

Welcome to Kindergarten



Wolf Swamp Elementary School
62 Wolf Swamp Road
Longmeadow, MA 01106
413-565-4270

Principal: Marie Pratt

[Wolf Swamp Road School Website](#)

Kindergarten Information

TO VIEW THE FOLLOWING INFORMATION Please visit
[Kindergarten Information](#)

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Longmeadow Public School Calendar
2021-2022

[2021-2022 School Calendar- Approved 2-9-2021.pdf](#)

Meet The Kindergarten Teachers

Jamie Fonseca

[Mrs. Fonseca's Website](#)

Chelsea Camerlin

[Ms. Camerlin's Website](#)

Beckie McKittrick

[Mrs. McKittrick's Website](#)

Kindergarten Supply List

- 1 pair of headphones
- 1 composition notebook



2021-2022

ABSENTEE CALL IN PROGRAM

The Absentee Call In Program is a state-mandated program used to account for every child on school days. There is no “opting out” of the program.

When your child is absent from school, please call the **ABSENTEE CALL IN LINE @ 565-4270 then dial 0**. This is a recorded line. Please leave your name, child’s name, grade, teacher, and the reason for the absence. Please specify if your child is ill with an infectious or contagious illness, such as chicken pox, flu, or strep throat.

If no call is received by 9:15 a.m., automated calls will be made to advise you of your child’s absence. You will be contacted via the telephone numbers we have on file. Please review your contact numbers carefully when you receive your emergency contact information sheet.

Please call the Absentee Call In Line by 9:00 am, so that we may ensure the safety of all our students. Thank you.

Student Sick Day Guidelines

Attendance at School: Should my child be in school with this illness?

Fever:

Your child may attend school with a temperature less than 100 degrees Fahrenheit.

Fever is a sign of infection. Make sure you have a thermometer at home and can readily take your child's temperature. Consult your doctor for the best anti-fever medication for your child, and if the fever is associated with other symptoms.

Your child needs to be free from fever for 24 hours without medication before returning to school.

Rash:

A rash is usually a sign of a viral illness. It also may be a reaction to medication or chemicals (plants, detergents). If your child has an unusual rash or you think it is associated with a fever, contact your doctor. Keep your child home from school until you have discussed the rash with your doctor.

When you call your doctor you need to know:

1. The color, location, and texture of the rash
2. When the rash began
3. If your child has a fever
4. If your child has been exposed to other children with contagious illnesses

Please keep the school nurse informed of a rash, especially if your child has been to the doctor.

Stomach ache, vomiting, diarrhea:

A child with vomiting and/or diarrhea should be kept at home until symptoms have resolved for 24 hours and the child is able to keep food and liquid down before returning to school. Consult your doctor if fever and stomach pains persist or your child has poor oral intake and appears dehydrated (dry mouth, no tears, sunken eyes, urinates less than 4 times in 24 hours). Remember to wash your hands frequently.

When you call your doctor you need to know:

1. When the illness began
2. How often the vomiting or diarrhea is occurring
3. If your child has lost any weight
4. If your child is able to drink and retain fluids
5. If your child has a fever



Headache:

A child should be kept at home if headaches are severe and do not respond to acetaminophen or ibuprofen. Consult your doctor if the headaches persist.

Earache:

Consult your doctor during office hours. To relieve pain, give your child acetaminophen or ibuprofen as recommended by your child's doctor. A child need not miss school due to an ear infection.

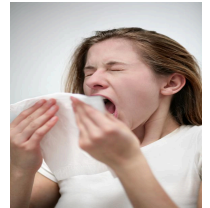
Toothache:

Call your dentist.

Cold, cough:

Children average 6-8 colds per year. If cold and cough symptoms are associated with a fever or they do not readily improve, call your doctor. Your child may attend school if there is no fever. Viruses are spread via “droplet” transmission such as coughing, sneezing, or nasal secretions.

Cough drops must be brought in from home. The cough drops will be kept in the nurse’s office for safety.

**Sore throat:**

A sore throat in conjunction with a fever and swollen glands may indicate a strep infection. Call your doctor during office hours to have your child evaluated. Not all children have a fever with strep throat. Some children complain of a headache or a stomach ache with sore throat. Your child can bring in a water bottle. Sipping on water helps keep the throat moist.

Children are no longer contagious after 24 hours on antibiotics.

Please notify the school nurse if your child is being treated for strep throat.

