

Welcome to Fred C. Underhill School!



Kindergarten Enrollment FAQs:

Registration is done online at: <https://hooksett.sau15.net/upcoming-school-year/>

Required Forms:

- The child's birth certificate
- **TWO** Proof of Residency forms:

First Proof of Residency	Second Proof of Residency
- A Mortgage Statement or - A Rental/Lease Agreement or - Deed with the parent or legal guardians listed as the owners, lessee, or purchaser.	A Utility Bill (water, oil, gas, electric, phone, cable, or internet) with the same address on it. A cell phone bill will not be accepted.

- Documentation of the child's last physical exam (must have occurred on or before August 31st for the start of a new school year)
- The child's immunization record

Other Information:

- If the property you reside at is not owned or rented by you, please reach out to the front office to review the required Residency Affidavit documents.
- Once you submit your registration online, we will contact you if anything is missing or incomplete.
- If you submit the online registration and you need to submit additional documentation, please send to school by either:
 - Email: amartel@sau15.net during the school year or jpenland@sau15.net during the summer break.
 - Fax: (603) 623-5896
 - Mail to: 2 Sherwood Drive Hooksett, NH 03106
- If you have questions for the school nurse April Fraser, she can be reached at afraser@sau15.net. If you need a school immunization religious exemption form, please reach out jpenland@sau15.net.
- All required forms must be submitted for their registration to be complete or students will not be permitted to start school.
- If you have any questions, please call the school at (603) 623-7233.

HOW CAN I PREPARE MY CHILD FOR KINDERGARTEN?

Yes, Kindergarten has many academic skills that are addressed, but there also are many non-academic skills that are important for a child to achieve as they enter school. Focusing on these developmental skills will help set them up for success!

SELF-HELP SKILLS

A significant part of the Kindergarten day is dedicated to establishing routines in school. Self-help skills are daily skills that a child completes to increase their independence. Establishing these skills prior to starting school is important to increase their confidence and self-esteem. By age 5, your child should be able to:

- Hold a spoon and forks with their fingers (not the whole hand)
- Cut soft food and spread with a knife
- Put on socks correctly
- Put shoes on/off themselves and on the correct feet
- Connect a zipper on a jacket and zip up
- Attempt to tie their shoe laces using both hands
- Fasten and unfasten buckles, puts belts in a loop, button small buttons (this includes on clothes, lunchboxes, backpacks)
- Clean up after themselves (at mealtime, after playing with toys, hanging their coat and backpack on a hook)
- Know the front versus back of clothing and inside from outside
- Hold a glass/cup with one hand
- Complete all aspects of toileting (pants management, wiping, flushing)

GROSS MOTOR SKILLS

Studies have shown that without regular exercise that promotes balance, strength, and coordination, a child is at risk for low stamina. Ensuring your child achieves these developmental milestones will help prepare them for a full day of Kindergarten and

increase their overall endurance. By age 5, your child should be able to:

- Stand on one foot for 8-10 seconds (try with eyes open and closed)
- Skip, alternating feet
- Catch a ball with hands rather than using body to trap the ball (start with large balls and slower speed progressing to smaller balls and faster speed)
- Hop 5 times (or more) on one foot
- Complete a somersault
- Pump a swing (may need an initial push)
- Walk on a balance beam forward and backwards

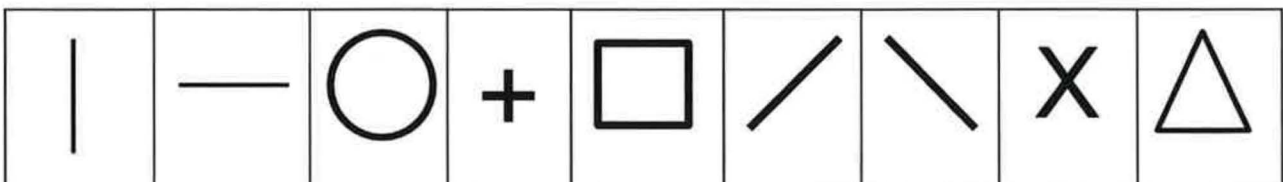
FINE MOTOR SKILLS

Adequate hand and finger strength and controlled finger movements are needed for tasks such as using a writing utensil, cutting with scissors, using glue, playing musical instruments, typing, and tying of shoelaces. By age 5, your child should be able to:

