Preparing for



2025-2026

Newmarket Elementary School

Principal - Sean Pine
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TABLE OF CONTENTS

Welcome, Mission Statement and School Philosophy.....3

School Policies and Procedures.....4 - 7

Going to Kindergarten and Parental Involvement.....8

Academics 9

Dressing for Kindergarten.....10

Health Requirements and NH State Guidelines.....11-12

How to Prepare for Kindergarten.....13-31

Make the Big Day a Happy Day.....32-33

WELCOME



On behalf of the kindergarten teachers and our entire staff, we welcome you to Newmarket Elementary School. We are excited to have you and your child join our learning community. Starting kindergarten is a very important and exciting time in your child's life and your life. We want you to know that everything possible is being done to make your child's transition to kindergarten the best possible.

This book has been designed to help you understand all the things your child might learn to help make their first year at the "Big School" more comfortable. You have a long time to look at this booklet and play with your child, so keep it handy and try the suggestions. You are receiving this booklet early because you and your child are GOING TO KINDERGARTEN! Your kindergarten teacher is excited to meet and welcome you into their classroom. We will see you in August.

MISSION STATEMENT

The Newmarket School District is committed to the highest standards of quality education. We ensure a safe and successful learning community. We embrace diversity and respond to every child's social, emotional, intellectual, and physical needs. We strive to work with the broader community to ensure that students develop lifelong skills enabling them to be contributing and productive members of society.

NEWMARKET ELEMENTARY SCHOOL PHILOSOPHY

Our mission at Newmarket Elementary School is to enable ALL students to achieve their full potential. We foster respect, responsibility, and teamwork. We strive to develop a love for lifelong learning in our students in an ever-changing world.

School Policies and Procedures



Admissions:

Kindergarten students must be five years of age on or before September 30th of the year they enter kindergarten. Students in this year's **(2025-2026) kindergarten class will have birth dates between 10/1/2019 and 9/30/2020.** Students will be assigned to a classroom in August after individual assessments are completed.

School Buses:

Students will ride to school on buses with all other elementary school students. No student will be allowed to ride a bus if he or she is not officially assigned to that bus. Students may not ride home on a bus with a friend or relative if it is not the student's assigned bus. The School Board Policy states that students eligible to ride the bus will be transported to and from the same location throughout the school year. If a student boards the bus in the morning at their place of residence, that will be the only place the student will be dropped off in the afternoon. A parent must greet their child at the bus stop, or the child will be driven back to school. Students will not be allowed to ride a different bus or route in the afternoon than they ride in the morning.

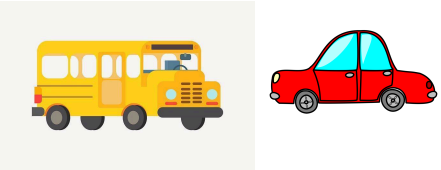
Bus routes are posted on the school website in mid to late August. Problems with routes may be brought to the attention of the principal.

Parent Riders:

Start time for 2025-26 school year

Kindergarten students may be dropped off between 8:30 am and 8:40 am. Our school day begins promptly at 8:40 am. Children should be dropped off at the back door entrance. The procedure for morning drop-off is on the next page. Parents must stay in their vehicles and the school staff members will greet your child at your car and see that they are safely escorted into the school.

Morning Drop off and Afternoon Pick up



The start time for 2025-26 school year

Morning Drop-Off:

1) Enter the rear access road from South Main Street.
2) Maintain a single line unless directed to pull forward by a staff member.
3) Proceed to the sidewalk all the way down to the orange cone. Please pull up to where staff members are on duty.
4) All children should exit your car from the passenger side of the car directly onto the sidewalk.
5) Follow the road to the exit out onto Durrell Drive.
6) **Our door locks at 8:40 am.** (If you come after 8:40 am you will need to park in the front parking lot and bring your child to the front door.) 7) Drop-off time is only between **8:30 am and 8:40 am**.
8) **Do not drop off your child if there is not a staff member standing outside.**

Afternoon Pick-Up:

Please clearly write your child's full name on an 8.5 x 11 piece of paper

1) Enter the rear access road from South Main Street.
2) Maintain a single line unless directed to pull forward by a staff member.
3) Proceed to the sidewalk all the way down to the orange cone. Please pull up to where staff members are on duty.
4) Place your child's full name on the passenger side of your front dash.
5) Do not exit your car. We will have your child come to you.
6) Follow the road to the exit out onto Durrell Drive.
7) Parent riders are dismissed starting at **3:00 pm and are done approx. 3:10 pm**

*** Students cannot be released to anyone other than parents/guardians unless the parents/guardians give explicit written permission to the teacher and front office.