When you call your doctor you need to know:

1. When the symptoms began
2. If your child has a fever
3. If there have been any contagious contacts
4. The types of cold medicines you have at home

Red Eyes:

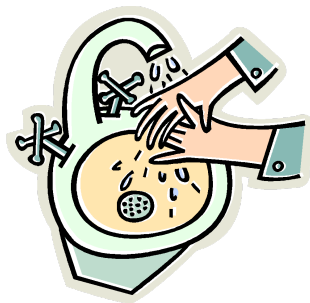
When the white part of the eye appears red and produces a yellow or green crusty discharge, you should consult your doctor. Your child’s eyes can also be itchy or watery. If symptoms persist, your child may have conjunctivitis, a common but troublesome condition which may be a contagious infection. Your child may need an eye ointment and may attend school after 24 hours of treatment. Remember to wash your hands frequently. Give your child a separate towel and washcloth.

Use your own good common sense and remember:

Sick children belong at home.

Well children belong in school.

Do not forget that hand washing is your single greatest weapon against disease transmission.



From the Massachusetts Medical Society Alliance Charles River District Medical Society Alliance 8/97

LIFE THREATENING ALLERGIES AND ASTHMA



IF YOUR CHILD HAS A LIFE THREATENING ALLERGY, ASTHMA OR CONDITION...

I NEED TO KNOW!!!!

FOR ASTHMA...

- PLEASE PROVIDE THE SCHOOL NURSE WITH NECESSARY ASTHMA MEDICATION SUCH AS ALBUTEROL OR NEBULIZER MEDICATION.
- MAKE SURE YOU HAVE PROVIDED THE SCHOOL WITH AN ASTHMA ACTION PLAN SIGNED BY YOU AND YOUR DOCTOR.
- MAKE SURE YOU HAVE PROVIDED THE SCHOOL WITH A DOCTOR'S ORDER FOR ALL MEDICATIONS.

FOR AN ALLERGY...

- PLEASE PROVIDE THE SCHOOL NURSE WITH EMERGENCY MEDICATIONS SUCH AS AN EPI-PEN OR AUVI-Q.
- MAKE SURE AN ALLERGY ACTION PLAN HAS BEEN FILLED OUT BY YOU AND YOUR DOCTOR AND HAS BEEN GIVEN TO THE SCHOOL NURSE.
- MAKE SURE YOU PROVIDE THE SCHOOL NURSE WITH ORDERS FOR ALL MEDICATIONS.

FOR ANY OTHER SERIOUS MEDICAL CONDITIONS...

- PLEASE PROVIDE THE SCHOOL NURSE WITH AS MUCH INFORMATION AS POSSIBLE ABOUT YOUR CHILD'S CONDITION
- IF NECESSARY, PLEASE PROVIDE 30 DAYS OF NEEDED MEDICATION ALONG WITH A DOCTOR'S ORDER. MEDICATION NEEDS TO BE IN PRESCRIPTION BOTTLE WITH ORIGINAL LABEL.
- PLEASE PROVIDE DOCTORS ORDERS FOR SPECIFIC EMERGENCY MEDICATIONS AS NEEDED.

Wellness Reminders for Parents/Teachers

- Please read all labels for ingredients.
- Statements on the label such as “processed in plant” or “may contain” or “made on equipment with” peanuts or tree nuts are not allowed in the classroom.
- No home baked goods for in-school class celebrations.
- Please do not bring munchkins from Dunkin Donuts. There is no list of ingredients for someone to check.
- You may order peanut-free or tree nut-free cookies from Whitsons (school food services provider) by emailing ehobert@longmeadow.k12.ma.us. Cookies are prepackaged in chocolate chip or butter crunch flavors.

Nutritional Guidelines

- Only 100% juice, water, or milk will be allowed for school celebrations.
- No soda
- No tree nuts or peanuts due to the high incidence of life threatening allergies
- No candy
- No trail mix as this contains nuts
- 10 grams of fat or less per snack serving
- Snack foods must be in portions of 2 ounces or less.