- Use scissors to cut out a circle, square, and triangle
- Draw a person with at least 3 body parts (up to 8 body parts if able)
- Lace a sewing card
- Imitate a 4-6 block design
- Fold and crease paper (using both hands together)
- Hold a writing utensil with thumb and fingers (not the whole hand)
- Attempt to color within the lines
- Complete a 10-25 piece interlocking puzzle
- Build a complex structure with Legos, Tinker Toys, or similar toys
- Connect 2 dots with a straight line
- String small beads

PRE-WRITING SKILLS

Children need to be able to copy basic shapes in order to properly form letters. When drawing with your children, you can encourage them to draw these shapes by drawing houses, people, decorating clothing on their people, drawing scenery, or even playing Tic Tac Toe. Focus on precision of the following shapes:



Frequently Asked Questions about *Play*-Based Learning

For Families and Guardians

Is this going to affect my child's readiness for first grade?

Yes. Children that learn in a play-based environment have strong collaboration, communication and critical thinking skills as well as meaningful connection to content, creative innovation and confidence. Play-based learning helps children develop social skills, language and numeracy skills. Children who learn through play take initiative, have focused attention, and are motivated to learn.



Will my child be academically challenged?

Yes. Children in play-based programs score better on measures of self-regulation, cognitive flexibility, and working memory (Diamond et al. 2007). Self-regulation and impulse control is predictive of later academic success. Engaging in play with teachers and peers helps children develop holistically through social-emotional learning, developing confidence and motivation, and practicing cognitive skills.

Are they just playing all day?

No, even in a play-based learning environment there is a place for teacher led instruction. However, children benefit from extended time within the day that is dedicated solely to guided play. This is a time when they take the lead and direct their own experiences. Children practice and reinforce their learning in multiple areas during play. Play gives them a space and a time for learning that cannot be achieved through teacher created activities. For example, in playing restaurant, children write and draw menus, set prices, take orders, and sort food groups. Play provides rich learning opportunities and leads to children's success and self-esteem.

What is my child learning?



Children experience rich and meaningful learning when they play.

Through play, children develop critical thinking and perspective taking.

Play allows children to explore mathematical concepts such as quantity and measurement, build language skills such as speaking and listening, and practice inquiry and the scientific method. Children develop creative innovation and confidence as they play.



University of
New Hampshire

4 to 5 Years

COMMUNICATION MILESTONES

These communication milestones cover hearing, speech, and language development in children.



Each child develops uniquely, even within the same family, and may meet certain milestones earlier or later than others. If your child does not meet many of the milestones within their age range, visit www.asha.org/profind to find an ASHA-certified audiologist or speech-language pathologist (SLP) for an assessment.

What should my child be able to do?

- Produces grammatically correct sentences. Sentences are longer and more complex.
- Includes (1) main characters, settings, and words like **and** to connect information and (2) ideas to tell stories.
- Uses at least one irregular plural form, like **feet** or **men**.
- Understands and uses location words, like **behind**, **beside**, and **between**.
- Uses more words for time—like **yesterday** and **tomorrow**—correctly.
- Follows simple directions and rules to play games.
- Locates the front of a book and its title.
- Recognizes and names 10 or more letters and can usually write their own name.
- Imitates reading and writing from left to right.
- Blends word parts, like **cup + cake = cupcake**. Identifies some rhyming words, like **cat** and **hat**.
- Produces most consonants correctly, and speech is understandable in conversation.

What can I do to help?

- **Talk about where things are in space**, using words like “**first and last**” or “**right and left**.” Talk about opposites, like “**up and down**” or “**big and little**.”
- **Talk about categories, like fruits, furniture, or shapes**. Sort items by category. Have your child tell you which item does not belong. Talk about why it doesn’t belong.

Continued on back »

What can I do to help?