Telephone:

Parents should not request that messages be delivered to students during the school day except in case of an emergency. Plans for after-school activities should be arranged by parents and children in advance. Children will not be summoned from class to the telephone except in extreme emergencies.

Volunteers:

Each year we have approximately 200 parent volunteers working in our school. These volunteers work in classrooms, drive on field trips, do clerical duties, and contribute many other areas of expertise to our school. We encourage parents to contact their child's teacher if they are interested in donating some time and energy to our school. School District policy IJOC details a formal approval process, including background checks and fingerprinting for all volunteers before the start of volunteering. All volunteer forms are processed through the SAU department. Please call Ellen Needham at 603-659-5020 to set up an appointment.

Communication:

Please feel free to speak with your child's teacher, kindergarten "specialists" and the administration should you have any questions or concerns regarding your child's program. Typically, a parent should speak with the child's classroom teacher as a first step. If necessary, the teacher can direct the parent to other individuals who may be of assistance in solving any problems. We look forward to working with every parent as part of the team working for all children in our kindergarten program. We not only hope for this, but we also depend on your communications with us to act in the best interests of our students. We can best support you and your student when open lines of communication are established. Please do not hesitate to contact us with questions, compliments, and concerns.

Paying for Lunch:

My School Bucks is our online payment service and provides a quick and easy way to add money to your child's lunch account by using a credit card or debit card.

Enrollment is easy!

1- Go to www.MyschoolBucks.com and register for a free account.
2- You will receive a confirmation email with a link to activate your account.
3- Add your students by using their school's name and student's date of birth.

Breakfast and Lunch Prices for 2024-2025:

Breakfast costs $1.75
Lunch costs $3.25

(Prices for 2025-2026 TBD)

Information on Free and Reduced meals, eligibility, and forms will be sent home with your child on the first day of school.

Going to Kindergarten



Soon your child will begin Kindergarten - an exciting and new place for both of you. While many parents feel sad that their child is growing up and leaving home, Kindergarten is an opportunity for your child to learn and mature. Start now to work and play with your child to make sure they have some preparation for what is to come. Having a few skills for school helps your child understand what teachers and others are talking about and what is expected of them in the classroom. Information can help make the move from home or childcare to school smoother and more fun.

Parental Involvement

What does "Parent Involvement" mean? We feel it is "a meaningful, ongoing, two-way conversation between parents and schools." When families send a positive message to their children about the importance of education, children have more success in school. Research has shown that students with involved parents are more likely to earn higher grades and test scores, be promoted, adjust well to school, attend regularly, and graduate. So, talk with your child's teacher early in the year and often throughout the year. Tell the teacher what you know about your child and ask for more ways to help your child at home. Have good conversations with your child about school. Ask them to "tell me something good about your day at school."

HUG AND KISS YOUR CHILD EVERY DAY. SHOW AND TELL THEM "I LOVE YOU" AND THAT THEY ARE A GREAT KID.

Academics/Curriculum

Presently in the Newmarket Elementary School Kindergarten program, the foundation for teaching Math is the ***Bridges in Mathematics*** program, which is supplemented by other materials.

Bridges in Mathematics program website:
https://www.mathlearningcenter.org/curriculum/bridges

The Newmarket Elementary School Kindergarten program utilizes two programs that are based on the science of reading in providing foundational reading skills.

My View Literacy

95% Group

Unified Arts Classes:

Kindergarten students will also be participating in Unified Arts classes also known to students as "Special" which consist of Art, Computer, Library, Music, and Physical Education. Grades will be based on participation and respect. Paraeducators will attend each special with the students.

Academic Calendar and Progress Reports:

NES operates on a trimester schedule. Progress reports are issued three times a year via our online portal, Infinite Campus. To sign up for Infinite Campus send an email to: IC@newmarket.k12.nh.us or call the IT Office at (603) 659-3271.

Dressing for Kindergarten



Please label ALL belongings (including shoes) with your child's name.

Indoor Clothing:

In Kindergarten, students use a variety of potentially "messy" materials (such as glue, paints, glitter, etc.) and become involved in active play indoors and outdoors at recess. For these reasons, we ask that students wear casual and comfortable clothing to school that can be easily laundered and is suitable for running and climbing. We recommend casual shoes such as sneakers. We strongly discourage sandals, clogs, or party shoes for daily kindergarten attendance (unless there is a special school occasion).