Healthy Snack Ideas

- Fresh fruit or vegetable tray- whole or slices but all fruit/vegetables must be cut up at school to reduce the chances of cross contamination.
- String cheese, cheese cubes, with whole grain crackers
- Low fat pudding cups, low fat yogurt in squeeze packs or cups
- Pretzels, low fat popcorn
- Animal crackers, graham crackers, oatmeal raisin cookies

Non-Food Ways to Celebrate

- Donate a book to the school library or classroom in honor of a child’s birthday.
- Donate playground/physical activity such as jump ropes or balls.
- Celebrate with active games chosen by the student.
- Have a dance party.
- Special art project
- Lunch with the principal

Back to School Pup Says

By Two Years

3 doses of Hep B

4 doses of DTaP

3 doses of Polio

3 or more doses of Hib

1 dose of MMR

1 dose of Varicella

DTaP = Diphtheria, Tetanus, and Pertussis

Hib = *Haemophilus influenzae* type b

MMR = Measles, Mumps, and Rubella

By Kindergarten

3 doses of Hep B

5 doses of DTaP

4 doses of Polio

2 doses of MMR

2 doses of Varicella

By 7th Grade

3 doses of Hep B

1 dose of Tdap

3 doses of Polio

2 doses of MMR

2 doses of Varicella



VACCINATE ALL YOUR CHILDREN

For more information, contact your health care provider
or the MDPH Immunization Program:

Massachusetts Department of Public Health Immunization Program
Main Number (617) 983-6800 or Toll-Free 888-658-2850

For BOSTON providers/schools only, you may call the Boston Health Commission:
(617) 534-5611

Visit our Website at: www.mass.gov/dph/imm

Kindergarten Literacy In Longmeadow

All Kindergarteners throughout the district will develop into readers and writers through a balanced literacy approach. Balanced literacy is a research-based approach that ensures equilibrium of reading, writing, and phonics while emphasizing a love of literacy, engagement with text, and an appreciation of beautiful literature through read aloud texts. In order to balance these components, Kindergarten literacy will include the following:

- Approximately 30 minutes of Reader's Workshop during which teachers explicitly model reading strategies and release students to practice these independently with just-right text
- Approximately 30 minutes of Writer's Workshop during which teachers model writing strategies through explicit modeling and shared writing experience and then release students to practice these strategies independently.
- 15-20 minutes of phonics instruction
- 15 minutes of interactive read aloud

As students read, write, and apply phonics principles independently, teachers will provide personalized learning through 1:1 conferring and small-group instruction to meet the needs of every learner.



Dear Parents,

Before your child can learn to read , he or she needs to understand the connection between sounds and letters . Teaching your child to say and write the ABCs is not enough. Children need to hear and practice letter sounds as they see and write the symbols. Use the following activities to help your child associate sounds to written language.

- Have your child trace letters on multi-sensory surfaces such as cloth or sand. Ask him or her to say the corresponding sound as each letter is written.
- Construct letters using various materials such as macaroni, clay or pipe cleaners. Have your child say the corresponding sounds as he or she feels the letter.
- Place magnetic letters on the refrigerator for your child to practice letter names and sounds, form words and/or create messages.
- Have your child match letters to objects in and around the house. For example, place a plastic letter B on a bed. T on a table, and F by a flower.
- Draw your child's attention to letters and words in his or her environment, such as signs, cereal boxes, toy boxes and menus.

Consult the Reading Center Website at the link below for more information.

[Reading Center Website](#)

Speech and Language Development

Sound Acquisition:

Generally, children should make the following sounds correctly by the ages indicated:

3 to 4 years	m,b,n,t,p,d,k,g,w,h, vowels
5 to 6 years	sh,ch,l, l blends
7 years	v,j,th,s,z,r,s blends, r blends

Vocabulary and Sentences:

12-18 Mos.	First words	
2 years	2-word sentences	50-200 words
3 years	3-4 word sentences	500-1000 words
4 years	5-6 word sentences	1500-2500 words

After age 5, the child rapidly advances. The child understands many more words than he can say. These are general guidelines. Children vary.



Phonemic Awareness

Parent Handout– Kindergarten

What is Phonemic Awareness?

Phonemic awareness is the ability to hear and manipulate individual sounds in words. Children must first understand that words are made up of separate speech sounds that can be blended together to make words before they can make sense of using the alphabet to read and write. Research has identified phonemic awareness and letter knowledge as the best two predictors of how well a child will learn to read during the first two years of school (National Reading Panel, 2000). Children who develop strong phonemic awareness skills at an early age are more likely to become fluent readers and better spellers than children who do not.

What should my Kindergartener be able to do?

