



Dear JCDS Parents and Students,

Happy summer vacation! Below are some notes to help you notice some features of our streamlined electronic version of our JCDS Summer Learning program.

1. At the top of each page, you will see:

Summer Learning 2021  
Students Entering Grade \_\_\_\_\_

Please make sure that you are referencing the correct grade level that your child will be entering this coming August. Since everything is located in one place, we don't want anyone to get confused.

2. The Subject Areas included in this .pdf document are:

- Independent Life Skills
- Literacy Skills & Language Skills
- Physical Skills
- Important Notes About Sleep & Technology

We will have a celebration in honor of all of the hard work from Summer Learning when we return to school. Have an awesome break. Please let us know if there is anything we can do for you.

Love,

***Your JCDS Teachers***



## **Independent Life Skills**

- Unpacking/Packing Backpack (Practicing how to zip and unzip bags, taking items out, putting items back in.)
- Washing Hands (Practicing how to get soap, scrubbing for 20 seconds, rinsing, and drying.)
- Blowing Nose (Practicing how to use a tissue, holding it open, and blowing nose into it. Practicing wiping nose and throwing away tissue into the trash can.)
- Bathroom Skills (Practicing how to pull down own pants, getting on toilet alone, wiping, pulling pants up, and flushing.)
- Eating (Practicing how to feed themselves with silverware, sitting in a chair, and not walking while eating.)
- Dressing (Practicing how to take shoes off and putting them back on, putting clothes on and taking them off by themselves. This is important for swimming units of study in P.E.)
- Playing Independently (Practicing how to focus on a toy for a short amount of time without any assistance. We do not encourage practicing this skill with technology or electronic devices.)

## **Literacy & Language Skills**

- Children should practice quietly listening while a book is being read to them without interrupting the adult reading it. Children should be read to each and every day.
- Children should practice answering open-ended questions and speak in sentences with four or more words. This means that the questions cannot be answered with yes/no or one-word answers. For example, "Tell me about your picture" or "What do you like to play outside" will elicit more detailed responses.
- PreK 4 Specifically = Children should practice recognizing their first name written in all capital letters.

## **Physical Skills**

- Children should practice developing their fine motor skills with experiences that strengthen their hand and finger muscles. Examples of these activities are working with playdough, stringing beads, sorting, painting, coloring, etc.
- PreK 4 Specifically = Children should practice cutting along a straight line with scissors.

## **Important Notes About Sleep & Technology**

**Sleep:** The American Academy of Pediatrics recommends children 3 to 5 years of age should sleep 10 to 13 hours per 24 hours (including naps) to promote optimal health. Please start thinking about what time your child needs to wake up for school and how long they nap, then figure out bedtime based on this information. At this age, children's sleep routines need to be as consistent as possible. During the school year, it is very helpful to keep bedtime the same on weekends and vacations as it is on school nights.

**Technology:** In Pre-K at JCDS, we limit technology use. We know that children at this age need to be playing and exploring outside as much as possible. We encourage you to limit any and all technology that your child is using. Since technology use is very limited in Early Learning at JCDS, children are expected to play with toys and natural materials on their own for short periods of time. Exposing children to play *without technology* at home helps to set students up for success in our programming at JCDS.