Outdoor Clothing:

Students in Kindergarten play outdoors at recess every day, weather permitting. While August and June are typically warm months, October through May bring a variety of weather and playground conditions which calls for a variety of outdoor clothing. We ask that parents stay aware of weather conditions and dress their children so that they are appropriately prepared for outdoor play. School policy is unless it is below 18 degrees or we have extreme wind chill, we will go outside. Below is a list of typical requirements to keep your youngster comfortable while playing outside:

Fall months:	Lightweight or warm jacket as temperatures decrease. Mittens and hats as temperatures get colder.
Winter months:	Snow pants, warm winter coat, boots, hats, and mittens and sneakers for indoor classroom wear.
Spring months:	Boots(mud!) and any of the above depending on the weather for the day.

Health Information for Incoming Kindergarten Students

Welcome to the Newmarket School District. Our health office invites you to partner with the school nurse to promote an optimal educational opportunity for your child.

PHYSICAL: A complete physical is **required** within *one* year before entering school. Appointments should be made by the student's parents with the family physician, with results dropped off at the front office or faxed to the school nurse at FAX #603-659-4716. ConvenientMD Urgent Care clinics offer affordable options for youth sports and camp physicals for $25-$50, depending on your location.

IMMUNIZATIONS: State Law, RSA 141-C: 20 requires all students in **New Hampshire** to be immunized before enrolling in **school**. Children entering school with less than the minimum requirements, will be conditionally enrolled* or excluded until immunizations are submitted, up to date, or have legal documentation for medical or religious exemption.

**A child may be "conditionally" enrolled when the parent or guardian provides:*

1. *Documentation of at least one dose for each required vaccine;* ***AND***
2. *The appointment date for the next dose of the required vaccine.*
   *******Documentation of immunity by confirming laboratory tests is acceptable for Measles, Mumps, Rubella, Varicella, and Hepatitis B. Disease or serologic proof of immunity is acceptable.*

MEDICATION: All medication that a student may need in school must be in its original labeled container, and a medication form must be filled out and signed by the parent/guardian. A doctor's order is necessary for any prescription medication. **ONLY an adult may transport medication to and from school.**

- All action plans - food/insect allergies, asthma, diabetes, seizures, etc must be signed by a physician.

- Food allergies are not recognized unless a food/insect allergy action plan is signed by a physician listing the specific allergen.
  - The school does not supply epi-pens, Albuterol, and Benadryl.
  - Our cafeteria staff does not recognize food allergies of any kind unless we have a Food Allergy Action plan signed by a Physician listing the specific food allergy.

HEALTH CONCERNS: If your child has healthcare needs that require special assistance during school hours or you have any significant concerns about your child's health or development, our School Nurse is available for consultation. If they are sick, please review the school district's illness policy JLCG-R.

1. Fever more than 100 degrees within the last 24 hours (including the night before and given medicine for illness/fever).
2. Vomiting or Diarrhea the night or morning before school
3. Continuous coughing that is not relieved with cough medicine.
4. Itchy red eyes with a thick yellow discharge

****A physician should diagnose any serious illness or injury. The student should not be sent to school for evaluation by the school nurse.****

- Please keep our staff and the school nurse informed of any health conditions that could affect your child while at school.
- For younger students, children who have accidents at school, please be sure to send a change of clothing in their backpack to keep at school. If your child has an accident, they will be provided wipes to help with their cleanup. Parents will only be called if we do not have any clothing for the child. The clinic runs on donations only and supplies of new underwear are sometimes low or out.

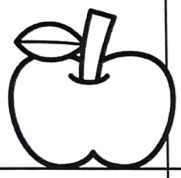
RECESS: Students are expected to go outside for recess, weather permitting (to be determined by the administration). Please dress your child appropriately for the changing weather conditions. Any exception to this policy requires a note from a physician.

Diane McCormick, BSN, RN
Phone: (603) 659 - 2192 x 2
Fax:(603) 659 - 4716
Email: mccormickd@newmarket.k12.nh.us

How To Prepare for Kindergarten

The A TO Z of KINDERGARTEN READINESS

to be "ready to learn" new concepts and routines in school!

