



# MNPS Kindergarten Readiness Newsletter

## Information and Resources to Support Families

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Dear Pre-K Families,

Welcome back from Winter Break! It's a great time to start thinking about your child's transition to kindergarten.

In the following weeks, we will be providing information on how to register for kindergarten. We encourage **current MNPS Pre-K Families** to register for the [Parent Portal](#) to support your kindergarten registration process.

If you would like additional supports, please connect you're your child's Pre-K Teacher.

*Warm Wishes, MNPS Early Learning Team*



### FAMILY ACTIVITY CORNER

*Each month this section will feature a recommended book and activity for families.*

It's the winter season and a good time to stay warm by visiting your local [Nashville Public Library](#) branch with your child or library card holders can borrow library e-books. We recommend reading [White Snow Bright Snow](#) by Alvin Tresselt.

After reading the book, talk about all the things the children do when it begins to snow in the story. Then, talk about all the things your family does to get ready for the snow.

**ACTIVITY IDEA: "Shaving Cream Snow"** - Place shaving cream on a surface and have your child practice writing their name or letters with their finger in the shaving cream "snow". It's also a great opportunity to practice writing their numbers. Make sure to cover the surface with plastic wrap or aluminum foil or use a plate for this activity for easy clean-up.

### SAVE THE DATE

**2024 MNPS KINDERGARTEN READINESS FAIR**

Saturday, April 6, 2024 (9:00 am – 1:00 pm)

Lentz Public Health Center

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### GET READY FOR KINDERGARTEN TIP

It's time to bundle up for Winter. Next time, when it's time to get ready, have your child begin to dress themselves. It gives your child a sense of maturity and helps to build confidence.

When it's time to get dressed either set the clothes out for your child to dress themselves or provide options that they can choose from.

Another great opportunity is at night. Have your child select their pajamas as part of their bedtime routine and let your child practice dressing on their own.



## FAMILY SPOTLIGHT

MNPS Kindergarten Registration begins **January 29th**. Now, is a good time to start talking to your child about kindergarten. Here are some ways you can bring up kindergarten with your child

- Begin talking about kindergarten and discuss who they will meet (teachers, principal, students, etc.).
- Start reading books about kindergarten to prepare your child. For example:

[Look Out Kindergarten Here I Come](#), by Nancy Carlson  
[Little Spider at Sunny Patch School](#), by David Kirk  
[Chu's First Day of School](#), by Neil Gaiman

- Focus on 15-20 minutes of at home activities with your child. For activity ideas visit: <https://bit.ly/MNPSPKActivities>



## FAMILY SUPPORT CORNER

Many of our Pre-K families have heard the word “self-regulation,” and have heard it’s important for their child’s development. Self-regulation comes from a set of teachable skills for managing emotions, thoughts, and behaviors.

Developing your child’s self-regulation will help your child succeed in school. Through self-regulation children can share their ideas and feelings, learn to manage their emotions and behaviors, and learn to solve problems.

Here are some ways to help support your child’s development of self-regulation:

- Ask your child how they feel and talk to them about their feelings. This will help them learn to identify and manage their feelings.
- Talk about appropriate ways to express feelings, like saying “I’m angry” or taking deep breaths to calm down when upset.
- Provide your child with 2-3 choices when possible, like picking out clothes or snacks. This supports their independence and problem-solving skills.
- Ask your child to repeat instructions to help them focus and know what you expect.

## MNPS IMPORTANT DATES

**January 15:** Martin Luther King Day; District Closed

**January 22:** 2024-25 Optional Schools Application Available: <https://www.mnps.org/learn/register-for-school/school-options>

**January 29:** 2024-25 MNPS Kindergarten Registration Opens <https://earlylearning.mnps.org/kindergarten>

## SUPPORTING HEALTHY ROUTINES

The winter season is the start of cold season. Here are tips to practice with your child to stay healthy during the season:

- Handwashing is key. Encourage your child to create a healthy habit of washing their hands with soap and water after using the restroom, blowing their nose and before meals.
- Keep coughs under cover. Remind your child to cover their mouth and nose when they cough or sneeze.
- Rest is important. Getting a good night’s sleep supports good health.
- Dress for the weather. It’s important for children to dress warmly and keep their coat, hat, and gloves on when they’re outside.

For More Activities & Program Information Visit:



<https://bit.ly/MNPSCountdowntoK>