

Counting Down to In-Person Learning

A Guide for Families of Pre-K Students

In a few short weeks, Pre-K children will begin in-person learning in a classroom setting. Here are some things to practice at home that will help your child to make a smooth transition to Pre-K in-person learning.



For information on SPPS COVID guidelines, refer to the SPPS Student Health and Wellness COVID-19 information page at [SPPS Health and Wellness](#).

Independence

In Pre-K, children grow in their independence. Some tasks they will experience include: independently dressing themselves, opening packages of food or milk cartons, cleaning up their place after they eat, packing their backpack, etc.



Practice At Home:

- Practice opening containers like the covers on yogurt, applesauce, packages of crackers, etc.
- Have your child help to set the table and clean-up after a snack or meal.
- Getting dressed including buttoning and zipping and putting on snow gear (jackets, snow pants, boots, hats and mittens).

View This! [Dip and Flip Jacket Technique](#)



- Help your child practice asking for what they need and expressing their feelings.
- Practice taking care of school supplies and clothing (find a spot at home where you will keep school items, like backpacks, crayons, and pencils).
- Talk to your child about not sharing supplies with friends at school or on the bus.

Separation

Starting school may be the first time that your child has been away from home for a very long time. Due to safety precautions, parents and caregivers will not be allowed to enter the school building when dropping children off or picking them up at school.

- Practice having your child separate from you by having another trusted adult take care of your child while you go to the store, or take a walk, etc. Start with short amounts of time and gradually increase the time.
- Here are some good children's books to read with your child about starting school.

[Good Books About Starting School](#)



- Pick an item from home that comforts your child and send it to school with them. Examples are a family photo, small book, or memory item. The item should not be cloth.
- Look at pictures of your child's school from the school website so that they become familiar with what their school looks like.
- Ask the teacher for a picture schedule of the school day. Talk with your child about what they will do at school and when they will come home: "After snack time, you will come home."
- Be aware of your own emotions about sending your child to school. It is hard to let go of your young child. Starting school is the first step towards your child becoming more independent. Acknowledge the feelings but recognize that going to school is a good life experience for your child and will help them grow and learn.
- Talk with your child about what an exciting time it is to begin school!

Health and Safety

Preventing the spread of germs is always a priority. Pre-K children are not required, but encouraged, to wear a mask for school. Here are some things to focus on:

- Practice wiping your nose using a tissue. Be sure to wash hands afterwards.
- Practice using the bathroom independently.
- Show how to cough or sneeze into your arm.

Here are some videos you can watch together about wearing masks.

We Wear Masks Social Story

https://youtu.be/InP-uMn6q_U



Practice washing your hands at home. Here is a fun singing video that teaches you how to wash your hands.

[Handwashing Video](#)



What Children and Families Can Expect from their Teacher and Schools

Your child's health and safety is our top concern. Here is what you can expect from us when your child begins school:

- Your child will be greeted by teachers and staff everyday. There will be no hugs or high fives but plenty of waves and smiling eyes.
- Children will social distance from teachers and other students.
- Children might eat lunch in their classrooms.
- Children's materials and supplies will be stored in an individual container. Children will not be sharing supplies.
- Bus drivers will wear a mask at all times and stay distanced from students.

We look forward to seeing you soon!

If you think you may have been exposed to COVID follow the procedures from the [SPPS Health and Wellness](#) website.