	**ALPHABET:** can recognize some uppercase & lowercase letters	**BATHROOM:** can use the bathroom independently	**CONCEPTS OF PRINT:** know how to read a book and track words	**DO YOUR BEST:** when presented with difficult tasks	**EAT INDEPENDENTLY:** can open and close snack/lunch on your own	**FRIENDLY:** can interact with new friends and teachers in a positive way
GET DRESSED: can put on & take off clothes independently	**HANDWRITING:** can print their name & some uppercase letters	**INDEPENDENCE:** can problem solve with friends and ask for help	**JUST RIGHT NOISE LEVEL:** can control their voice in different settings	**KIND:** is kind to others; can share, take turns, and show respect	**LETTER SOUNDS:** can produce some letter sounds of consonants	**MINUTES:** can focus on a specific task for 5-10 minutes
NAME RECOGNITION: can recognize and write their first name	**OPTIMISTIC:** is positive about coming to school	**PAY ATTENTION:** can pay attention to the teacher or activity	**QUIET LISTENER:** can listen quietly without distractions	**RHYME:** can recognize rhyming words	**SCISSORS:** can hold scissors safely and cut straight lines	**TRACE:** can trace straight lines, curved lines and some letters
UNDERSTAND DIRECTIONS: can follow 1 & 2 step directions	**VOLUNTEER ANSWERS:** can answer questions and participate in discussions	**WAIT IN LINE:** can wait patiently in line	**EXCITED:** is excited to be in school and learn new things	**YEARLY CALENDAR:** knows the names of some months & seasons	**ZIPPERS + MORE:** can use zippers & buttons on clothes	

READ EVERY DAY

Goal: To listen to and enjoy reading books

Read aloud between grown ups and children are essential for beginning literacy skills. Set time aside to read to your child for at least fifteen minutes every day. Allow your child to participate in the selection of a book and create a dialogue during your reading.

Tip: Make reading fun! The more excited you are about reading and books, your child will be! Tell them why you are excited to read the book, what you're curious about, and why it may be a favorite story from your childhood.

COLORING

Coloring will help your child develop gross motor skills. The motions and grip will help the development of the muscle in fingers, hands, wrists, as well as hand-eye coordination. Coloring will also help your child develop color recognition and awareness.

Tip: Try to remind them to stay in the lines and use their "helper hand" (the non-dominant hand) to hold and move the paper.

CONCEPTS OF PRINT

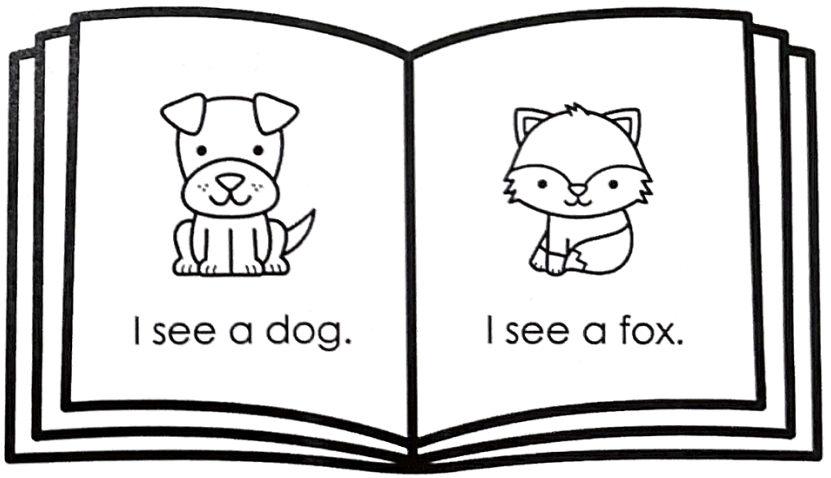
Concepts of print refers to your child's ability to understand and recognize the ways in which print works when reading a book. Concepts of print includes: the idea that print has meaning, the relationship between print and speech, the difference between words and letters, that print is read from left to right and top to bottom, and the parts of a book. The next page will help you when introducing the concepts of print with your child (please note you will need a real book to practice the concepts of print).

TIP: You can easily reinforce concepts of print every time you read a book!

I KNOW HOW TO READ A BOOK!

DIRECTIONS: Use the bullet points below to help you with concepts of print.





