



PreK
Welcome to CAC
2022-2023



Dear PreK Parents,

We would like to extend a warm welcome to the early childhood program at Cairo American College to returning and new families.

As you prepare for your child to join the PreK classes in August we would like to offer some suggestions that will support your child's adjustment to their school life here at CAC and that you can easily and regularly practice between now and the beginning of school.

One of the most important things you can do to ready your child for their school experience is to prepare your child to be as independent as possible in their day to day living such as:

Toileting: Your child is expected to be independent in the toilet when they start at CAC. Ensure that your child is wearing clothes that enable them to be able to go to the toilet independently such as an elastic waistband on shorts rather than buttons, which can cause delays.

Goodbye ritual: It is important that you develop a consistent way of saying goodbye with your child. Goodbye rituals help your child know what to expect, so she feels more confident. Do the same thing, in the same order, every day. So maybe a hug and a rhyme: *"I love you, you love me, have the most fun ever and I'll pick you up at three!"* and you wave as you leave. It could be a kiss, hug and a high five. You and your child can develop one together. Start the ritual now, even if you are just leaving the house to run to the shop for 10 minutes. If you use it often then your child will be used to it by the time they start school with us, perhaps easing their transition.

Lunch boxes and water bottles: Even if you are just at home for the day it can be a good idea to have your child start using the lunch box and water bottle that they will be bringing to school with them. Having your child open their lunch box and put the lid back on themselves will support their confidence in their independence when they start school. Not knowing how to access their lunch can be a cause of anxiety in young children. Being able to know how to use their water bottle independently is also an important confidence building skill. Along with this they should be able to take these items out of their backpacks and put them back in easily.

Socks and shoes: Please ensure that the shoes your child is going to be wearing to school can be put on independently. Velcro fasteners tend to be easier than laces at this age.

Important Dates:

August 16th 8:30-9:30 PreK orientation in the ES hall. Parents attending.

August 17th PreK families will spend 15 minutes meeting their classroom teacher.

August 18th PreK start school. To facilitate a calm beginning to school we will have a staggered starting time, group 1 starting at 7:55am and group 2 starting at 8:55am.

You can sign up for your time during your meet the teacher visit the previous day.

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

Ms. Catherine PreK 3 & Ms. Virpi & Ms. Kim PreK 4
The PreK Team