

# Kindergarten Starting School Checklist

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## Before staggered entry day

- Confirm the immunizations and physical examination form is completed and turned in.
- Decide your child's mode of transportation to/from school.
- Consider a myschoolbucks.com account using your child's PowerSchool ID number.

## Staggered entry day

- Send with your child:
  - Healthy snack
  - Lunch or student identification number for buying lunch
- Request a carpool tag in the front office if needed.
- Hand deliver any necessary medications along with Form 1702 (Parent Request and Physician Order for Medication) to the front office.

## Meet the teacher

- Visit your assigned classroom with your child Thursday evening. Class lists will be posted in the front hall. If you are unable to attend, your child's teacher will call to inform you of your child's classroom assignment.

## First full day on Friday

- Send with your child:
  - Backpack (no wheels) large enough to hold 11x17 folder
  - Rest towel (labeled please, no mats or pillows)
  - Change of clothes including socks and underwear (labeled in baggie)
  - School supplies
  - \$5.50 for Scholastic News Magazine Weekly Reader
  - Healthy snack, daily
  - Lunch, lunch money, or student identification number for buying lunch (teachers will provide lunch ID tag for each student until they memorize their number.)

## Snack Suggestions

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Balanced, nutritious snacks can help children maintain energy and lengthen their attention span throughout the day as well as provide fuel for growth and development. A good snack is something that your child can handle independently, eat in 5-10 minutes, and isn't too messy. Below is a list of healthy, low sugar snack ideas.

**Fruit:** grapes, clementines, apple and pear slices, bananas, blueberries, pineapple chunks, applesauce

**Veggies:** carrot and celery sticks, edemame, cucumber slices, cherry or grape tomatoes, sliced peppers, veggie chips

**Dried fruit:** raisins, apricots, dates, figs, banana chips, mango slices

**Dairy:** cheese sticks, yogurt, Babybel cheese

**Grains:** Popcorn, crackers, pretzels, low-sugar cereal, low-sugar granola, trail mix, cheese tortillas, half sandwich, English muffins, pita, muffins and quick breads, rice cakes