- **Pay attention when your child speaks.** Respond, praise, and encourage them when they talk. Get their attention before you speak. Pause after speaking, and let them respond to what you said.
- **Keep teaching your child new words.** Define words, and help your child understand them. For example, say, "We are having fruit for a snack. This is an apple. A banana is another fruit. So are grapes and strawberries."
- **Teach your child to ask for help when they do not understand what a word means.**
- **Point out objects that are the same or different.** Talk about what makes them the same or different. Maybe they are the same color. Maybe they are both animals. Maybe one is big, and one is little.
- **Act out stories.** Play house, school, and store using dolls, figures, and dress-up clothes. Have the dolls talk to each other.
- **Tell stories that are easy to follow.** Help your child guess what will happen next in the story. Act out the stories, or put on puppet shows. Have your child draw a picture of a scene from the story. You can do the same thing with books, videos, and TV shows. Ask **who, what, when, where, or why** questions about the story.
- **Play games like "I Spy."** Describe something you see, like, "I spy something round on the wall that you use to tell the time." Let your child guess what it is. Let your child describe something they see. This helps them learn to listen and to use words to talk about what they see.
- **Let your child tell you how to do something.** Draw a picture that they describe. Write down your child's story as they tell it. Your child will learn the power of storytelling and writing.
- **Play board games with your child.** This will help them learn to follow rules and talk about the game.
- **Have your child help you plan daily activities.** For example, have them make a shopping list for the grocery store. Or, let them help you plan their birthday party. Ask their opinion, and let them make choices.
- **Talk to your child in the languages you are most comfortable using.** There are many benefits and options for daily reading for children. Be sure to read books in your languages to promote multilingual language and literacy skills.



**GET CONNECTED WITH
HELP TODAY.**
asha.org/profind



**CURIOUS ABOUT OTHER
AGE RANGES?**
on.asha.org/dev-milestones



Dear Incoming Kindergarten Families,

Welcome to Underhill! I am excited for the upcoming school year.

If your student has medical needs including but not limited to allergies, asthma or activity limitations I am often available during the summer over the phone or by email. Please feel free to reach out, it may take a few days due to scheduling but I will get back to you!

Potty training before kindergarten is important for a child's independence, social skills, and overall readiness for the school environment. It allows children to participate more fully in classroom activities and reduces the potential for distractions for both the child and the teacher. Potty training is a big step for kids and parents.

The secret to success is timing, patience, and consistency. School is such an exciting and distracting place! We suggest that families start potty training before school begins. Learning to separate at school is a big adjustment for some, and trying to introduce a new skill at the same time can be stressful. Summertime, with easy up and down clothes, is the easiest time.

Here's why potty training before kindergarten is beneficial:

Independence and Self-Sufficiency:

Potty training is a significant developmental milestone, contributing to a child's sense of self-sufficiency and independence. (Practice those buttons)

Positive Social Interactions:

Feeling independent and comfortable with basic needs allows children to better engage with classmates and teachers, fostering a positive learning environment. (Accidents=less time with friends)

Improved Hygiene and Sanitation:

Potty training contributes to better hygiene and sanitation practices, which are essential for a healthy school environment. (Proper wiping and hand hygiene are a big part of potty training)

Preparation for School:

Potty training is a crucial step in preparing children for the routines and expectations of school, including using the restroom independently.

Reduced Stress for Parents and Health Care Team:

Parents can avoid the stress of managing accidents at school, and the school nurse can devote more time supporting students with medical needs.

Our kindergarten classrooms do not have bathrooms in them, but we do have a multi-stall bathroom in the kindergarten hall. I recommend trying to visit bathrooms with a similar set up over the summer to help familiarize your children with this setup as well. Practicing stall locks and familiarizing your children with flushing is also beneficial.

Please let me know if you have any questions.

April Fraser, RN

afraser@sau15.net

(603)623-7233

Hello Kindergarten Families!

Welcome!



We are excited to welcome new students and families to our school community. Our School Lunch Program is here to make your transition easier by providing healthy, delicious meals each day in a safe and welcoming environment. Whether your child is joining us for breakfast, lunch, or both, we are committed to ensuring every student feels comfortable, included, and ready to learn.

Free & Reduced Meal Program

Families may qualify for free or reduced-price meals based on household income and size. Benefits of Applying

- Free or discounted breakfast and lunch
- No change in meal quality or participation—students receive the same meals

Who Should Apply?

