

# ELROY ELEMENTARY NEWS

Dear Elroy Families,

Our Kindergarten Registration will begin on March 15th. Information will be on the website for families to register.

For most children, kindergarten is the start of formal classroom education. Even for children who have been in a preschool or child care setting, the transition is big. You might wonder – is your child ready?


Kindergarten readiness, or school readiness, is a term used by schools, policymakers and child development researchers. Definitions of readiness vary, and what readiness means may differ in individual schools.



## COUNSELORS CORNER

According to Psychology Today: " People often use the terms *worry* and *anxiety* interchangeably, but they are very different psychological states. Although both are associated with a general sense of concern and disquiet, how we *experience* them is quite distinct—as are the implications they have for our emotional and psychological health." If you are concerned about your child's level of worry or anxiety, reach out to your Pediatrician or contact me. The Student Assistance Program can help get your child the help they need.

### WORRY or ANXIETY

<ul style="list-style-type: none"> <li>-relatively temporary</li> <li>-happens sometimes</li> <li>-about more specific things</li> <li>-mild emotional response</li> <li>-doesn't prevent functioning or action</li> <li>-can lead to problem-solving</li> <li>-more realistic concerns</li> </ul>	 <ul style="list-style-type: none"> <li>-long term</li> <li>-pervasive</li> <li>-can be more diffuse or vague</li> <li>-strong emotional distress and physical response</li> <li>-can prevent functioning or action</li> <li>-difficult to problem-solve</li> <li>can be less realistic</li> </ul>
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## PATHS LESSONS

This month, PATHS lessons will focus on Responding to Bullying and being an Upstander for 5th and 4th grade. Playing Fair and getting along with friends for 3rd grade. Making Friends and Sportsmanship for 2nd grade. Reviewing Self Control Steps and Problem Solving for 1st grade and Exploring different types of feelings for Kindergarten.



## What is school readiness?

School readiness isn't easy to define. Typical development can vary significantly among children around the ages of 4 and 5. And a child's development in one skill doesn't necessarily translate into development in others.

However, there are milestones in childhood development that can help make the transition to the kindergarten classroom more successful. Children are likely to have some readiness in:

- Demonstrating a curiosity or interest in learning new things
- Being able to explore new things through their senses
- Taking turns and cooperating with peers
- Speaking with and listening to peers and adults
- Following instructions
- Communicating how they're feeling
- Empathizing with other children
- Controlling impulses
- Paying attention
- Limiting disruptive behaviors

These skills develop over time, depending on the individual child's abilities and experiences. As a result, school readiness might best be understood not as a single goal but as a process – providing early childhood experiences and an environment that prepares them to learn. We look forward to meeting all the new Kindergarten students at Elroy.

Dr. Pagan



## Small Group Counseling

Small Group Counseling is happening virtually and in person for the month of February. If your student is interested in joining a small group online or in school, to learn new coping skills, work through grief, or learn to make friends, please email me at any time.



<https://sites.google.com/view/bbsd-elementary-counseling/home>

[terri.kauric@bb-sd.com](mailto:terri.kauric@bb-sd.com)