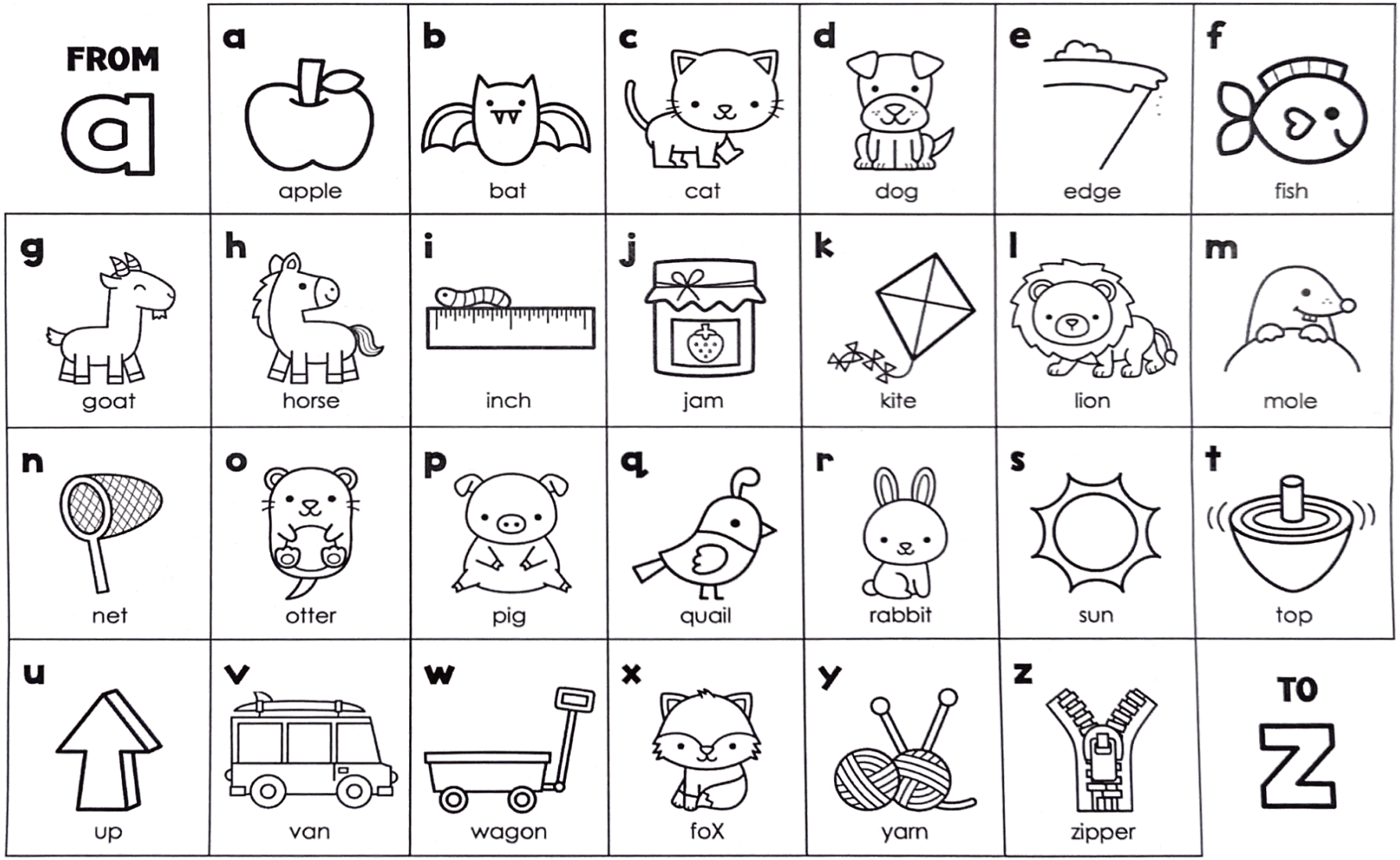
- ❑ Point to the cover of the book
- ❑ Point to the back cover
- ❑ Point to the title
- ❑ Point to the author/illustrator
- ❑ Use your fingers to outline a word
- ❑ Use your fingers to outline a letter
- ❑ Show me the title page
- ❑ Show me where you first begin reading the story
- ❑ Point to the first word on that page
- ❑ Point the last word on that page
- ❑ Show me how to turn the page
- ❑ Point to where you begin reading on the next page

LETTER IDENTIFICATION

Letter identification and recognition is one of the first skills taught in kindergarten. Uppercase (capital) and lowercase letters may be taught separately or in conjunction with each other. It is important for children to understand that although the two letters may look differently, they have the same sound and meaning.

Tip: Have your child say the letters out loud as they find it. Talk about how some uppercase and lowercase letters look similar, and how some are very different.