- Your household income falls within federal guidelines
- You receive SNAP, TANF, or FDPIR benefits
- You are experiencing financial hardship



Applications are Available

- On the Hooksett School District website
- MySchoolApps.com
- By contacting the Food Service Department

Our Commitment

We are committed to providing healthy, appealing meals that fuel students for success—because well-fed students are ready to learn!

Questions or Need Help?

If you need assistance completing the application or have questions about the program, please contact Eleni Gagnon.

egagnon@sau15.net
603-485-9890 x 6125

Lunch Money Simplified

MY
SCHOOL
BUCKS

Easily pay for school meals with MySchoolBucks



Automatic
Payments



Simple
& Secure



Low Balance
Alerts

Get Started:

- 1 Go to myschoolbucks.com or download the app
- 2 Create an account & add your students
- 3 Pay with your credit/debit card



 [MySchoolBucks.com](https://myschoolbucks.com)

DOWNLOAD



GET SOCIAL





New Morning
Schools
School Age Programs



HOOKSETT UNDERHILL

BEFORE SCHOOL

AFTER SCHOOL

Opens at 7:00AM

Pickup by 6:00PM



ACTIVITIES

Arts & Crafts ~ Gym Games
Outdoor Games ~ Snack Time ~ Table Games
Homework Supervision



VACATION/SUMMER CAMP

Located at the IMAGINE Campus

23 Back River Road, Bedford.

Camps coordinate with most vacation dates/weeks.

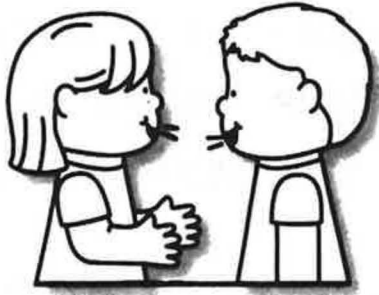
NewMorningSchools.com

ADMIN@NEWMORNINGSCHOOLS.COM
(603) 669-3591













READ & THINK ALOUD

Read to your child or have your child read to you. Comprehension doesn't need to be complicated. Talking about what is being read makes thinking about what is being read a *habit*.



WAYS TO TALK ABOUT READ ALOUDS

-  I wonder why...
-  Where did...
-  If the character...
-  I wonder what will happen next...
-  What if they...
-  Why did they...
-  I like this author because...
-  This character/story/setting reminds me of _____ because...
-  This story is similar to/different than_____.
-  My favorite part was ___ because...

“Children are made readers on the laps of their parents.”

-Emilie Buchwald

Reading Websites Teachers Love



© A Teachable Teacher | All Rights Reserved
Websites are free as of January 2018

Helping Your Child
Learn to
Read



a quick and helpful guide
.....
to parents, from teachers

BOOKS GALORE



Keep books in sight as much as possible. Create a library at home, even if it is just a book basket with a few books. Then read and reread!

WORD POWER

Before kids can read, they need to understand that words are made up of sounds. Have fun talking about words!

- listen to and make rhymes (cat and bat)
- clap syllables (hap-py)
- segment words (cat = /c/ /a/ /t/)
- make up alliterations (Silly Suzy!)



THE ALPHABET

ABC's open the doors of learning to read through phonics. Teaching letter names and sounds is simple and fun!

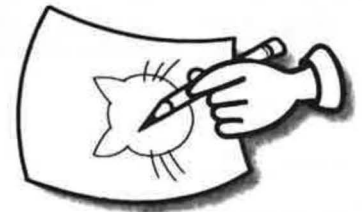
ABC





- Uppercase/lowercase matching
- Use play dough to build/stamp letters
- Search for letters in name
- Magnetic letter play
- Read alphabet books
- Play I Spy (a letter)
- Find letters on signs, toys, cereal boxes, license plates, etc.
- Practice beginning sounds in words

READING WRITING

Reading and writing go hand in hand! Better readers become better writers. Better writers become better readers.

Start with pictures!



-  Draw a picture
-  Label the picture
-  Write or tell a story about the picture
or
-  Draw a picture about a book you've read!

Reading for 10 minutes per day = 3,650 minutes per year!