To develop critical thinking, keep asking your child "why" questions, (e.g., Why do cars have wheels? Why do trees need rain? etc.).	Name and identify the parts of your body. Learn a nursery rhyme.	Use different parts of your body to feel a tree (e.g. trip of your fingers, middle of forearm, elbow, big toe, heel, palm). How does it feel each time?
Read a story to your child. Have him recount the sequence of events in the story.	Count how many times you can bounce a ball without stopping.	Trace an uppercase or lower case letter on your child's back. Go through the alphabet-can he guess each letter?	Use alphabet soup letters or cereal letters. How many letters can you child identify?	Read half of a book and then have your child predict the outcome – what will happen next or how the story will end. Then finish the book. Discuss both endings.	Play a game of catch.	Mix up alphabet cards. Draw the card name and letter.
Hunt for shapes in your house, (e.g., find 10 circles).	Learn a nursery rhyme.					

## Summer Calendar of Things To Do - July

Can you tie your shoes?	Make soapsuds pictures. Mix soap powder and a little water and beat with a hand mixer until stiff. Use your finger to paint lowercase letters.	Go on a texture hunt in your room. Find soft things, pointy things, bumpy things, hard things, etc.	How far can you count today?	How many things in your bedroom start with 'b'?	Go on a shape hunt. Find -- 	What colors are you wearing today?
Display 5 objects and let your child study them. Remove one object while your child closes their eyes. Ask them what's missing. Keep adding or subtracting objects.	Hunt for 10 rectangles in your house. Learn a nursery rhyme today.	Name 10 fruits. Which is your favorite?	Draw a picture and give it to someone you love.	Help your parents cook pancakes for breakfast; measure the ingredients.	Tell someone why you look forward to going to school!	Cut a 6" square out of aluminum foil. Form into different shapes to make it float on water.
Fill 10 paper cups with water of different temperatures. Arrange the cups from coldest to warmest.	Practice walking to school or bus stop. What do you see?	Count the days until school starts.	Make alphabet puzzles on cardboard. Can you put your puzzles together and name all the letters?	Measure your bed using shoes. Now use empty thread spools. What did you discover?	Hunt for 10 rectangles in your house. Learn a nursery rhyme.	Read a story to your child – ask for a summary of the story.
Collect 5 or 6 earthworms and observe how they move and burrow into the soil. Try to measure each worm.	Identify letters in labels on canned goods and other products in the kitchen.	How many circle shapes are in your house?	Hunt for 10 squares in your house.	Set the table for dinner. How many things did you put on the table?	Learn a new nursery rhyme today.	Count how many times you can bounce a ball without stopping.
Practice skipping.	Go for a walk and collect rocks. Sort them by color, texture and size.	Count the chairs in your house.	Attend the Winnie the Pooh Bus Safety Program in August.			

## Summer Calendar of Things To Do - August

Make an Alphabet Pocket Chart using white envelopes (one per letter) and cut out pictures from magazines that begin with each letter. Put them in the proper pockets.	What is your first and last name and address?	Go for a scavenger hunt in your yard – how many rectangles can you find?	Close your eyes for one minute and listen to the sound around you. How many different sounds did you hear?  Learn a nursery rhyme.	Make a letter scrapbook. Cut out letters from magazines (A, B, C, etc.)	Have someone trace your shadow on the driveway. Measure your shadow against the tracing every three hours. What did you discover?	How many sets of opposites can you draw? (for instance up/down, in/out)
Write or tell a “how to “ story (e.g. how to make the bed or how to set the table).	Cut out pictures from magazines of things you like. Glue them on a sheet of paper.	Take a hike to a forest, meadow, marsh or park. Lie on your back and close your eyes. How many different sounds do you hear?	Find triangles in your house.	Mix up your alphabet cards. Draw a card and name the letter.	Act this out – pretend you are walking home and a stranger stops you. What would you say and do?	What things in your house start with “t”?
How many marbles can go for a ride in your foil boat?	How many things can you find that are - Red? Blue? Green? Yellow?	Look for several small stones.  Sort them by color, size, shape or weight in an egg carton.	Keep asking your child “what if” questions. For instance, what if the sun stopped shining?  What if we had no electricity?	Good observers must learn to look everywhere. Walk - Stop. What do you see in front of, behind, above and below you?	Go out to the sidewalk or driveway. Take a piece of chalk and trace your feet. Name left and right as you follow your steps.	Go on a rhyme hunt throughout the house (e.g., clock/sock)
Play Alphabet Concentration – match upper and lowercase letters.	Collect rocks from streams, beaches, fields, and woods.  How are they similar? How are they different?	Name 10 vegetables.  Which is your favorite?	For vocabulary building, have child pick any object and describe it.	Mark 2 boxes left and right. Place to left and right of child. Call out direction. Child tosses a button into the container.	Make a letter scrapbook. Cut out upper and lowercase letters from magazines and newspapers.  How many (Aa, Bb, etc.) can you find?	Pretend you are lost. Do you know your phone number, address and how to spell your whole name?  Act out being lost and what you would do.
How many ways can you walk to school?	Attend the Winnie the Pooh Bus Safety Program.	Go to the library.  SEE YOU AT SCHOOL!!				