THE ALPHABET

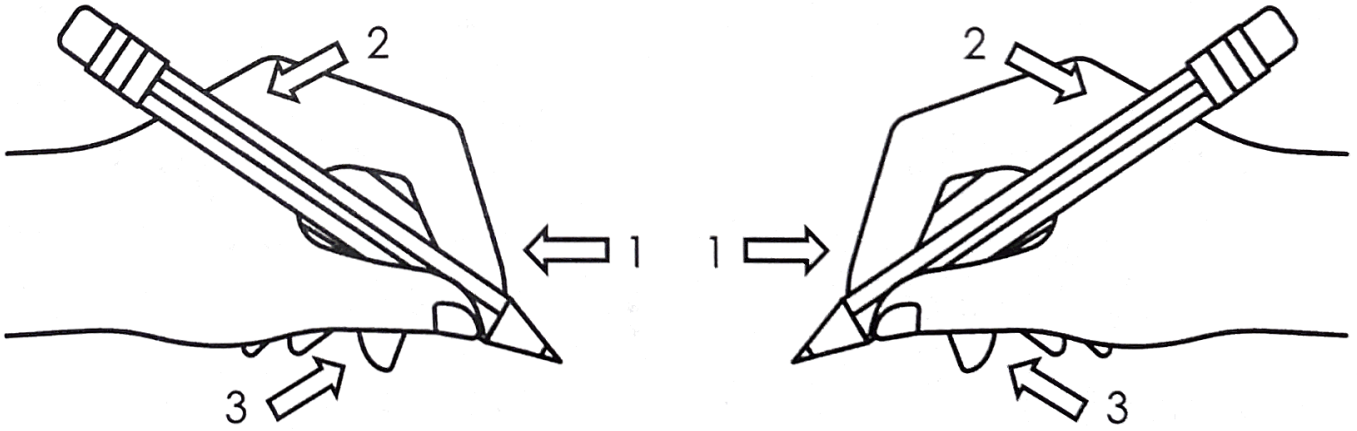


HANDWRITING

Learning to form letters and how to hold a pencil is difficult. The key is to work on correct pencil grip from the beginning and always start letters "at the top". Be sure to either use a small gold pencil or a regular pencil when beginning to write; the big "beginner" pencils are much too large for little hands and make it more difficult to form letters. When learning to write letters, it is best to begin with uppercase letters, as they are larger and have more straight lines.

Tip: Always remind your child to hold pencil correctly and start letters "at the top!" Positively reinforce your child when you see them holding their pencil correctly and provide explicit reminders when writing.

PENCIL + CRAYON GRIP



LEFT HAND **RIGHT HAND**

① "Pinchy fingers" (thumb and pointer finger) hold at the bottom of the pencil

② Top of the pencil rests between these two fingers on your hand

③ Middle of middle finger helps to hold the pencil up

LETTER SOUNDS

Letter sounds are the foundation of reading. Children should begin to understand that all letters have an uppercase, a lowercase, and a sound. Once students can easily produce letter sounds, they will begin to be able to blend sounds to read words.

Tip: Be sure to teach your children correct letter sounds. There are many resources and videos available online that can help you with sounds, such as Starfall.com and Vooks.com. Avoid songs or apps that add a vowel sound to individual letters as in the "d" letter sound becomes "da", the "g" sound become "ga". Adding a vowel sound make sounding out words very difficult; dog would be sounded out as "da-o-ag".

SYLLABLE COUNTING

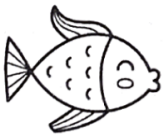
Goal: Segment and count syllables in words.
An important part of early phonological awareness is syllable counting. Understanding and dividing words by their syllables helps children to read more accurately and fluently once they begin to read. To practice syllable counting you can: clap out syllables, tap out syllables, stomp syllables, talk like a robot and count jaw drops (with hand underneath chin, count how many times your jaw drops.)

Tip: You can easily practice syllable counting anywhere! Read street signs while in the car, practice counting syllables in the names of you family, etc.!

I CAN COUNT THE SYLLABLES IN WORDS!

DIRECTIONS: Say the words out loud. Then clap and count the syllables!

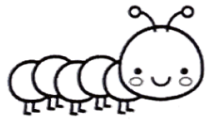
1 SYLLABLE

 cat	 fish
 fox	 dog
 goat	 horse
 moose	 bee

2 SYLLABLES

 ot-ter	 sea-horse
 pen-guin	 rac-coon
 wal-rus	 nar-whal
 ze-bra	 tur-tle

3 & 4 SYLLABLES

 el-e-phant	 cat-er-pil-lar
 jell-y-fish	 kang-a-roo
 ig-ua-na	 but-ter-fly
 al-li-ga-tor	 um-brel-la bird

RHYMING

Rhyming words are words that have the same ending sound. In kindergarten, children learn to identify rhyming words in the beginning of the year, and produce rhyming words by the end of the year. Rhyming is a great activity that can be done orally (without pictures or letters).

