



# CAPMC Head Start Newsletter

## May 2024



This month we will share ideas on how to help your child transition into Kindergarten. Children and families are more likely to experience better long-term school success when these transitions are successful. Kindergarten teachers know that children are individuals who each start Kindergarten with a wide range of skills. However, below are some things you can do to prepare yourself and your child for Kindergarten.

### **BEFORE SCHOOL STARTS**



- Send a note to the nurse and the teacher if your child has allergies or special needs.
- Visit the school and meet the teacher. If there is a visiting day to meet your child's teacher, visit the classroom before school starts.
- Start your school routine early. Adjust new bedtimes or wake-up times a few weeks before school begins to reduce stress and get used to new routines.
- Label everything, such as backpacks and lunch boxes.
- Read books together about starting school.



### **ON THE FIRST DAY OF SCHOOL**

- Be positive, smile, hug your child, and wave goodbye by saying I love you.
- Help your child say goodbye by reassuring them that you will see them later.
- Avoid behaviors that might upset your child. For example, try not to cry as you wave to your child goodbye or force them to eat a big breakfast.
- Remember, it's important to wait to ask the teacher any questions you might have. The first day of school is a busy time for everyone, and your patience and understanding will be appreciated.

### **DURING THE FIRST WEEK OF SCHOOL**

- Be supportive, such as asking your child what the most fun thing they did in school was. However, don't expect your child to tell you every detail.
- Celebrate your child's successes and let them know you are proud of them. This will instill a sense of confidence in them.
- Set aside a time each evening to share your child's day.
- Read everything the school sends home. Make sure to check your child's backpack every day.
- Lastly, enjoy being the parent of a kindergartner!



For more information visit the link: [www.naeyc.org](http://www.naeyc.org)





# Parent Resources May 2024



## Pyramid Model – Strategy of the Month

This month will share some tips to try at home to help your child have a successful morning such as:

- Use a visual schedule with items such as photos, clipart, or objects that shows your child the steps in their morning routine.
- Set a consistent bedtime and stick with it.
- Plan ahead. Used your bedtime to plan for the next day together.
- Include bonding time in your morning routine.



For more information scan the QR Code above.

## Financial Education Workshops

For parents with children from 0 to 5 years old. Dinner included and child care scholarships are awarded.

- May 21: Banking and budget
- May 23: Credits and loans
- May 28: Identity theft and scams

From 5 PM to 7 PM  
First Five Family Resource Center  
525 E. Yosemite Ave. Madera

To register call: (559) 661-5155

## Head Start Celebrations

Congratulations to the following parents for viewing the most videos in the Ready Rosie platform:

Name	Videos Views	Center
M. Guerrero	245	Chowchilla
P. Barrita	223	EHS
L. Lopez	131	EHS
L. Nunez	130	Eastside
D. Casarez	93	Chowchilla
J. Vasquez-Garcia	89	EHS

Congratulations and thank you to the following parents for dedicated hours in the classroom, attending parent meetings and classroom projects:

- E. Reyes-Nunez – Eastside
- P. Alonzo – Cottonwood
- M. Juarez – Cottonwood
- I. Camarillo – Fairmead
- L. Solis Delgado – Early Head Start
- V. Santiago – Verdell McKelvey
- L. Vasquez – Verdell McKelvey
- E. Ortiz – Verdell Mc
- S. Dominico – Oakhurst
- C. Mangan – Oakhurst
- K. Bell – North Fork

Congratulations to the following children for perfect attendance:

- H. Doty – Chowchilla
- F. Maldonado – Chowchilla
- M. Palmer-Chowchilla
- J. Lastra – Mariposa
- M. Carpenter – Mariposa
- E. Perez-Amaya – Ruth Gonzalez
- M. Vasquez-Herrera – Ruth Gonzalez
- L. Diequez-Angulo – Fairmead
- K. Hernandez – Cottonwood

