



Welcome K1 families!

My name is Alisa Owen and I am going to be your child's teacher this year at the P.A. Shaw School. I am looking forward to meeting you and your child soon. I am very excited for school to begin because I know that it is going to be a great year! Through hands- on exploration your child is going to discover new things everyday. Your child is going to take part in many activities, and learn about topics such as the importance of families, how to solve problems with friends, the world of color, shadows and reflections, how plants and animals grow, and much more!

### **Personal Background**

I was born in Boston and now live south of Boston in Marshfield. I am a single mother of two awesome teenagers; my daughter Grace is nineteen and my son Caleb is seventeen. I have been teaching in the Boston Public Schools for the past twenty-seven years, in Roxbury and Roslindale, and am thrilled to be teaching kindergarten at the P.A. Shaw for the sixth year. I have taught K2 and first grade, but most of my teaching career has been spent in K1. Two of my favorite things to do outside of school are reading and going to the beach.

### **Preparing For The First Day of School**

The first day of school is an exciting milestone in your child's life. Your child is embarking on a journey that will lead them on many roads of discovery and learning. As wonderful as this new experience may be, it can also be quite stressful for the young child. New situations and changes can, at times, be unsettling for all of us. For many children this may be their first experience of separation from parents or caregivers at home. It is common for even the most outgoing child to be anxious the first day of school.

Here are a few suggestions to prepare your child for starting school:

- Prepare your child for the new school experience by explaining what to expect. Answer all questions directly and honestly.
- Convey a positive attitude. Young children are aware of your feelings. Your enthusiasm will assure your child that school is a fun and exciting place.
- Start establishing a routine involving both the night before a school day as well as morning preparation. Rituals and routines will add predictability and are comforting in unfamiliar situations.
- Have the child bring something from home. This is acceptable and often reassuring in helping the child with the initial adjustment to school. We recommend that your child bring their treasured blanket, their favorite small stuffed toy, or even a family photo from home.
- Clearly state to your child where you will be and when you will return or meet them after school. It may also be helpful to discuss what will happen when you are reunited.
- Maintain a clear goodbye routine. This may include warning the child you are leaving in 3 minutes, a kiss and hug, or a wave from the car or the school bus. Once you tell your child

you are leaving, it is important to follow through. Extending the goodbye with, "Okay, just one more kiss, and then I really have to go," tends to heighten anxiety rather than relieve it. Avoid sneaking out, as this seems to encourage children to become less trusting and makes the second day of school even harder.

## K1 Supply List

As you are probably in the thick of back-to-school shopping, here are some personal items that your child will need to bring on the first day of school:

1. **A backpack.** Please make sure that it is large enough for your child to carry items that might be sent home, especially the communication folder
2. **1-2 extra changes of clothes** (shirt, pants, socks, underwear) for possible bathroom accidents or messes. They do not have to be a uniform. These will be kept in your child's cubby. Please LABEL each item of clothing with your child's name.
3. **A small blanket** for rest time. Children can bring in a small stuffed toy to nap with if they wish. Action figures, electronic toys, or stuffed toys that make sounds should be left at home. I will send the rest blankets home to be washed every Friday. Please return it on Monday.
4. **A 4x6 family photo** that can be kept in the classroom for the entire year (optional).
5. **A baby picture- 4 by 6 or smaller**
6. **Folder** A green folder, preferably plastic so it will last longer, to be used for important school notices throughout the year.

**\*\* Please label all of your child's belongings with his/her name, including lunchbox, backpack, sweaters, jackets, hats, etc. Thank you.**

In addition, our classroom uses a lot of materials throughout the year. If you are able to donate any of the following items during the school year, I would really appreciate it!

- ***cleaning wipes***
- ***tissues***
- ***hand sanitizer***
- ***baby wipes***
- ***healthier (nut-free) snacks, such as popcorn, cereal bars, goldfish, pirate's booty, pretzels, animal crackers\****

\*We are a nut-free school, so please avoid bringing in items that contain nuts.

Thank you for all of your help and support to make your child's first day of school a successful one! I am looking forward to a great school year!

Sincerely,  
Ms. Owen  
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