



PREK WELCOME TO CAC 2026-2027



Dear PreK Parents,

Welcome to the PreK at Cairo American College. Whether you're a returning family or joining us for the first time, we're thrilled to have you as part of our community.

As you and your child prepare for the exciting start of PreK 3 or PreK 4 in August, we would like to offer a few helpful tips that will support a smooth and confident transition into school life at CAC. These suggestions can be easily practiced between now and the first day of school and will help foster your child's independence and comfort.

STAGGERED ENTRY

Our Pre-K3 staggered start prioritizes emotional security, relationship-building, and familiarity with routine, while gradually increasing time and group size. For our class of 18 students, this staggered start is developmental and supports 3-year-old students.

Core Principles for PreK3

- Build secure attachments with teachers/assistants/aides before full days
- Reduce separation anxiety and sensory overload
- Allow teachers to observe children's regulation, communication, and needs
- Establish routines in small, calm groups

Our Pre-K4 staggered start honors the student's greater independence and prior school experience, while supporting emotional regulation, peer reconnection, and readiness for more complex routines. Since many of our Pre-K3 students are transitioning into Pre-K4, this model is shorter, more consolidated, and expectation-driven than our Pre-K3 start. For our new PreK 4 students to CAC, it is a developmentally appropriate transition plan that is sensitive to the needs of this age. We have two Pre-K4 classes of 18 students.

Core Principles for PreK4

- Acknowledge prior school routines and relationships
- Support independence and self-management
- Re-establish community and expectations
- Reduce fatigue while increasing responsibility

SUPPORTING INDEPENDENCE

Developing independence is an important goal in PreK. As children gain confidence in caring for their own belongings and meeting their daily needs, they develop a strong sense of competence and self-reliance.

Before coming to school, children should practice:

- Being independent in the bathroom
- Opening and closing their lunch boxes
- Using their water bottles independently
- Taking items in and out of their backpacks
- Putting their belongings back into their bags after use
- Walking for longer lengths of time, including up and down the stairs
- Dressing and undressing themselves independently
- Blowing noses and washing their hands

Please ensure that your child wears shoes that they can put on independently. Shoes with Velcro fasteners are typically easier for young children than shoes with laces. Pacifiers are not allowed at school. We understand that pacifiers may be a comfort at home, and families are encouraged to prepare children for this transition before the school year begins

SUPPORTING ARRIVAL AND DISMISSAL

Establishing a consistent goodbye routine helps children feel secure and confident as they transition into the school day. We encourage families to develop a simple and predictable goodbye routine that is used each day. This might include a hug, a wave, or a short rhyme such as: *"I love you, you love me. Have the most fun ever, and I'll pick you up at three!"*

Repeating the same routine helps children know what to expect and can make separation easier. Practicing this routine at home, even when leaving for short errands, can help children feel more comfortable when beginning school.

TOILETING INDEPENDENCE

Children in PreK are expected to be independent in the bathroom.

This means they should be able to:

- Recognize when they need to use the toilet
- Tell a teacher when they need to go
- Manage their clothing independently
- Clean themselves after using the toilet

To support independence, please purchase clothing that is easy to manage, such as shorts or pants with elastic waistbands rather than buttons or belts.

We understand that some children may still be mastering toilet independence. If a child is experiencing frequent accidents, we may ask that they remain at home until they are able to use the toilet independently. This helps ensure that all children feel comfortable, confident, and supported in the classroom environment.

PRAMS, SCOOTERS, AND THE BUS

If your PreK child arrives at school in a pram or on a scooter, these items must be left at the main gate. From the gate, children are encouraged to walk independently to the classroom. This routine supports safety, a smooth transition into the school day, and helps foster a growing sense of independence.

Bus services are available for PreK students before and after school, based on registration and availability. If your child will be absent, please notify the bus service by emailing motorpool@cacegypt.org.

FOOD & SNACK GUIDELINES

Children are encouraged to eat healthy, everyday foods and to avoid sugary or highly processed snacks. We ask that you provide your child with balanced nutrition snacks and meals that support energy, focus, and overall well-being.

As there is no food sharing at school, families can pack food according to their child's needs and preferences. Please label all containers clearly to ensure items are returned home safely.

LUNCH BOXES AND WATER BOTTLES

Encourage your child to practice using the lunch box and water bottle they'll bring to school. Make sure they know how to open and close both items independently. This seemingly small skill helps build confidence and reduces anxiety at school. Additionally, practice taking these items in and out of their backpack to further support self-sufficiency.

SOCKS AND SHOES

Choose footwear that your child can put on and take off by themselves. Shoes with Velcro fasteners are ideal at this age, as they are easier for small hands to manage than shoelaces.

DRESS FOR MESS

Learning in PreK is hands-on and sensory-based. Children regularly explore materials such as paint, water, clay, and other creative resources as part of their daily learning experiences. For this reason, we recommend that children wear comfortable clothing that allows them to explore freely and get messy. Please avoid sending children to school in special or delicate clothing.

PERSONAL ITEMS

Please clearly label all lunch boxes, food containers, water bottles, and clothing with your child's name.

To help avoid lost items and reduce distress, personal toys and belongings from home should not be brought to school, including communication or recording devices. If your child is finding it difficult to leave a special item at home, please speak with the teacher so we can support this transition.

BIKE SAFETY

In PreK, the children are allowed to ride school-provided bikes and scooters. If you would like your child to be able to play with these items, they are required to bring their own labeled helmet.

Important Dates:

August 16th 10:30 - 12:00 New Elementary school parent orientation

Groups & meet and greet family times will be published in August

Staggered Entry PreK 3	Staggered Entry PreK 4
Monday, August 17 (Day 1) Meet and Greet Families - 15 minutes per family, scheduled time	Monday, August 17 (Day 1) Meet and Greet families - 15 minutes per family, scheduled time
Tuesday, August 18 (Day 2) Wednesday, August 19 (Day 3) Thursday, August 20 (Day 4) <ul style="list-style-type: none">Group A: 8:30-10:00Group B: 11:00-12:30Group C: 1:30-3:00	Tuesday, August 18 - PreK4B (Day 2) <ul style="list-style-type: none">Group A: 8:30 - 11:00Group B: 12:00 -2:30 Tuesday, August 18 - PreK4H (Day 2) <ul style="list-style-type: none">Group A: 8:30 - 11:00Group B: 12:00 -2:30
Sunday, August 23 (Day 5) <ul style="list-style-type: none">Two mixed groups of 9 studentsGroup A: 8:30-11:00Group B: 12:00 - 2:30	Wednesday, August 19 (Day 3) Mixed Groups, Extended Time <ul style="list-style-type: none">All 18 students8:30-12:30
Monday, August 24 (Day 6) Tuesday, August 25 (Day 7) <ul style="list-style-type: none">All 18 students8:30-12:30	Thursday, August 20 (Day 4) Near Full Day <ul style="list-style-type: none">All 18 students8:00 - 2:00
Wednesday, August 26 onwards (Day 8) <ul style="list-style-type: none">All 18 studentsFull day	Sunday, August 23 (Day 5) <ul style="list-style-type: none">All 18 studentsFull school day

We are so excited to welcome your child to CAC, and we look forward to a joyful and nurturing year of learning and growth together. We look forward to getting to know your children and you as we begin an exciting journey together; until then, enjoy a safe summer.

Warm regards,

Mrs. Jackson-Jin, Elementary Principal
Ms. Kim Henderson, PreK Team Leader, and the PreK Team