

The Ranch Review

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A Newsletter for Riata Ranch Residents

10 Ways to Prepare Your Child for Elementary School

Build Trust and Routine to Reduce Jitters:

Written by Brandi Muse owner, Primrose School at Summerwood

This fall a new group of 5- and 6-year-olds will embark on a significant milestone of their educational journey – starting kindergarten or first grade. Whether you've been through years of preschool or not, the transition into "big kids' school" can cause parents and children alike some first-day jitters.

"Kindergarten and first grade are full of excitement and fun! There's no need to be nervous," says Dr. Mary Zurn, vice president of early childhood education at Primrose Schools. "If you prepare your child for the transition with a few simple adjustments to your routine, you will end up enjoying the milestone and dispel some of those natural twinges of sadness as you see your 'baby' grow up." To help ease the transition to independence, Dr. Zurn suggests the following 10 tips to help calm kindergarten jitters:

Establish a daily routine that fits your family's schedule and ask everyone to do his or her best to stick to it. Consistently begin morning activities at the same time every day. Don't wait until school begins - start at least two weeks before the first day and continue the routine throughout the year.

Nighttime routines are important, too. The whole family can help make mornings easier by taking care of tasks the night before. Try making it a habit to pack book bags, complete homework and pick out the next day's clothes in the evening to avoid morning mayhem.

Get your rest. Read a bedtime story early enough in the evening for children to get a good night's sleep. Many morning issues can be avoided if everyone is rested and ready to begin the day.

Read, read and read some more. It is often the anticipation of the unknown that makes children anxious about kindergarten. Reading about starting school gives children an opportunity to imagine their own experience and express their fears. The following books are fun to read and can help children prepare for the feelings they might experience when school starts:

- When Mommy and Daddy Go to Work by Joanna Cole
- First Day by Joan Rankin
- The Kissing Hand by Audrey Penn
- Don't Go by Jane Breskin Zalben

5. Prepare your kindergartener for longer periods of separation in increments. Before leaving your child at school for the first time, have him or her stay with a grandparent or a babysitter for increasingly longer periods of time. This will teach your child to trust that you will always return.

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Do you have an idea or suggestion for the newsletter? Want to submit a photo, article, or both? It's easy!! Email your articles to riataranch@peelinc.com by the 10th of the preceding month. So if you get your ideas in before the deadline, you should see them in the very next month's newsletter.

We are glad to hear all of the positive feedback and we intend to continue to improving the look and feel of the newsletter according to what you tell us. So get as involved as you like! We look forward to hearing from you.

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to Celebrate?*

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Hello Mustang Family!

The 2012-2013 school year is coming up fast. We wanted to let you all know about “Corral Days”, which will be coming up soon. “Corral Days” are the days and times that CyRanch has designated for all the incoming freshman, sophomores, juniors, and seniors to visit the school to pick up their schedules, take yearbook pictures, and pick up their books. This is also an opportunity for the Seniors and Juniors to get their parking passes.

The parents are able to sign up for Booster Club, pay into their child’s lunch account, order yearbooks, and pick up Mustang Spirit wear. Varsity Football players will also have the opportunity to prepay for their pre game meals and carb load meals with the MOMs Club.

It is important that the parents come and be prepared to write a few checks to the school. The incoming freshman can also take a tour of the campus and have the opportunity to have meetings with their teachers.

FRIDAY AUGUST 17TH

10th grade 8:30 - 9:30 | 12th grade 10 - 12 | 11th grade 1 - 3

SATURDAY AUGUST 18TH

9th grade 9 - 12

Please make plans for your student and yourself to attend these “Corral” dates and times to ensure they are ready for an awesome year at CyRanch High School.



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8/8 - 8/10 Crimson Cadette Drill Team DANCE CLINIC

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8:30 A.M. - 11:30 A.M.

The Cy-woods Crimson Cadettes Drill Team will host their 7th annual dance clinic for K-12 from 8:30 a.m. to 11:30 a.m. on August 8-10. This is a major fund-raiser for the team and enables them to participate in activities throughout the 2012-2013 school year. Please register by July 29th, 2012 to get the Pre-Registration price of \$55 which includes dance technique, specially choreographed routines for each age group, a t-shirt, drinks and snacks each day and a picture for each participant. Showoffs will be held the last day at 11:30 a.m. For more information email goodsonms@comcast.net or check out our website at www.crimsoncadettes.com. On the website, you will find a sign-up form and a link to PayPal for easy payment.



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10 Ways to Prepare Your Child- (Continued from Cover Page)

TOUR THE SCHOOL WITH YOUR CHILD. Visit the classroom, meet the teacher and tour the playground so the places and faces they will see on the first day feel familiar and safe. Afterward, talk about what both of you saw and how fun the different activities looked. Refer to the teacher by name to help your child think of her as a person you know and trust. Reinforce the idea of school as a safe place to learn and play.

SET THE STAGE. Talk to your child about kindergarten and help him or her visualize what the day's activities are likely to be. "On Monday when you go to school, you will see your friends, play on the swings and read stories. Ms. Smith will be there to help you. It will be a great day! And mommy or daddy will be there to take you home when school is over for the day."

SHOP FOR SCHOOL SUPPLIES. Children love shopping for school supplies. Give your child the opportunity to pick out a few items he or she likes (within reason, of course) to provide a sense of ownership and responsibility in the decision-making process.

SAY A QUICK "GOODBYE" AND PROMISE TO COME BACK. When dropping your child off at school, give a quick

hug and kiss, cheerfully say goodbye and promise to return later. When you linger, you undermine your child's confidence that you feel good about where you are leaving her.

ESTABLISH A PARTNERSHIP WITH YOUR CHILD'S TEACHER. Children look for emotional cues from mom and dad's behavior. The more comfortable you are with your child's teacher, the more comfortable your child will be. Discuss with your child's teacher how your child is adjusting over the first few weeks of school. The more visible you can make the connection between home and school, the more secure your child will feel.

These tips can help parents adjust to their child entering kindergarten just as much as they can help children.

"Starting kindergarten or first grade should be an exciting time for families, not a source of anxiety," says Dr. Zurn. "If you feel confident and prepared for the transition, your children are likely to feel the same."

For more tips and ideas from Dr. Mary Zurn, visit www.DrZandFreinds.com or www.PrimroseSchools.com. To learn more about Primrose School at Summerwood, visit www.primrosesummerwood.com or call 281.454.6000.

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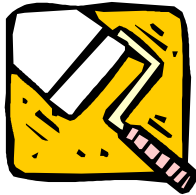
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