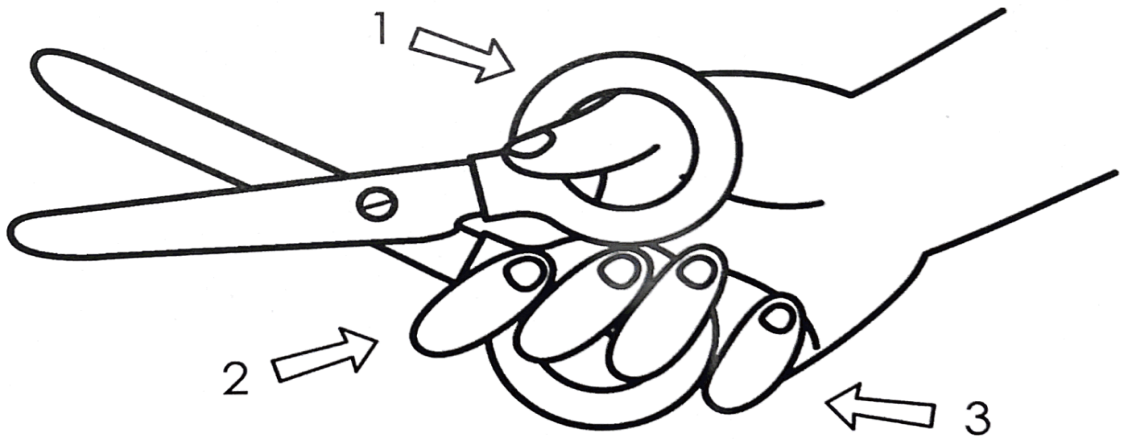
Tip: Once your child has mastered rhyming, take it to the next level! Have them replace the beginning sound in words. For example: "Say /cat/." Your child's response: "cat". "Now change the /c/ to /b/." Your child responds "bat"

CUTTING

Learning to hold scissors and cut is an important fine motor skill and develops bilateral coordination, which is to use both sides of the body while each hand performs different tasks. It is important that children learn to use both hands at the same time. When cutting, one hand opens and closes the scissors while the other hand holds and moves the paper. To make cutting fun, try cutting plastics straws into pieces (and us the pieces to count)!

Tip: Remind your child to use their "helper hand" to hold and move their paper while cutting

SCISSOR GRIP



1) Thumb through the small top hole
2) Index finger holding the bottom of scissors
3) Last three fingers through the big bottom hole

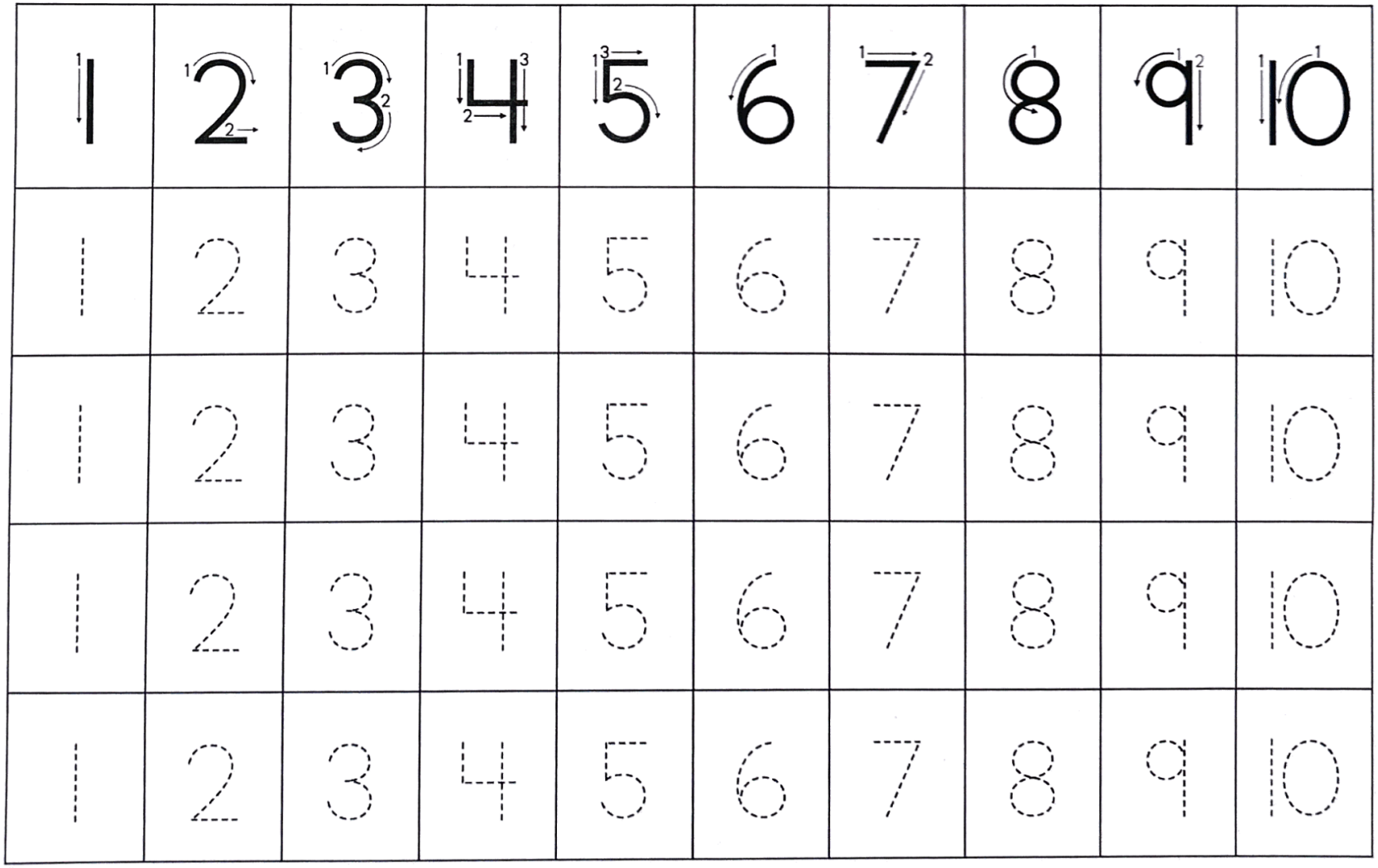
Always point scissors AWAY from body
and use your "helper hand" to hold and move the paper.