By the end of kindergarten, children should be able to:

- Identify whether words rhyme (hat, mat; sun, bug)
- Provide a word that rhymes with another ("tell me a word that rhymes with 'sun'")
- Blend syllables or onset-rimes into a word (cup–cake "cupcake"; /m/ /ap/- "map")
- Clap or count syllables in a 1 to 3 syllable word
- Provide the first sound in a word ("what is the beginning sound in 'fish'? Child: /f/)
- Segment sounds in a 2-3 phoneme word ("Tell me the sounds in 'hat'." Child: /h/ /a/ /t/)

How can I help my child develop phonemic awareness skills?

To help your child listen to the sound in words:

- Read books and poems that focus on the rhythm of language and rhyme. Books such as "Hop on Pop" or "Sheep in a Jeep" help children pay attention to sounds in words.
- Give your child a noisemaker (such as a whistle). Tell your child to make noise if you say two words that rhyme (cat, cup; sit, mitt)
- Play words games such as "Guess My Word". "I'm thinking of a word that rhymes with _____. Can you guess my word?"
- Have a sound scavenger hunt. Give your child a bag and ask him/her to find as many things around the house that begin with a certain sound.
- Play "I spy" with beginning sounds of words "I spy something that begins with /t/".

To help your child segment (separate) and blend sounds in words:

- Have your child guess a word that you sound out slowly (ssssuuuuunnnn).
- Give your child 3-5 blocks, beads, bingo chips or similar items. Say a word and have your child move an object for each sound in the word.
- Play Head, Shoulders, Knees and Toes with sounds. Say a word and have your child touch his/her head for the first sound, shoulders for the second sound, and knees for the third while saying each sound.
- Jump for Sounds. Say a word and have your child jump for each sound in the word while saying the sound.



----- Visit www.blog.maketaketeach.com for kindergarten reading activities! -----

Longmeadow Public Schools Lunch Program



2019/2020 School Year

We would like to inform you of different payment options that are available for you to pay for your child's school lunches.

1. You can mail a check made out to Longmeadow School Lunch with your child's name to:
Longmeadow High School
Foodservice Dept.
95 Grassy Gutter Road
Longmeadow Massachusetts 01106
2. You can deliver payments to the office at your child's school. If you choose this option for payment, please put your payment in an envelope with your child's name and homeroom written on the front of the envelope.
3. Your child can bring money or a check and have a cashier add it to their account. This could be risky, however, if a child loses the money or forgets to present the payment to the cashier.
4. You can pay online using My School Bucks at myschoolbucks.com. A fee does apply for this service. This is done by creating an account and adding money to your child's lunch account with your credit/debit card or electronic check. You do need your child's lunch ID number. The lunch ID number (is listed under "Modify Info") can be accessed via the student's portal information.

Restricts - If you want to restrict what your child buys for snacks or set daily spending limits. The foodservice office has the ability to make notations on your child's account. These notes would appear at the register when your child types in their lunch code.

Regarding New Students - you will be receiving your child's lunch ID information within the first week of school when you receive your child's Student Portal Access ID Info. FYI - This Student Access Portal ID info will follow your child throughout his/her Longmeadow Public School education.

Fresh Picks Café - visit us at longmeadow.k12.ma.us or at longmeadow.nutrislice.com to see monthly menu choices

Free or Reduce Applications - Please remember these forms must be resubmitted at the start of every year. You can find them on-line or at the school office. You are responsible for updating your free/reduced lunch forms for each school year.

If you have any questions please contact the foodservice office at mmckenna@longmeadow.k12.ma.us or (413) 565-4230

Wolf Swamp PTA

The purpose of the PTA is to enhance the educational and social experience of Wolf Swamp Road School students by supporting teachers and building community.

<https://www.wolfswamp.org/home> There is a way for everyone to be involved in the PTA! Be a “worker bee” on a committee, send in Box Tops, co-chair an event with friends, bake/buy pastries for Staff Appreciation, be a room parent, attend Bingo Night... Our experience is that people want to help – they just need to know how! Come to our meetings or email us. And sign up for the Weekly Blast! All caregivers are welcome to volunteer. We know we have many families with two working parents, single working parents, and grandparents who volunteer their time. There are roles available for all amounts of time, both during school hours and after. Please contact the PTA at wolfswamppto@gmail.com for more information.

A Day in the Life of a Kindergartener!

Please view video to see what your child will be doing next year! Click image for link. Enjoy!

