



Dear JK3 Families,

We are thrilled to welcome you to the ULS community. The transition to school can feel like a big step for many three-year-olds, but there are simple things you can do over the summer to help make it smoother.

Below are a few suggestions to support your child as they move from home to school:

- **Encourage independence.**

Begin giving your child more independence with everyday tasks such as getting dressed, putting on socks and shoes, and washing their face and hands. These skills build confidence and help them feel capable at school. We are always here to help—what a bonus if they arrive already feeling successful.

- **Bathroom readiness.**

JK3 students must be fully potty-trained and wear underwear (not pull-ups) at school. Practice pulling pants up and down to make bathroom time easier. Our boys' bathroom has three urinals, so if your child hasn't used one before, now is a great time to introduce it. We also have step stools at each toilet and a child-sized toilet in the classroom to support our littlest learners.

- **Snack and lunch practice.**

Over the summer, try having your child sit for a snack and practice school-ready routines: asking for help when needed, opening and closing containers, throwing away trash, and cleaning up their space. If your child will stay for lunch, consider a few "practice lunches" packed just as they would be for school.

- **Visit us.**

Hike the trails, visit the Nest, or come play on the playground this summer—we use the back playground daily once school begins. If the school is open and the office staff is available, feel free to ask for a quick walk-through. A short visit to the classroom can spark excitement and help your child imagine all the fun ahead.

- **Establish routines.**

A couple of weeks before school starts, begin easing into your child's school-day routine: bedtime, wake-up time, getting dressed, breakfast, and so on. The shift to a busy "big kid" schedule can feel overwhelming at first, and a predictable rhythm makes a world of difference.

We can't wait to partner with you and your child in the year ahead.

Along with the suggestions above, we encourage you to read to your child. When looking for books to read, here are some suggestions:

Sing-a-long Stories: Five Green and Speckled Frogs; Wheels on the Bus; Ten in the Bed

Stories by Author: Eric Carle; Lois Ehlert; Denise Fleming; Mo Willems, Jan Brett

Rhyming Books

The Kissing Hand by Audrey Penn, this is a parent favorite, which has been used for years to support children with their big feelings when they start the transition to school.

We hope you enjoy your summer, and we look forward to spending the year with you!

Kindly,

Suzanne Beck and Tracy Siewert