

Clinton Prairie Elementary School

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Dear Kindergarten Parent,

I just wanted to touch base with parents of our new Kindergarten Students for this upcoming school year.

For Kindergarten Round Up

When you come to Kindergarten Round Up bring a current copy of your child's Immunization Record and a copy of his/her birth certificate. Please have all immunizations complete **before** the start of Kindergarten in August. You may obtain from your doctor's office or from the Immunization Clinic if your insurance does not cover the cost of immunizations – 656-3350.

This Summer

With Kindergarten being a full day, we have found that this presents challenges for our students in terms of toileting issues. Please take time this summer to help your child become independent with toileting. Some of the things which you can do before your student starts school in August:

- ❖ **Observe your student's daily habits.** If there are clues to when your child needs to use the toilet that you typically notice and send him/her to the bathroom, help your child to start noticing these clues himself/herself. There is so much activity going on in the classroom each day that the teacher may not notice the signs in time to say something before an accident occurs.
- ❖ **Encourage student not to hold it.** The students who are use to going to a ½ day preschool, often never have a bowel movement at school; they hold it and eventually have it at home. Some students try that during full day kindergarten and find it is just too long a time. Please talk with your student about this and reassure them that it is OK to go to the bathroom here at school. We have 5 kindergarten rooms, with 3 rooms having bathrooms attached to the room and the other 2 having the bathroom right around the corner. If your student is not yet use to wiping himself/herself, please encourage practicing over the summer so they are independent when school starts.
- ❖ **Heed the urge.** We have a number of bowel movement accidents that occur on the playground after lunch. Activity after eating is a common precursor to bowel movements. Talk with your student about when they get the "urge" while playing. It is a bit of a distance from the playground to the nearest bathroom, and it is important that they heed the urge sooner rather than later. Please remind your student that at recess they can tell any adult that they need to use the bathroom and that adult will help get him/her there. Your student's teacher is often not on recess duty, it could be one of the Specials Teachers, a Paraprofessional, or another Kindergarten Teacher.
- ❖ **Reassure them.** Reassure your student that if they do have an accident at school, to let the teacher know right away. Reassure him/her that we would much rather they get cleaned up right away rather than the teacher having to spend time figuring out who had an accident.
- ❖ **Pack Change of Clothes.** I ask that **every** kindergarten student keeps a complete change of clothing in their backpack.
- ❖ **Most Important.** Teach your child to go to the bathroom during designated bathroom breaks. Almost all urinary accidents can be avoided if the children use designated bathroom breaks to urinate. Too many children don't take the opportunity during a bathroom break to try to "go a little". If they did, it wouldn't be such an urgency during a lesson or when they are at computer lab or at recess. You can practice this at home by having "bathroom breaks" during play time, so your student becomes use to breaking from one activity to try to go to the bathroom.

We are all looking forward to next year's class of Kindergarteners!

Sincerely,

Judy Clark, RN
School Nurse