NUMBER SENSE

Number sense is one of the first math skills taught in kindergarten; focusing on numbers 1-10. Number sense is the understanding of what numbers mean, their value, and their relationship with one another. In addition to the following number practice page, practice counting with your child on their fingers, with coins, beads, mini erasers, etc.

Tip: Make counting fun! Try to challenge you child to count higher and recognize larger numbers each time you practice.

I CAN WRITE MY NUMBERS!

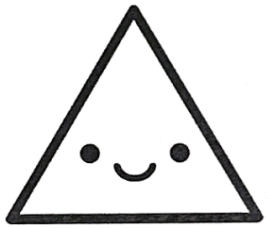


SHAPE RECOGNITION

Recognizing and building shapes is a skill explicitly taught in kindergarten. To help you child develop this important math concept, count the amount of sides and corners each shape has. Use the next page of flash cards to practice.

Tip: Go on a shape hunt! Shape hunts can be especially fun when in the car. Go on a shape hunt for specific shapes while driving. Count to see how many you can find!

DIRECTIONS: Cut and use as flash cards.

circle 	triangle 	square 	rectangle 
diamond 	pentagon 	hexagon 	octagon 
oval 	star 	heart 	rhombus 

Make the Big Day a Happy One!!



The first day at the "big school" can seem frightening to even the most confident child. Here are some ways you can help make that first day a happy one:

1. Be positive. Tell your child that education is important and that you are happy that they are going to school to learn so many new things, meet new friends, and have fun.
2. Discuss your child's concerns about school. If they have fears, help them know that everything will be okay because their teacher and family care about them and will help.
3. Make sure your child knows that you, their room, their favorite toys, and friends will be waiting for them at the end of the school day.
4. You can visit the school and classroom before the school year starts. Your child's teacher will be sending a welcoming letter in August to let you know when a special open house is being held for you and your child.
5. Children sometimes worry about using the bathroom at school. Let your child know that there will be a bathroom nearby and that they can use it when they need to. Each classroom has its own bathroom!
6. The week before school starts, practice going to bed on time. Put your child to bed earlier to get them up in time for school. Most children need 8-10 hours of sleep. Have a regular bedtime. 7:30/8:00 PM is good for most young children.

7. Make sure your child knows how they are getting to school and most importantly how they are getting home. Let them know that their teacher will help them get home.
8. Children do their best when they come to school healthy and well-rested.

   Your child needs to bring a healthy snack each day to school.
9. Limiting television - playing and getting exercise is much better for them.
10. Keep your child healthy - lots of sleep, exercise, and healthy food.